



The Derwent Drum

Derwent Storms Dragon Boat Club Newsletter

Issue 18

May 2015

Storms put in a super strong Nationals show

It was a long way to go for the 2015 Nationals but the race venue in Perth was the best yet. Storms made themselves at home in the lakeside marquee and appreciated the supplied chairs.

Our marquee neighbours from Darwin included Darryl Massie who plans to return to Hobart and will be back on the Derwent before the end of the year.

The move to 10s boats for most of the Storms races was a good one and coach Ali was thrilled with our times. Everyone showed huge determination and the medals were almost within our grasp.

The girls put in an absolutely sterling effort in the 2km race and it was a disappointment that time ran short and the mixed 2km races were cancelled. The squad is indebted to the coaches and team managers for their fabulous organisation and great advice.

More photos on page 4



Club Committee 2014-15

President: Angie Turner

Vice president: Alison Mourant

Secretary: Janine Atkins

Treasurer: Jenny Smith

Denise Phillips, Grady Koolhof, Jan Breen, Jane Lovibond, Jenny Willing, Martin Turner, Pamela Hunt

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How you can support our Canada Trivia night

Please help to send our Aurora paddlers to Welland, Canada, for the World Dragon Boat Championships. This is what you can do to assist and support the fundraising Trivia Night on **Saturday June 13** at the Lindisfarne Rowing Club.

Get a team together (tables of 10 are ideal but smaller groups and singles are most welcome). Space is limited so please get your tickets from Donna, Lyn and Jane ASAP.

Boys: Please supply a bag of nibbles for the tables. Pass them on to Pam or Denise.

Girls: Sign up with Pam or Denise to make a savoury or sweet supper treat.

If neither of these options appeal, please see Helen Russell and fill up her car boot with attractive auction items or raffle prizes.

Hobart clubs unite for Wednesday paddling sessions

By Leonie Mickleborough

Most Wednesdays the River Derwent provides an ideal location to paddle in flat, reflective water with little other river traffic other than the Mona ferry.

This Derwent Storms paddle session, from the MYCT, encompasses paddlers from



all three southern clubs: Derwent Storms, DATH and Moco. A core group of paddlers from all three clubs attend most weeks, supplemented by other paddlers when they find it suitable — those on RDOs, annual leave, part-time workers and during school holidays, by school teachers and office staff, all of whom are made very welcome any time they come.

Paddling is not restricted to Lindisfarne Bay, unless the weather precludes this, and usually begins with a strong endurance paddle down river as far as Kangaroo Bay or up river to Shag Bay, being broken up with drills such as half-boat and one seat out. Before seat change-overs, starts are usually practised, while the return paddle generally involves a different routine, often involving 'grunts', and long and strong, especially back towards home from the 'red stick'.

As well as paddling, this enthusiastic group also manages 'pick-ups' of rubbish from the water, including bubble-wrap, bottles, cans, large logs and even dog balls. By necessity, this public act may mean gunnel paddling, 90 degree turns, back-paddling and, at short-notice, stopping the boat.

The Wednesday paddlers are very grateful to the sweeps who regularly attend to enable a strong varied session to be held, all of which aids the fitness of the paddlers and is also practice for the sweeps.

All registered club paddlers are welcome to the 9am Wednesday sessions whenever their other commitments permit attendance. After the paddle, some change into their social or work clothing and dash off, while others visit the usual club coffee rendezvous and discuss the morning's efforts.

Membership fees for 2015-16

Brace yourselves. Storms Treasurer Jenny Smith is poised to send out invoices for 2015-16 memberships.

Inevitably, the components of the membership (MYCT, DBTas and Derwent Storms fees) have increased a little on last year.

The new fee is \$290 but don't despair. If you pay before the end of June you will receive an earlybird discount of \$15 making it \$275.

Just think of the advantages you receive being a member of Derwent Storms: fitness, skills, friendships, competition and travel opportunities, and the greatest lure of all – paddling under moonlight in winter!

Deck yourself out in a new top

Paddlers wishing to purchase a new club singlet or short-sleeved top should check out Jan Breen's mobile wardrobe (in her car).

The new tops have the requisite logos to compete in AusDBF events like the Nationals. If your size is not available, Jan will order you one. The new design is not available in a long-sleeve version. For sun protection it is recommended that you wear a long-sleeve plain white or black top with the new-look singlet on top.

Jan's car-boot wardrobe also has a number of extra-small singlets in the older style and some long-sleeve green and black tops ideal for winter paddling.



Photo by Lena's Lens

Night paddling in the glow of dazzling Derwent phosphorescence

Tuesday's night paddle on May 19 would rank among our best. Yes, it was overcast, but the lack of stars was more than compensated by brilliant flashes of phosphorescence in the Derwent.

The water droplets sparkled with electric blue light as they fell from our paddles, pooling to form swirling eddies of magical bioluminescence. It was quite a sight and added a new dimension to our yellow buoy to bridge laps of long and strong paddling.

The post-Nationals night sessions have been focused on strong, steady paddling and many are surprised at the total distance covered. The idea is to keep moving to ward off the cold but not to go flat out.

The buoy to bridge stints are a good mix of 70 per cent power interspersed with some 80, 90 and 100 per cent bursts. Half boats, odds and evens, and two three and four seats at a time provide variation to keep everyone alert.

It is great to support our Aurora paddlers maintain their training schedule, and while the rest of us don't try to match their physical prowess, it's a good way for us to build on our regular training and to maintain our fitness.

Derwent Storms at the Nationals Champion Lakes, Perth



Top: Our Senior A women head out to the start of the race

Middle left: Cheer squad - Andrew, Janine and Denise

Middle right: Team manager Brendan presents James with his Nationals memento photo

Left: Annette and Lyn with the new magnetic crew boards

Below: The Tassie Women's 10 (Boat 2) jumps out of the starting blocks



Chinese community eager to hit the water at dragon boat festival

Derwent Storms is again supporting Dragon Boat Tasmania to provide paddling opportunities for the local Chinese community.

The club has committed to providing a boat and crew for the Dragon Boat Festival at Short Beach, Sandy Bay, which this year will be held on **Sunday 21 June**.

The festival will follow a similar format to the 2014 event except that the Chinese paddlers have requested to paddle with dragon boat crews rather than being in a separate boat. While Storms is not required to provide a whole crew, club paddlers are invited to provide on and off-water support. We will take our marquee and recruitment flyers.

The boat will be loaded on the trailer after paddling on Saturday 20 June and Andrew will tow it to Sandy Bay. DBTas will provide a safety briefing and coordinate the on and off water events. Master Wang's group is doing the lion dance and the Chinese community is providing lunch.

The festival starts at 10am so we will need to meet on site by at least 9.30am. MoCo is also providing a boat as well the safety/support boat. Please contact Angie Turner if you are attending.

Elizabeth College paddlers impressed by Stormer tenacity and resilience

Despite the “big blow” and wet, wild conditions this month, a group from Elizabeth College made it on to the water for a come and try session. Held on Thursday, 14 May, as the tempest finally abated, the paddle was at the request of the college for 34 outdoor education students.

The 34 “boys and girls” had to admit that dragon boating was a tough gig and were blown away by the fact that Stormers regularly boat crews in less than favourable weather conditions and at night. They were most grateful for the opportunity to “have a splash” given the very short notice. Thank you to the club paddlers and sweeps Pete and Lyn who kept the eager beavers under control.

NEWS IN BRIEF

Tips for night time paddling: A reminder to all paddlers to ensure you have warm clothes ready to put on as soon as we get off the water. Lights are encouraged. A white light worn on your outside arm indicates to other craft that we are on the water. A red light worn on the wrist provides a timing aid to others in the boat.

Stormer of the Year Award: The annual award to the club member of the year will be presented at the end of season dinner at the MYCT on 4 July. Please think about who you would like to nominate and place your choice in the box in the cubby. Register with Denise if you are attending the dinner. Partners are very welcome.

New members: Storms has welcomed lots of new members this year. While some are easing into their new sport, a few have sampled higher intensity sessions on the advice of the coaches. Welcome to: Lynette Kaica, Anne Stephens, Leanne Memish, Mel Baker, Matt Davies, Evan Evans, Teena Mills and Penny Brownlie.

Later start to winter weekend paddling sessions: Saturday and Sunday sessions will start an hour later in June, July and August. To avoid those chilly starts, please arrive at the MYCT at 9am, ready to be on the water at 9.30am.

Dragon Boating Calendar

June

Saturday 13 7pm Canada Trivia Night, Lindisfarne Rowing Club

Sunday 21 10am Chinese Dragon Boat Festival, Short Beach, Sandy Bay

July

Saturday 4 7pm End of season dinner, MYCT

August

13-16 Far North Queensland Masters Games, Cairns

October

9-10 Australian Masters Games in Adelaide