



**ISSUE 5 — March 2013**

## **SELECTION CAMP FOR THE AUSTRALIAN AURORAS**

**C**ongratulations to club members Jenny Willing, Alison Mourant and Martin Turner who have been selected in the Australian Dragon Boat team (Auroras) to compete in the World Championships in Hungary in July. It is a wonderful achievement to rise to this level from a club which, in dragon boat terms, is very young (established 2007). We know you will do Derwent Storms, Tasmania and Australia proud.

### **COMING EVENTS — please note these in your diary.**

**March 30 Saturday** 9.30 a.m. — 60 minutes of racing

**April 27 Saturday** 9.30 a.m. — 60 minutes of racing

**May 25 Saturday** 9.30 a.m. — 60 minutes of racing

### **PADDLING TIMES**

Tuesday evening: 6.00 for 6.30 p.m.–7.30 p.m.

Wednesday morning: 9.00 for 9.30 a.m.–10.30a.m. social paddle and ‘get-together’.

Thursday evening: 6.00 for 6.30 p.m.–7.30 p.m.

Saturday morning: 8.00 for 8.30 a.m.–9.30 a.m.

Sunday morning: 8.00 for 8.30 a.m.–10.00 a.m.

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## **COACH’S REPORT** with Alison Mourant

**I**t only seems like a short time ago that I was sitting at my computer writing my report for the December newsletter — so much has happened in that very short time. Of course all the usual Christmas rush for all of us on top of a full schedule of paddling. I welcome Jan Breen who has decided that she would like to work with the coaching group. Jan will be starting to take some Saturday sessions soon with the assistance of Jen and myself. We are hoping that it won’t be long before another coaching course is offered so that Kathy and Jan can gain their coaching accreditation.

**Nationals 2013:** This year the Australian Championships will be held in Penrith NSW in

April. A number of Derwent Storms paddlers have gained selection into the State Team and last month we completed our selections for Derwent Storms Club crews to also compete at the championships, the teams have been listed elsewhere in this newsletter. Thank you to all who expressed an interest in competing at Nationals. If you were not successful this time, please take the opportunity to continue to paddle regularly to gain paddle fitness and technique ready for 2014. We will be competing in 10’s races in a number of categories to enable Masters, Grand Masters and Great Grand Masters to all be able to gain the experience of paddling in their categories. I guess now is the time that we should all be

getting used to the new terminology that is being used for these competitions, the age categories are now – Masters = Senior A, Grand Masters = Senior B and Great Grand = Senior C. Training is ramping up and for those who are in the club and state crews there is never a cancelled session. If the weather or water conditions do not allow us to go out I expect you to be bringing alternative footwear so that we can go for a walk or exercise elsewhere. I am also hoping that we may be able to slot in a few Friday 6am sessions if possible.

**Wednesdays on the water:** It's great to hear that the Wednesday group are having a great time out on the water (while some of us are working grrr!!). It is a wonderful opportunity for those who prefer to go for a social paddle to go out on a Wednesday morning – I am very envious on a Wednesday when I see the beautiful calm water – thanks to those sweeps who are available for making this extra session able to happen. Let's face it – without accredited sweeps we would not be able to offer these sessions, we are indebted to you.

**Water Safety:** We are in the process of arranging to have a pool safety session for club members with a qualified swim instructor. We are just waiting to hear about the final venue and details which will be sent out to members as soon as we know when this can be offered. We highly recommend that all members take the opportunity of completing one of these sessions, particularly if you are not a strong swimmer or in fact a non-swimmer. More details should be on hand soon.

**Lake Barrington: YES** – we managed to retain the 500m trophy and only missed out on the 250m handicap trophy by 0.5 second. Well done to all who took part. Not only was it a great deal of fun, but it also showed that our training is coming to fruition – everyone was able to manage all the events without a problem and we received many comments about the good timing and strength and discipline in our boats – well done Stormers. So when we are going the hard slog at training that is conditioning us to be able to cope better in both short and longer events.

**Three Bridges:** What a beautiful day, great to see 3 boats out on the water – 59 people taking part. It was great to be able to have members of MoCo, DATH and North Esk join us. Comments as people got out of the boat; “Well – that wasn't as hard as I thought it would be”. We try to ensure that there are plenty of breaks to enable everyone to hydrate and replace glucose levels with a lolly or two!) – the Support boat was with us all the way – but nobody opted to have a rest in that – everyone managed admirably.

Our focus over the next few months is the lead up to Nationals – followed by another beautiful Autumn paddle at New Norfolk later in April. Technique Rhythm and Control will continue to be our focus over the next few weeks followed by Distance, Speed, Power and then Racing performance. Saturday sessions continue to be tailored around the experience of the paddlers who turn up, but it is always a lower intensity paddle – ideal for beginners, those returning from an injury, or those who just like an extra paddling session. It won't be long now before our evening paddles will be in the dark ( ☹ ) – so time to start hunting out those wrist lights ready. Some of us have found that the bike lights are ideal strapped to the wrist, or there are many other lights that are suitable to strap on so that we are visible. Remember – we don't ever venture too far from shore and always stay where there is light around (usually towards Rose Bay, Montagu Bay). The Autumn evening paddles are often the best as far as water conditions go, yes, it may be a bit chillier but the water is usually perfect for training. We encourage you to have an extra layer ready and in the “purple bin” that we leave at the pontoon ready to put on as soon as we return from the water to keep warm.

As a coach it is very rewarding to see the improvement in paddlers as they work their way from their initial ‘come and try’ session through to competition. We all continue to learn all the time, whether you have been paddling for 5 weeks or 5 years there is always something to learn and refine. It is a pleasure to be part of the coaching group and very rewarding to see the continued improvement throughout the boat. ◀

## TASMANIAN AND DERWENT STORMS' REPRESENTATIVES

It is an honour to represent your state in any field, and the following paddlers have been selected to represent Tasmania to compete in the Seniors B (Grand Masters) mixed team at the Australian Dragon Boat Championships at Penrith on Thursday 18 April 2013. Unless otherwise indicated, all are Derwent Storms members. Those who are registered with both Dragons Abreast Tasmania Hobart (DATH) and Derwent Storms are indicated as DATH/Storms.



**Head coach:** Alison Mourant

**Assistant coach:** Jenny Willing

**Team manager:** Ian Mourant

Sweep: Sue Sanderson (DATH/Storms)

Drummer: Cecily Nagy (MoCo)

### **Paddlers:**

Ali Mourant

Andrew Lovibond

Angie Turner

Christine Gordon

Dave Masters

Donna Fittock (DATH/Storms)

Jan Breen

Jane Lovibond

Jenny Willing

Julie Davidson (DATH/Storms)

Leigh Becker (DATH/Storms)

Leonie Mickleborough

Lisa Reid (MoCo)

Marilyn Percey (DATH/Storms)

Martin Turner

Mike Percey

Paul Bird (North Esk)

Penny Zucchi (DATH/Storms)

Pete Cloudsdale

Steve Burgess

The following club members have been selected to compete in the club events 16–18 April 2013 in the 200m and 500m 10s events and the 20s over 2,000metres.

**Head coach:** Alison Mourant

**Assistant coaches:** Donna Fittock and  
Jenny Willing

**Team manager:** Ian Mourant

Ali Mourant – paddle / drummer

Di Scarlett – paddler / drummer

Jan Breen – paddler / sweep

Jenny Willing – paddler / sweep

Kathy Evans – paddler / drummer

Leonie Mickleborough- paddler / drummer

Mike Percey - paddler / sweep

Sue Sanderson – Sweep

### **Paddlers:**

Andrew Lovibond

Angie Turner

Christine Gordon

Dave Masters

Donna Fittock

Helen Crosby

Helen Mennitz

Jane Lovibond

Julie Davidson

Leigh Becker

Marilyn Percey

Martin Turner

Pam Hunt

Paul Wilkinson

Penny Zucchi

Pete Cloudsdale

Steve Burgess

Wally Armstrong



## A 'DERWENT STORMS' DITTY by Denise Phillips

There is a club known as the Derwent Storms,  
A fine bunch of paddlers gathering is the norm, on fine sunny mornings, winter nights and sometimes even at dawn ...  
It came into my life earlier in the year, I thought, Yeah, this will be a club with plenty of beer and endless good cheer ...  
However, what I have learned tells a good yarn, so prick up your ears and let's have some fun ...  
To begin with all clubs have their rules, let me tell you a few, as they're as important as the royal jewels...  
'Watch your stroke' is a regular call, to disobey this, you'd be a fool  
'Keep your arm straight' is shouted often, to not do this, well, you'd be a boofin'  
'Think Mongrel' is yelled all the time, Donna says it will help us think gold and be first across that line.  
'Find that deep water' is a constant call, let's face it, if we want the boat to move, it's a good reminder.  
Then there are terms, 'grunts', 'level 3', 'level 5', 'make every stroke count' to ensure we are always learning something about ... the fine idiosyncrasies of dragon boat paddling, I swear it's easier to go overseas and do some haggling ...  
'Long and Strong' the repeat shout goes, on and on at every training session,  
But when we get it right, despite all the aches, we know it's a blessing.  
'Prepare to back paddle' is yelled from the back, from a strange job title known as the Sweep.  
Now we know the sweep steers the boat and has the very important job of keeping us afloat,  
with such responsibility they have varying moods, from happy-go-lucky, to bossy and grumpy...  
Bring 'paddles in to check balance' is their regular shout, to not do this, well you'd be a lout.  
To learn all of this, well, it's quite a big gig,  
But the coaches keep smiling and do their bit, and still manage a happy jig ...  
As a coaches' job can be far from fun, whilst motivating and encouraging is part of their brief,  
Maybe sometimes they wonder, God this job gives me grief ...  
Now for the strokes, who deep down think they own the boat, if only they knew, that down the back, all we do is muck about!  
Although they have an important job to ensure the rhythm, but really who gives a diddam?...  
Now the night paddles are worth a mention, during the middle of winter, arms lit up, it's quite a session,  
With beanies everywhere and trying to cope with the still night air, we soldier on, with our long and strong.  
My great friend Anne, who organises everything, from Meadowbank to muffins and all things Christmas,  
hats off to you Anne, you're one in a million ...  
To Ian our wonderful safety boat driver, will take anyone out on the water, his rule is, just slip him a fiver  
Despite our stretching and our warm-ups, it doesn't mean that our backs don't occasionally bugger up ...  
but as fine athletes we stay proud, and never complain, well at least not very loud ...  
Now of course, it's not all hard work and after the paddle we head down the road to a great place known as Banjos,  
Where we always are happy to partake with the constant latte set ...  
With fine paddling and beaut people, to the Derwent Storms club, I salute you.  
AND always remember: (to the tune of row row row your boat)

Row, Row the dragonboat,  
Dig your paddles in,  
Faster – Faster – Faster –Faster  
**Of course we can win!**

## LAKE BARRINGTON BASH



**The Falls Lake Barrington** — Photo: Paul Van Nynanten

Lake Barrington is a wonderful setting on any day and the river festooned with fully dressed Dragon Boats was a sight for any spectator to behold over the weekend 9–10 January. The several clubs in attendance evidenced the growth of Dragon Boat Racing in Tasmania.

The Tasmanian Dragon Boat Regatta held over the weekend played host to teams from Derwent Storms, Nipples on Ripples (Devonport), Launceston, Moco and a team from as far afield as Geelong. Geelong's impromptu song at the dinner on Saturday was inspirational — 'Sisters are doing it for each other'. A reliable source advises that members of Derwent Storms are working on a new Club song choreographed no less than by President Jen, who for those of you who do not know has a theatrical background — and boys, you will be included in our club song.

The winners of the racing events at Barrington were Derwent Storms in the 500m state championship and also the two 250m back to back races, while DATH took the trophy for the 250m handicap final.

It was a great weekend and nobody could leave the site without being a winner, the exhilaration of racing, the beauty of the falls,

the exceptional food and the magic of old and new friends. It was good to see how tent city is evolving on the banks of the lake, the occupants enjoying time around the camp just chatting. By the way — the Dinner dance on Saturday night does rate a big mention, and the celebration of the Chinese New Year and the year of the snake (Roger). Miriam is still wearing two portions of him on her car!

Several party goers had trouble finding their way home — and for the most part it was because it was so bloody dark and not because of any wine which may have passed their lips.

The 'flowers on the water' ceremony will always be a stand out event. The courage displayed by our sisterhood to fight the incredible fight against this insidious disease which infiltrates their lives. To witness the respect they have for each other. It was great to see Danielle Ostarek-Gammon back in her boat and taking up a paddle again.

Health and fitness are essential to our well-being so it is grand to have a mechanism to afford us pleasure in pursuing these objectives. Dragon Boating is our choice.

See you all at Barrington next year — Pencil it into your calendar. Anne Carey

## CRUISE OF AVENGER by Pat Dodson



Derrick, Mike, Mistral, Allie and Pat

What started out as a holiday to New Zealand to celebrate mother/daughter birthdays evolved into a sailing adventure, with the addition of a wedding!

My husband Derrick, our daughter Mistral and her partner Mike and Allie (our dog), left Hobart at the end of February 2012 on *Avenger*, our 40ft sailboat. We crossed to Nelson, on the South Island in 8½ days — a fast trip which we couldn't come close to in our other major crossings. I (Pat) flew over ten days later, just in time for the first birthday celebration.

At the end of March, we were in the Queen Charlotte Sound for Mistral and Mike's wedding week-end picture perfect and a very relaxing, special, family time.

A week later, Mike and Mistral offered to help us sail to Napier, on the east coast of the North Island. They had to leave us there to return to the US and work. We really missed their energy and sailing expertise, so we decided to do a little road trip for a 'change of pace'. New Zealand is so appealing for its natural beauty and the handiwork of the

volcanic activity, a great place to visit by land or sea ...

Back on the boat, we continued up the coast to Gisborne, around East Cape into the Bay of Plenty. We sailed past the active volcano, White Island, and the remains of the *Rena*, a container ship that went aground on the Astrolabe Reef when the captain was celebrating his birthday? We also lost our fridge full of food, when the power was accidentally disconnected —the fish had a great feed!

Tauranga/Mount Manganui was a great stop-over, busy port, fierce currents, and a long walk to the shopping area. We also managed another road trip, Rotorua, then around the Coromandel Peninsula. After a week, we then headed towards what is considered the better cruising grounds-lots of islands, warmer water and warmer weather, from the Coromandel up to the very north. We met sailors going in all directions, in a great variety of boats. One couple we enjoyed meeting had just returned from a 2 month circumnavigation of NZ in their 50yr old, 26ft wooden yacht —Arnie and Viv were in their 70s and we admired their sense of adventure!

Mid-May and we had arrived in the Auckland area where we had to organise our visas for the trip to China (that is another story!) We were based at Gulf Harbour, 12km north of Auckland with the capacity for 1,033 craft, serious boating here. It was the best organized facility, the best price, and the local café made the best muffins ...

We arrived back in NZ in early July, time to think about the return trip to Australia. We were 'flat' from a virus picked up in China, it was wet and cold, waiting for the right weather window was frustrating ... we cleared customs on 13 August from Opuia, Bay of Islands. We planned on a 5-6 day sail to Lord Howe Island, but very light/contrary winds made it slow going. We arrived 10 days later with Pat requiring stitches and a tetanus shot. She was knocked off her feet when a side wave swooshed the boat around just as Pat was heading up for a night watch. (The nights on the Tasman Sea were stunning-incredible stary skies, and a real feeling of solitude, so calm and gentle to what we were expecting.)

Lord Howe was a unique visit, but then that 'weather window' was right and we crossed to Coffs Harbour for our official entry back into Aus —quite a rigorous procedure. We talked about taking our time to explore the east coast, but once we were on the 'homeward bound' leg, we just had short stops on the Hawkesbury River, Sydney and Eden. All along the coast we were entertained by big pods of dolphins, whales, mainly in the distance, and had to keep a good lookout for the freighter and fishing traffic. Bass Strait was another surprise, a little choppy, light head winds. The grey/misty spot to our starboard was Tassie, but we couldn't actually see land until we were close to Maria Island. Rounding Tasman Island, then sailing into the channel was a great feeling. After 7 months of following the rhythm of the sea, it was wonderful to be back on land, and home! ◀

## LIZ GILLIAN SETS HER SAIL ON ANOTHER SHORE



**O**n 29 January a large number of paddlers popped into the *Beltana* to say farewell to fellow paddler Liz Gillian.

Liz, a founding member of Derwent Storms, a current paddler, sweep and coach for our club and a current committee member for DBTAs

will be a big loss to the Dragon Boat community.

However adventure calls Liz, and with a giant leap of faith she has set sail for another shore — Melbourne. Here she has a new job and a few new adventures to take on board.

It had been my intention to do a profile on Liz but I think her story is still unfolding .....

We look forward to some feedback Liz, and wish you all the best for your Melbourne sojourn.

Anne

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### FOR SALE

One pair of pre-loved ACS grey paddling shoes size USA 6 and one pair of *Solutions* size 'small' paddling gloves — to the person with the highest offer received within two weeks by Anne or Leonie.

## THREE BRIDGES PADDLE

The challenging but fantastic 2013 Three Bridges event was a pearler and indeed a memorable event for many who already are dining out on their “3 Bs” experience.

Rather than recalling the Bridgewater, Bowen and Big bridges as milestones in their epic 21km adventure, some rump-raw paddlers are reliving their moment of glory in terms of Bruises, Blisters and Butt-bumps!

But derriere discomfort is all part of the joy of dragon boating and it pales to insignificance when Mother Nature drums up a glorious day like 24 February. Weather and water conditions at Bridgewater were absolutely perfect for the launch of three full boats. All were equipped with a mix of 60 paddlers from DATH, Storms, MoCo and Launceston, an accredited coach, interchangeable sweeps, an equal number of State team representatives AND, most importantly, a lolly bucket.

Ian Mourant and Dave Cross set sail in the rescue boat with extra water supplies and, aided by a following tide, we all made good progress downstream. MoCo paddlers were able to provide a running commentary of the landmarks along the way, Dave and Martin kept us up to date with the market-ready craft at International Catamarans and there was animated discussion about the waterfront real estate.

With a good mix of level two and three paddling, supported by an occasional burst of level four and recovery stroke, we made an impressive and colourful sight surging down the Derwent. Cheered on by tooting motorists on the Bridgewater and Bowen bridges and well-wishers on the old Bailey Bridge abutment, all was going well until the water suddenly became very choppy on the homeward straight.

Trying to line up for a communal pass under the Tasman Bridge was tricky and the confused water and stiff breeze tested the sweeps. The final leg from Montagu Bay back under the bridge to the MYCT was gruelling indeed with paddlers on the windward side of the boats getting a pasting from the slop and the seaspray. We ploughed on lured by the aroma of snags and onions that our wonderful caterers, Anne and Jill, had on the barbie for the homecoming.

Thank you to everyone for contributing to a great day. With more than \$2,000 in the kitty from the event, it's winner all round. Next year the push could be on for a FOUR bridges paddle from New Norfolk. Come on, it's only another 12 or so kilometres!

Jane Lovibond

## SOCIAL PADDLING TAKES OFF

Several meetings ago the Derwent Storms Committee took the initiative and decided to have a trial of Midweek Paddling. It took a further few weeks for us to launch the start of this trial on 6 Feb 2013.

Jan Breen put her hand up to be the primary sweep, so we were able to advise paddlers that we had the real deal and could promise weekly paddling sessions. Obviously sweeps are critical for any session.

We envisaged that a paddle in this time slot would appeal to numerous retirees, to job-share people and it is certainly not a paddle for 'Come and Tries'. The first few weeks of this paddle have been a huge success, the beautiful sunny days have helped us on our way and may they continue. We have a

composite crew of paddlers from DS, MoCo and DATH.

We have many experienced paddlers amongst the group, we enjoy a good paddle and we also enjoy time over a cuppa at Banjo's. Not to make too much of a good thing but we are at an age and a stage of our life where we have lots of time on our hands. We like to work out but we also need to build friendships.

A special thank you to Jan Breen and Steve Burgess who have helped us in the first few sessions. We invite any paddler to come join us for the odd session and we would certainly like to hear from any sweep who can give us a hand without it compromising your current roster.

Anne Carey