

# Dragon Tales

## August 2010

### Important Dates Mark your Calendars!!

#### 2010

**August 7<sup>th</sup>**: Woodstock  
Dragon Boat Festival

<http://www.dragonboatwoodstock.ca/>

**August 21<sup>st</sup>**: London Dragon  
Boat Festival

<http://www.dragonboatlondon.ca/>

**September 18<sup>th</sup>**: Stratford  
Dragon Boat Festival (see

page 2 for more information)

<http://www.rotarystratford.com/dragonboat/>

**October 2<sup>nd</sup>**: River Run 2010  
(more info to follow but check

out last year's site) [http://www.dragon-](http://www.dragon-boats.com/river_run_2009.htm)

[boats.com/river\\_run\\_2009.htm](http://www.dragon-boats.com/river_run_2009.htm)

#### 2011

**April 9<sup>th</sup>**: LDBC 5th  
Anniversary Celebration



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### *A Note from the Club President*

I'd like to welcome all of our new club members. Our club certainly is growing! We currently have 37 returning and 26 new members. I hope everyone is having fun and getting to know each other! We currently have 21 members on the Wave Riders and 42 on the Waves of Fury team. We started the club with fewer than 10 people back in 2006. Each year has brought new challenges as we grow and this year is no different. Thanks everyone for your patience.

The way our club functions is rather like our sport. The better we work together, the more we accomplish! We have an amazing group of people who love dragon boating. I'd like to thank our coaches, captains, board members and the many other individuals who give so much of their valuable time for our benefit.

Each team have had one race so far and have 3 more to go. In addition, we have several other events to look forward to so while the summer may be half over, we still have a lot of excitement yet to come!

Paddles up!

Heather Peel  
2010 Club President



## *Waves of Fury*

Waves of Fury captains Bonnie Tucker and Gerry Matthews would like to welcome our returning and new members for 2010. The growth of our team has been tremendous this year and speaks volumes about the popularity of dragon boating as a recreational sport.

The team will enter four festivals in 2010 – Welland (June), Woodstock and London (August) and Stratford (September). Its great to see first-year paddlers eagerly participating in these events.

We wish everyone an enjoyable and safe paddling season.

Special thanks to our dedicated coach Jamie Pentland. Jamie volunteers his time to coach and steer for Waves of Fury. This year Jamie has given up even more of his time to cope with our team's growth by facilitating at our Saturday morning practice and at two practices each Tuesday and Thursday evening.

### ***MEALS AND SNACKS BEFORE RACES/PRACTICES***

(From the book *Paddles Up! Dragon Boat Racing in Canada* by Arlene Chan and Susan Humphries)

Carbohydrates provide the primary source of energy for activity; protein is needed for muscle growth and repair.

Suggestions for breakfast on race day:

- Fruit with low acidity, e.g. peaches, pears, apricots.
- Fruit juices
- Low fat, plain or with fruit yogurts
- Fruit smoothies
- Steamed or boiled rice.
- Pasta
- Chocolate milk

Lunch and dinner suggestions:

- fruit and veggies
- soups (broth, not cream)
- fish, poultry
- cold cuts
- rice – steamed or boiled
- salads, fresh fruit or veggie
- One hour before races:
- fruit
- chocolate milk
- orange juice

Between races fluid replacement is a priority. Drink plenty of water, diluted fruit juices or sport drinks. Eating carbs within 15 minutes after a race or practice stimulates insulin production that in turn stimulates the production of glycogen. The body is at its highest rate of absorbency and delivery of nutrients in this time period. Snacks with small quantities of carbs are especially important if there is a delay in the start of the event or there is a long wait. Fruit, bananas, low fat granola bars, low fat yogurt, almonds and pretzels are good snack choices. There is a lot more information about foods and the importance of proper nutrition during training and race days.

Brenda has a copy of this book if anyone is interested in reading it.

### ***Some basic safety rules:***

- #1: LISTEN for commands and follow directions from steers person, drummer or coach.
- #2: Keep pfd on and done up at all times on the boat.
- #3: Use the buddy system. Know your seat number and in the event of tipping, look for your seat partner.
- #4: If capsized, listen for instruction and stay with the boat.

## Waves Riders

Cyndie and Karla would like to welcome all the new and returning members of Wave Riders to the 2010 season. We are off to a great start with our new coaches, Cheryl and Sarah. After weeks of pool side training at Amica Retirement Residence (thanks to Maureen Malone) we started on the water in early May.

Our first festival in Welland was a good start to the season with a tenth place finish. We are all working hard on and off the water training for the remaining three festivals this season.

We continue to build our team and welcome any experienced paddlers to come out and join us for a practice.



Join us for the 18th Annual

## London Dragon Boat Race Festival

August 21, 2010 at Fanshawe Conservation Area, London, Ontario

### London Festival Activities – August 21<sup>st</sup>, 2010

- Pancake Breakfast (7-10am) provided by Kinsmen of Greater London - donations go to local charities.
- Dragon Boat Races all day (approximately 8am-4pm)
- Opening Ceremonies including the ceremonial 'Dotting of the Eye' Ceremony and Lion Dance will be performed by CCNC
- Breast Cancer Survivor Ceremony
- Gymnastics and Wushu Demonstrations by Forest City Sports Centre
- Cultural demonstrations
- Awards Ceremony follows final championship race
- Di's Fries, Domino's Pizza, Kinsmen Hamburgers and K's Ice Cream and Slushies
- Crafts and merchandise vendors
- Kid's area

For more information, please contact us at [raceinfo@dragonboatlondon.ca](mailto:raceinfo@dragonboatlondon.ca)

### FYC Corn Roast on August 21 at 5:30

*(note, this is the same day as the London festival)*

**Location:** Fanshawe Yacht Club

**Start Time:** 5:30 PM

**Details:** Everyone is welcome to attend this event following the races on Saturday.

Get your tickets from an FYC Executive member for \$5.00 beginning July 1st, or at the door on August 21st (if you are choosing to purchase your ticket at the door please let Heather know if you plan to attend before Tuesday August 10).

Corn on the cob, Barbeque Hamburgers, Hot dogs and a drink will be supplied. There will be a 50/50 draw, door prizes and more.

**NEW FOR THIS YEAR:** Hawaiian Theme - come wearing your best Hawaiian outfit!



Jumping through sprinklers, homemade popsicles, soccer, s'mores on the campfire - summertime fun that every child longs for and every parent views as a right of passage! The reality is that many children in the London region will, however, need the health services of the Children's Hospital this summer. As in past years, the 2010 London Dragon Boat Festival calls on participants to help support this charity. ***And, what can be a better cause than raising monies for kids?***

Last year, the Festival stood up and took notice of our Team's efforts in ranking 2<sup>nd</sup> place overall by raising \$ 4,496! And if that wasn't enough, Sharon Taylor raised \$ 2,097 and won the **West Jet 1<sup>st</sup>** place prize of a trip for 2 anywhere West Jet flies! Our team also took 4<sup>th</sup> and 5<sup>th</sup> place, along with \$ 200 towards our registration fees for this year.

***How did we do this?***

The 2 Sharons (Taylor & Giberson), Brenda Pentland and Jillian Todd fundraise in the workplace since all are employees of London Health Sciences Centre. Leaders are asked to donate a "libation" for a "Civic Holiday Libations Raffle" (more commonly known as "the Party Bucket"). The foursome then solicit help from our #1 ticket seller and peer, Karolanne Bolton, who then goes on a ticket selling frenzy. Many team members also collect pledges on their own from friends and family.

Regardless of how you do it, let's see if we can dislodge the Citi Komodos who raised just \$367.65 more than the Waves of Fury last year! The top fundraising team will get free entry into the 2011 London Festival. The prizes for top individual fundraisers will again be- West Jet tickets, Via Rail tickets, and a Nintendo DS.

Get your pledge forms from <http://www.dragonboatlondon.ca> or **PLEDGE ONLINE NOW!**

We have a distinct advantage as our Club now has more members than ever.... FOCUS....POWER UP!! GO HARD!!

*Article by Sharon Giberson and Jillian Todd*

## *River Run 2010*



This is the perfect way to end your dragon boat season – take a leisurely paddling cruise on the Grand River from Cayuga to Dunville.

The paddling is done at a leisurely pace while enjoying the nature on the Grand River. This will be the fourth year that London paddlers have participated in this event.

Cost will be approximately \$25 per person (Price will be finalized shortly). Bring a dish to share for the potluck lunch. There is a maximum of 16 people in each boat (to leave room for coolers).

We launch the boats at 10 a.m. and paddle 27 km one way to Dunville. (We will take an hour for a potluck lunch). We are back in London by 5:30 p.m.

Please contact Gerry Matthews for details [francie2002@hotmail.com](mailto:francie2002@hotmail.com)

## **\*\* LDBC 5th Anniversary Celebration \*\***

### **\*\*LDBC 5th Anniversary Celebration\*\***

London Dragon Boat Club will be celebrating its 5th anniversary in 2011 and having a special event on April 9<sup>th</sup>, 2011. Mark the date on your calendar! There will be a dinner, dance, silent auction and much more. The event will be held at Forest City National Golf Club. We will be raising funds for dragon boat equipment and a portion of the proceeds will also go to Wellspring London, a cancer support centre. The committee will be distributing information soon about collecting items for the silent auction. If you would like to donate something, please contact one of the committee chairs: Karla Schebesch ([karla.schebesch@rogers.com](mailto:karla.schebesch@rogers.com)), Marj Stoner ([marjstoner@rogers.com](mailto:marjstoner@rogers.com)) or Brenda Pentland ([bpentland@rogers.com](mailto:bpentland@rogers.com)).

*By Brenda Pentland*



### *Waves of Fury*

Team Captains:

- Bonnie Tucker
- Gerry Matthews

Coach/Steersperson:

- Jamie Pentland

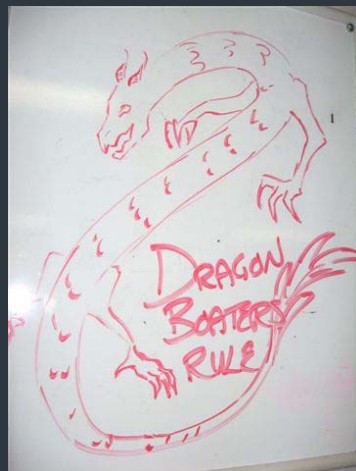
### *Wave Riders*

Team Captains:

- Karla Schebesch
- Cyndie Wells

Coach/Steersperson:

- Cheryl McLachlan
- Sarah Shellard



## *Welland Dragon Boat Festival 2010*



The Waves of Fury and Wave Rider teams competed in their first 2010 dragon boat festival in Welland on June 12<sup>th</sup>. We had lots of newbies on the team but everyone had a great time and we are all looking forward to our long awaited next festival in Woodstock on August 7<sup>th</sup>. See Waves of Fury and Wave Riders festival photos above (photos by Welland festival photographer).



*Spring Cleanup 2010*



*Boat Launch 2010*



Congratulations to Rowbust on their medal win at Canadian Nationals in Whistler, BC!!

[London Free Press Article Canadian 2010 Nationals Results](#)

*Annual BBQ – July 17<sup>th</sup> – Fanshawe Yacht Club*



*Interested in helping out with our next newsletter?*

Email [heather@londondragonboat.com](mailto:heather@londondragonboat.com)

Thank-you to our contributors in this issue:

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