



The Derwent Drum

Derwent Storms Dragon Boat Club Newsletter

Issue 13 October 2014

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



www.derwentstorms.com.au/

derwentstorms@gmail.com

Best wishes to our Pan Pacs crew



All the best to our intrepid Pan Pacs paddlers who are off to the Gold Coast in early November.

This will be the first national regatta experience for many. James Dunbabin says he is "feverish" for victory while Vicki Flukes is "naively enthusiastic".

Peter and Kathryn Essex are also "virgin Pan Packers" but can draw on their experiences at national championships and masters games to prepare for the paddling and the fun.

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Derwent Storms opted for the theme of understated elegance for the **lit boat ceremony** on Lindisfarne Bay. Jen's discreet but environmentally-friendly solar-powered bud lights teamed well with Vicki's native flora and Jan's lanterns and glowing stars. James Lee, from the Chinese Community Association of Tasmania, performed the traditional awakening of the dragon by dotting the eyes. We joined the luminescent DATH boat for a spin around the bay.



Dragon Boating Calendar

October 2014

28 Social night MYCT (after paddling)

29 Dragon Fit at Simmons Park

November 2014

6pm Wednesdays Dragon Fit at Simmons Park

2 Selection camp # 2 for State team

8-9 Pan Pacific Masters Games, Qld

December 2014

6 DBTas BBQ Bunnings Rosny Park

13 Derwent Storms-DATH Xmas party

February 2015

7-8 State Regatta, Lake Barrington

22 Chinese New Year event

March 2015

15 MoCo Regatta TBC

22 DATH Corporate Regatta

April 2015

13-19 National Championships, Champion Lakes, Perth WA

October 2015

Australian Masters Games, Adelaide



Gentle start to Dragon Fit

Be warned Stormers, the introductory Dragon Fit class was "not too hard" so those who were unable to make it missed a gentle easing into circuit work.

Push ups, tricep push ups, sit ups, Russian twists, lunges, squats, planks - all those exercises you love to hate ensured everyone was over the moon to be at Simmons Park.

Fortunately it was over in 30 minutes and we didn't have an audience as such - just a tradie in his King Gee overalls using the exercise equipment!

Martin was almost apologetic that it was a gentle start to his weekly exercise regimen. Nevertheless we all enjoyed the cool down and stretches at the end (pictured above).

See you all you all next time: 6pm Wednesday adjacent to the Rowing Club. BYO water bottle and a towel.



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The coaches are working hard to get all the crew lists ready to hand over to the Team Manager Mike Percy. We wish the crew, experienced paddlers and newbies, all the very best in Queensland.

The Burleigh Heads Bowls Club may remember the Stormers from 2012. We certainly lit up the dancefloor!

Left: Pan Pacs virgins - Peter, Kathryn, Vicki and James.

NEWS IN BRIEF

Chocolate fund raiser: Please see Janine if you can help out with the club chokky fundraiser. The idea is to take a mixed box of Freddos and other Cadbury treats to work to share the pain of raising money for the club. Please don't leave it on your own kitchen bench and yield to temptation. Put it in a prominent place at work and entice your colleagues to help us out with fund raising.

Raffle: The club is putting together a Christmas hamper/goodie box to raffle. Donations are very welcome so bring along something special to add to the general mix. We want to make it really attractive so please be a bit discerning..... no pre-loved Avon products, pretty please!

Christmas dinner at the Tasmanian Hockey Centre: Denise and her team promise a great night with spangles and sparkles in true disco style. Might be worth looking through the racks at Vinnies to come up with a John Travolta or Donna Summer outfit.

Burger night at the MYCT: Thanks to Denise for organising our burger night debut. Such a shame the weather was so atrocious that we missed our pre-burger paddle. How could we justify those delicious chips and juicy patties? Easy - we all did Jen's pre-burger exercise challenge, didn't we?



Weather gods turned it on for Sunday paddle and Waterworks barbie

The spring weather has played havoc with the paddling program but it was a bottler for our new season barbecue. The catering was superb with plenty of delicious nibbles and great salads to complement our barbecued treats. And the sweets. Wow! Good to see such a good turnout, especially the new paddlers. Robert amazed us with his novel bottle opening sandal (pictured centre). Can anyone top this?

Vale Danielle

Derwent Storms mourns the passing of former Stormer and DATH member Danielle Ostarek-Gammon.

Very sadly, Danielle lost her long battle with cancer this week. We will remember her as an extremely friendly, cheerful and willing paddler, especially at Pan Pacs and Masters games. RIP.

FOR SALE

**Chinook Sundowner IDBF 202A
licensed paddle 46"**

Excellent condition

Cost \$250; sell \$150

See Jenny Willing if interested

Lake Barrington Regatta accommodation

Paddlers intending to compete at the State Regatta at Lake Barrington in February should start planning their trip. Some people have already booked their accommodation in the Barrington area.

There are some lovely B&Bs which are good alternatives to camping or staying in the hostel at the lake.

Volunteers for cultural event

If you would like to be part of organising a dragon boat event at the February 22 Chinese New Year festival at Watermans Dock, please get in touch with Donna, Lyn, Steve or Jane. DBTas would appreciate some assistance with this.

Eat Well – Paddle with Power

Watch out for this exciting home-grown publication. It will be available soon.