



# The Derwent Drum

Quarterly newsletter of the Derwent Storms  
Dragon Boat Club Inc. Hobart

Issue 1: March 2012

## IN THIS EDITION

- Notes from the President
- Coach's Report
- Paddler Profiles – Robyn Hills and Glenda Deutscher
- Derwent Storms – A Historical Background
- Items for Sale

## OTHER NEWS

A big thank you to Davis Canvas at Dunalley for extending our new boat cover at no extra cost, and to Tasmanian Trophy House, Criterion Street for the plaques and engraving on our new 'Stormer' trophy.

## UPCOMING EVENTS

### March

24 – Focus On Franklin

### April

1 to 5 – Australian Dragon Boat Championships (Melbourne)

14 – New Norfolk to Bridgewater Paddle

## NOTES FROM THE PRESIDENT

Welcome to the Derwent Drum, the club's first quarterly newsletter, and thank you to everyone who has put so much effort into setting it up – it looks great.

If you are anything like me you'll be wondering where the first three months of the year have gone – it's hard to believe that we are already at the end of March. The evenings are closing in and soon it will be time to start digging out the thermals, long pants and headlights for the winter paddling season.

As usual, our club has been very busy since Christmas with Saturday paddling for new paddlers, sweep training, the Lake Barrington Regatta (wasn't that a buzz), the 3 Bridges Paddle, and the rigorous training regime that the State and Club Crews have been going through in the lead-up to the Australian Dragon Boat Championships in Melbourne at the beginning of April. For the first time, due to the number of men who have taken up the sport thanks to the recruiting efforts of the men in the club, we are able to field an Open 10's crew. One more and we'll have a Mens 10 – hopefully by Pan Pacs in November!

We still have a lot of activities coming up. After the Nationals we look forward to another fun long distance paddle from New Norfolk to Bridgewater accompanied by the DATH paddlers, and the DATH Corporate Regatta which is scheduled for Sunday 6<sup>th</sup> May 2012. This regatta provides our club with an invaluable opportunity for our sweeps to gain race experience, as well as what may be for them, the first time they ever sweep a totally novice crew, and we thank DATH for the opportunity to be a part of it.

A grant application has recently been lodged with the Tasmanian Community Fund – thank you to Anne Stephens for writing the application on behalf of the Committee. If successful, the club will use the funds to purchase a trailer for the rescue boat so that we can easily take it with us wherever we go to paddle at different venues around Tassie.

In between these activities, normal training continues as we welcome new paddlers, encourage our older ones (purely in the context of their time as members!), develop and refine our paddling technique and progress our sweeps through their accreditation process. See you on the water Stormers.

Jenny Willing

## STORMER OF THE YEAR



Congratulations to Dave Cross who is the winner of the very first *Stormer of the Year* trophy, elected by popular acclaim at the Christmas dinner. Dave was a worthy winner in recognition and appreciation for all that he does for the club on and off the water.

This will be a yearly award, and we are sure many members will be coveting this fierce (and surprisingly handsome) dragon to proudly display in their lounge at home.



## PADDLER PROFILE – Robyn Hills

Robyn Hills is heading to the Nationals in Melbourne in April 2012 as a member of the team representing Dragon Boating Tasmania. Robyn previously represented the state in Adelaide in 2010, as a member of the first Tasmanian dragon boat team to participate at the Nationals. She has also paddled in teams at regattas at the Melbourne International Dragon Boat Festival and Pan Pacific Masters Games on the Gold Coast. As well as competing in water sports, she has participated in the team sports of netball, softball and badminton.

Prior to paddling Robyn was a very keen rower and one of her big adventures in this sport was a trip to Canada. This team comprised just six rowers who started out at an adult education class, with a dream to compete at the next world masters, which just happened to be in Canada in 2005. They were from the Buckingham Rowing Club, and called themselves 'The Blister Sisters'. The crew also went on a nomadic kayaking tour for five days, on Johnstone Strait, aiming to see killer whales. They saw plenty!

Robyn was at a crossroads in her sporting career in 2007 when she chanced upon an article calling for participants to set up the first Dragon Boat Club on the eastern shore. Her first foray into the sport was somewhat of a comedy: 'I could not go more than a few strokes because I could not keep my arms up in the air', she said. However her sheer determination has ensured her a place in the 'engine room' of the boat.

Gaining representation at a state level has not been an easy task. It is with grit and determination that Robyn sets out at five o'clock several mornings a week to the gymnasium to work on her aerobic fitness. After work and at week-ends Robyn paddles with the other members of the Tasmanian team, and to push herself still further she took on riding her son Luke's bike. She really struggled with bike riding and the twelve and a half kilometre trip from home to work and back again. 'I often felt quite sick and began to think there might be something seriously wrong with me. One night I called into Dad's place because I just could not ride all the way home. He checked the bike out and found I had been riding for two months with the brake on!"

After she realised she was neither sick nor dying she decided she would purchase a new bike. She picked up the new bike and all excited, on her first time out Robyn had a crash, a after few bruises and losing some blood, she climbed back on and made it home. A week later, almost at the same spot, she crashed again with a few more injuries, and, needless to say, the bike is in the garage gathering dust.

Robyn cites her reasons for joining the club as 'friendship, fitness and fun and a great love of the water'. A very competitive person she says she 'can't stand boats going past' and she 'loves to beat other teams'.

Robyn, we know you will do your personal best and you are and will continue to be an inspiration to new and older paddlers. Well done.

Anne Carey



Any reasonable offer will be accepted for the following which are on display in the clubbyhouse. There is also a container for payment.

### New:

#### **Lindisfarne Dragons Dark Blue and Gold Lycra**

Racing Singlet Women's Size 16

Racing Singlet Adult Size Large

Short Sleeve Top W Size 12

### Almost new

Derwent Storms sleeveless Singlet, Size: Small

### Lost & Found Sale:

- Derwent Storm black hoodie, Medium
- Billabong black short sleeve 'rashie' Large
- Fluid fingerless gloves, Large
- Active black Polyester/Cotton shorts, W Size 14
- Original Derwent Storms cotton T-shirt, W Size 10
- 'Snowgum' red Polar fleece beanie
- Polarfleece light blue fringed scarf
- 'Water Zone' reef shoes, (Small) Size 8
- 'Hot Chilli' reef shoes, Men's Size 8

## BACKGROUND TO DERWENT STORMS DRAGON BOAT CLUB INC

The Derwent Storms Dragon Boat Club Inc. (DSDBC), formerly Lindisfarne Dragon Boat Racing Club (LDBRC), was formed in July 2007 from two main contact streams — publicity and Adult Education courses. The first AE course ran for six weeks from the Lindisfarne Rowing Club during the 2007 Autumn term (17 March–28 April) with instruction by Dragons Abreast Tasmania Hobart (DATH) members Moira Cannell and Rosemary Kerrison.

Three of those who attended this course, Diane Jones, Deb Siddall and Roslyn Bannister later became LDBRC members. At the conclusion of the course Deb was told that a woman who was moving from Queensland might set up a sporting club in Hobart. This was Linda Riedel, who had contacted DATH members and indicated her intention of transferring to Hobart in her employment with Australia Post. Linda arrived in Hobart in June 2007. She first paddled with DATH, and between 6 October and 17 November 2007 ran an Adult Education class from the Lindisfarne Rowing Club with a DATH boat and equipment.

Together with Adult Education classes, Linda's methods of raising awareness of her new club included: radio interviews; free 'What's On' entries in the newspaper; ABC TV; 'come 'n try' paddling (three sessions \$20); local distribution of flyers including the RHH and the University of Tasmania, and free newspaper notices such as the DIER newsletter, after which, Lisa Reid and Robyn Hills joined. Linda also joined Zonta, the Hobart Walking Club and Sisongki singing group and recruited paddlers, two members from the latter being Liz Gillian and Mary King. Helen Cordell and Jan Breen were also early members. Jan had seen the out-riggers in the bay, and when enquiring from one of the DATH members about these, was given Linda's phone number.

The LDBRC was incorporated on 4 July 2007. It was the first sports and social dragon boat paddling club in Tasmania and open to all people aged twelve years and over. The club hired DATH's boat *Boobialla*, paddled from the MYCT and used twenty wooden paddles belonging to Linda. Liz Gillian was LDBRC's first secretary, and Deb Siddall treasurer, and before a committee was elected, Deb wrote a submission for a Sport and Recreation Grant from the 2007–08 Tasmania Community Fund. She sought \$30,773 to purchase safe, reliable equipment to enable the club to provide dragon boat paddling to the community to purchase safe, reliable equipment to enable the club to provide dragon boat paddling all year around without disruption to

training through limitations of using borrowed boats. A successful application would enable members to paddle without any further financial outlay other than club membership of \$100. The successful Sport and Recreation grant of \$24,510 helped the club purchase two boats, paddles and a trailer.<sup>1</sup>

### MOVE TO GEILSTON BAY BOAT CLUB

At the AGM on 22 February 2008, where the first elections were held for committee members, in a shock announcement Linda advised that the club would be moving to Geilston Bay Boat Club (GBBC). Boats would be placed on the ground and chained until trolleys and an enclosure were built, the club name of LDBRC to remain.

According to Linda, the club had also been offered a 40 feet long container to house the boats, and GBBC was in the process of making a grant application to the council for approval to house the container at the boat club on a temporary basis until a purpose built shed was built for the boats. Permission was not granted and no shed was built.

### MELBOURNE INTERNATIONAL DRAGON BOAT FESTIVAL

A club crew of twenty-two paddlers competed in Melbourne on 8 March 2008. The club won two trophies, second in the 200m women's competition (with sixteen paddlers) and a finalist in the Parks Victoria International Cup 200m mixed event. The uniform for this festival was navy blue with gold trim rashee or tee-shirt and black shorts.

Our new boats left China on 9 February 2008, and arrived at Geilston Bay on 13 March. The monks from the Buddhist Temple in Hobart blessed the boats in a 'Dotting the eye of the dragon' ceremony on 4 May 2008 at Geilston Bay Boat Club. Chinese Drummers gave a performance and Chinese students performed a Dragon Dance, following which, the public were invited to a 'come and try' paddle.

Coinciding with a revision of the LDBRC Constitution (following legal advice) the move to Geilston Bay, and personnel changes, in August 2008 committee members felt that with greater self-confidence and cooperation within the club it was opportune for the club to consider a new name, and members were invited to submit suggestions.

<sup>1</sup> 2007–08 under Community Recreation Grants Program \$357,757 was allocated, *Mercury* 5 May 2008, p. 13.



**Back:** Rosie McKeand; Lyn Gough; Lisa Reid; Helen Cordell; Helen Cruse; Olivia Bowman; Linda Riedel  
**Front:** Robyn Hills; Mary King; Liz Gillian; Toni Csaki; Di Kennedy; Diane Jones. Absent: Deb Siddall  
 Approx June 2007

At a Special General Meeting on 24 November 2008, after considering the twelve options presented, the club became the Derwent Storms Dragon Boat Club Inc.

The new name was first used earlier in the month, before the AGM, when fifteen LDBRC members, trained by Sally Chapman, formed the 'Derwent Storms' crew, and competed at the Pan Pacific Masters' Games on Lake Orr, Varsity Lakes, Queensland over two days, in 200m and 500m races. The crew was supplemented by members from the Broadwater Dragons. Much of the preparation for this crew was discussed over coffee after Sunday paddling sessions, including the colour and design for a new club uniform.

As a result, Lisa Reid sourced black tee shirts, Robyn Carney designed a two-headed dragon as a logo, and Helen Moore arranged for this to be printed in lime green on the tee shirts. Helen also sourced caps and shoes as part of team clothing, arranged the bulk transport of the PFDs and hired a 14 seat vehicle for collection at the Gold Coast. Alison LeBis, the 'magician', overcame many logistical nightmares to combine all arrangements, was the overall contact, and organised entries

#### **RETURN TO LINDISFARNE**

The move to Geilston Bay Boat Club was generally unsatisfactory, with no secure storage for the boats, inadequate launching facilities, and unsafe conditions in a bay crowded with moored craft, and no lighting. The only secure place to store paddles, PFDs and other equipment was in the ladies' washroom, and over the Christmas New Year period when functions were held, these needed to be stored off site and transported back and forth. The situation was unacceptable.

The Motor Yacht Club of Tasmania agreed to the club returning to its original location, and on 24 February 2009 the boats were paddled back, while the trolleys were taken on utilities.

As briefly detailed, our early committee members were faced, and overcame, many teething problems, especially during the first two years. Many early members are still active today, and assist with all matters associated with the club.

Leonie Mickleborough



# Coaches Report

*with Ali Mourant*

With only a week to go until the Australian Championships I guess as a coach I am guilty of having tunnel vision – looking towards the competition. We have 34 paddlers training together regularly with high hopes of improving on our efforts from previous years.

On saying that, my focus is always on the whole of the club and looking back over the past 18 months since I became head coach for the club, I can see that everyone has improved dramatically. Dragon Boating is one of those sports where we are always learning – each and every one of us will continue to learn and improve – and yes – I am sure we will see numerous changes to technique that will lead us to improvement in our style to give us better results.

All training sessions are designed to benefit all paddlers in the club and I strongly recommend that paddlers try out different sessions. It is not a problem if you find that you cannot keep up and need a rest – you can always pull your paddle in and have a break. Remember – you will never know if you don't have a go – please come and try a different session – particularly if you have only ever come to a Saturday session. The DBTas Monthly "60 minutes of racing" held on the last Saturday of each month is also a golden opportunity to have a taste of racing. Not only is this a good chance for paddlers to get together in race conditions, but it also gives our hard working trainee sweeps an opportunity to gain more practice in the lead up to their accreditation – please support these sessions and join in the fun.

Lake Barrington – what a fantastic weekend was had by all. I strongly advise you all to pencil in the February long weekend for next year (hopefully this is when it will be again) – and all come along and enjoy not only the great racing in perfect conditions, but the absolutely stunning scenery and paddling together with members of all the other clubs around the state. The Nationals squad had a couple of training sessions prior to each days events, the first day being the handicapping races (2 x 250metres) followed by a scratch 500m race and then the final Handicap race for the 250m trophy. Great team work Derwent Storms and we came home with the trophies. I am sure the competition is going to get tougher next year – with all clubs eyeing off the perpetual trophies for both 250metres and 500 metres. The trophies are now engraved and proudly being displayed on the shelving in our little club room.

I would like to thank all members of Derwent Storms for their continued support particularly in the lead up to competitions – we had a great crew go off to Adelaide last year and without the other club members supporting us with training etc, I am sure we would not have done as well as we did. Nationals competition is always going to be the height of the Dragon Boat season for all clubs around Australia – hence, the selection process that takes place in order to field the best teams possible. Unlike Pan Pacs and Masters games where it is a general invitation to whoever would like to participate I am sure you will all understand the need to select the best possible team/s to not only represent the State in the State vs State, but also, as a club, to select the best possible teams to compete against Australia's best paddlers. Hopefully in 2013 there will be a Great Grand Dragons category and we will see even more people trying out during the selection process and more teams going away.

On 1<sup>st</sup> April at Docklands the State Masters Mixed 20's team will be competing against the other states in the State vs State competition – unfortunately due to Aus DBF restrictions we were unable to double up any of the paddlers, therefore only one team will be competing that day. We have 26 people selected – all vying for a position in the boat – with only space for 22 – so the final weeks of training are very important for everyone in order to secure a position in the boat. Assistant coaches for this team are Jenny Willing and Chris Rathbone. From Monday 2<sup>nd</sup> to Thursday 5<sup>th</sup> April the following teams will be competing – representing Derwent Storms:

Masters Mixed 20 – 200m, 500m, 2000m

Grand Masters Womens 20 –200m, 500m, 2000m (Assistant Coach Donna Fittock)

Masters Open 10 – 200m, 500m (Assistant Coach Chris Rathbone)

Grand Masters Mixed 10 – 200m, 500m (Assistant Coach Sally Chapman)

Masters Womens 10 – 200m, 500m (Assistant Coach Jenny Willing)

Nationals competition is a very big commitment and I am so glad to see so many paddlers making that commitment and training hard – not only on the water but also by working on their own fitness. Dragon Boating is not just about stepping into a boat and paddling – there is a lot of hard work that goes into it to refine technique and work as a team. Training our bodies helps to reduce injuries and improve our chances.

What's next? Well – on the racing Calendar it will be Pan Pacific Masters Games – to be held on the Gold Coast in November – please consider joining in this experience. It is a fantastic opportunity not only to form great friendships with your team mates and experience racing at a completely different level but also to see some great racing and enjoy the great learning experience. We will definitely be looking at aiming for medals after our success at the Masters Games in Adelaide. If you would like to know more about these competitions please ask around other members about their experiences or do not hesitate to talk to me – I highly recommend members to consider these opportunities.

We also have some social paddles coming up:

**Focus on Franklin** – Saturday March 24 – this will be a great day for everyone – we have been invited to Franklin along with Dragons Abreast – a couple of friendly races will be held and there will be heaps to see and do down there. This event is a combination of the usual Focus on Franklin (this time without the night time boat lights parade) and the Apple and Salmon Festival – so lots of stalls and food to be enjoyed. As this is the weekend before the Australian Championships a final training session will be incorporated for the Nationals squad prior to our events.

**New Norfolk to Bridgewater** – Saturday April 14, if you have not already done so, please consider joining in this one – details can be found on our web site calendar or contact one of our committee members for more details.

## BUMPER STICKERS FOR SALE

Derwent Storms bumper stickers are now available in the club rooms - \$5.00 for one or three for \$10.00.

## OTHER NEWS

The club has purchased two tear drop banners from Slick Promotions.

At 3 metres high they will be used at regattas, social events, festivals – anywhere we have an opportunity to be 'visible'. The banners have arrived just in time to take to the Australian Dragon Boat Championships.

Thank you Roz and Crispy for your work on getting these organised for the Club.



The beautiful *Forth Falls* at Lake Barrington and a flotilla of dragon boats.

## SELECTING THE RIGHT SIZE PADDLE

Jeff Campbell owner of Double Fifth Dragon Boating provides some excellent information on paddle sizing on his website - <http://www.doublefifth.com/items.php?CID=63> .

Jeff suggests before buying a paddle make sure you try a range of sizes during practice. Borrow a paddle from a team mate that is a bit longer or shorter than the one you are using and test it out while paddling. Make sure you get good reach and power and ask one of our coaching team to evaluate you with that length.

There are so many different variables that at the end of the day you have to trust your coach!

## PADDLER PROFILE – Glenda Deustcher

### New Paddler to represent Tasmania

Glenda Deustcher holds dual membership with Dragon's Abreast and with Derwent Storms. She is heading to the Nationals in Melbourne in April 2012 as a member of the team representing Dragon Boating Tasmania. Other regattas she has attended include Penang International, Chinese New Year Darling Harbour Sydney, Adelaide Masters, Hong Kong International, Pan Pacific Games, New Zealand Nationals, International Breast Cancer Regatta held in Peterborough, Canada. A 55 klm paddle in West Australia on the Ord River and The Korean Open Busan International Dragon Boat Regatta etc.



To comment on just two of her International experiences; The New Zealand National championship was held on a volcanic lake in Auckland in 2008. The competition was won by the Gold Coast team after paddling 9 by 500 metre races in one day. She says " the only boat to sink was the Navy's." The highlight of this tour was a trip to the North Island where she had the honour of being invited to stay at the family mariahs of two of the Maori club members and to take part in their traditional welcome ceremonies."



In 2011 a number of paddlers from DA Gold Coast paddled with Rome's 'Pink Butterfly' Breast Cancer dragon boat team in the 39th Vogalonga held in Venice. Over 1500 non motorized boats of all types paddled or rowed the 31km route along the Grand Canal and out around Murano Island and back. The dragon boat route is shortened to 19km so all boats can arrive back together. Try to imagine boats filled with strapping Italian men dressed in white trousers, striped shirts, matching striped paddle blades, standing and singing while they paddled. Spectacular. Not a lot of English spoken or Italian understood but lots of laughing and dancing at the after party hosted by the Venice team on a boat on the canal.

The day before Glenda left Italy she joined the Rome pink ladies in a training session in 40deg. heat on Lake Albano where the Pope has his summer holiday home. A day of paddling their outrigger, swimming, sun baking and feasting in true Italian style was a great way to celebrate a truly incredible paddling experience. Put it on your bucket list.

Glenda hails from Queensland, where she had an idyllic life style growing up on the Darling Downs on a wheat and sheep farm outside Warra. As a farm girl she gathered a few highly prized local titles such as "Miss Bunya Nut Runner up" and "Queensland Rural Youth Fruit Preserving Queen." She met her husband Jim in 1981- Surname Lockhart for any of you ladies who may have crossed paths with this Tassie lad in the early days. She has a son Bradd.

Glenda and Jim established a wholesale/retail nursery on Hope Island and then an in-ground advanced palm and tree plantation at Bundaberg. "Plenty of practice there for my dragon boating –she loaded and unloaded the huge trees (with some help from the cranes) from the semi's. Digging and exporting 20 tonne bottle trees and cycads from Central Qld. to China prior to the Beijing Olympics was also challenging but rewarding".

Since selling their business in 2003 there has been much fishing, 18mths sailing the Pacific on an old timber schooner named 'Astor' (she won Sydney to Hobart line honours three times in the 1960's), tennis and then dragon boat paddling for Glenda

*Skippy says "The joke about my sailing ability is that I get so sea sick that I only lasted five minutes when I tried to train as a sweep. Destined to be ballast after Julie and I became stuck in seat 10 at Lake Barrington. ... My derriere Julie – not yours".*

Whilst she and husband Jim are moored at Kings Pier they are looking for the ideal spot to put their feet ashore and buy a property. One could suggest a property on the Eastern Shore somewhere near the Dragon Boat clubs would be ideal...

Anne Carey