

Dragon Tales

Fall 2011

Important Dates

Mark your Calendars!!

Dragon Boat Expo: February 11th & 12th in Toronto. Early bird deadline is *December 22nd*.

Waves of Fury Holiday Party: December 19th at the Palasad (email juliedmatthews@gmail.com for more information).

AGM: January 29th, 2012 at Loblaws Masonville

2012 Dragon Boat Season: May – October 2012



Interested in helping out with our next newsletter?

Email Brenda Pentland
brenda@londondragonboat.com



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LDBCI awarded a new boat!!!

This past spring, we submitted an application to Dragon Boat Canada for one of 6 BUK dragon boats that they had obtained through the Ontario Trillium Foundation and would be distributing to dragon boat programs around Ontario.

In September, we were contacted that our bid had been successful! YEAH!!! We picked up the boat from Welland on Thanksgiving weekend, gave it a good shine and stored it for the winter.

It is because we have a successful dragon boat program at our club and so many enthusiastic members that this was possible. Thank you for promoting our club. We'd also like to thank Krista McMullen for her assistance with the application process.

Can't wait to try the new boat out in May!



Upcoming Events

Pendragons

Team Captains:

- Karla Schebesch
- Cyndie Wells

Coach/Steersperson:

- Cheryl McLachlan
- Sarah Shellard



Waves of Fury

Team Captains:

- Gerry Matthews
- Sharon McHale

Coach/Steersperson:

- Jamie Pentland

Assistant Steersperson:

- Dave Cruickshank



London Dragon Boat Club's AGM: The Annual General Meeting will take place on January 29th, 2011 at the Masonville Loblaws. Keep watching your email for more information. Please make every effort to attend this important meeting! We will be accepting early-bird registrations for the coming season. We will also be electing our new board for next year. If you would like to help run this amazing club, please contact Heather to find out what is involved.

Poolside Paddling Practice: The Pendragons have started their poolside practice at the Fitness Forum.

Canadian Dragon Boat Expo: February 11 and 12, 2012. The deadline for early bird registration is Dec. 31 and we are putting in a group registration in order to get a further 10% discount. ***The price will be \$180 until Dec. 22nd.***

Last year in November 2010, 5 paddlers and 3 coaches from London attended the first Dragon Boat Summit in Toronto. Dragon Boat Canada gathered some truly inspirational athletes, some top National Team coaches, awesome vendors, and experts in a variety of fields in a two day conference in downtown Toronto. It seemed there was something going on non-stop all weekend and I was torn many times between which sessions to attend as there were so many topics I was interested in. There were sessions geared for event organizers, for coaches, for paddlers of all levels and for club organizers... basically something for everyone including small group pool sessions with top coaches. Chloe, the executive director of Dragon Boat Canada told me the session topics were chosen by listening to what people had asked for. She is very eager to hear from dragon boaters this year so they can plan to have even more relevant topics at the next conference for us in 2012. It is vital to the success of the event that it has something to offer ALL dragon boaters of every skill level. One of the changes they are making is moving the date so that it is closer to the start of the dragon boat season, rather than the end of it. They have also renamed it to the Canadian Dragon Boat Expo.

I am hoping that there will be more members of our club attending the conference and I would love to hear from you with your feedback on what you would like to see at the Expo. If we have a larger group going this year, we can share accommodations to reduce the costs. It will be a great way to kick those winter blahs and get some early motivation for the beginning of next year's dragon boat season!

Contact heather@londondragonboat.com for more information.

2011 Season!!

2011 Season

The London Dragon Boat Club had an action-packed 2011 season! Between the two teams, we competed in the following festivals: Pickering, St. Catherine's, Woodstock, Windsor, and Stratford. In addition, many of our members participated in the annual River Run and a steering clinic hosted by our club. The Rowbuster Dragoons attended a festival in Disney! (Page 4)

The club held several social events throughout the year. We started the season early with a 5th anniversary fundraiser dinner. The club held a welcome breakfast and a BBQ potluck. Both teams arranged for weekly team snack nights as well as several after practice get-togethers and birthday celebrations.

One of our members, Ben Gerber, competed on the U23 Canada team at the 2011 World Championships and took GOLD in every one of their races!! Ben awarded our club with a signed paddle as a thank you for our support.

We even had fun cleaning up the Fanshawe Yacht Club in the spring and fall and were very lucky to receive a new dragon boat in October for our next season.

What a great Season!!



Fun in the Sun – Dragon Boating in Disney



Downtown Disney...on the 'West Side'...was the location for the Walgreens International Dragon Boat Festival. The Rowbust ladies along with the Rowbuster Dragons arrived in Orlando over the few days leading up to race day on Saturday October 15, 2011. Most of the crews stayed at the Disney All Star Sports Resort....it's been years since I was at Disney and things have changed a lot. I arrived Friday with the majority of the folks, checked in and then took the shuttle service to Disney Downtown where we had a practice paddle. The sun was shining and it was great to be in the Magic Kingdom!! After practice there were lots of activities to do and shopping to be done! Some of us went to the 'House of Blues' for dinner, others wandered around Treasure Island...maybe pretending to be one of Cheryl's pirates!! I wandered around taking pictures!! Saturday was a very early morning...up at 5:00am and everyone was off to catch the shuttle at 6:00am, the Rowbuster Dragons first race was at 8:00am. I wasn't sure about everyone else but I felt like I was having another sunrise paddle!!

The sun shone all day and the races were a lot of fun, our 'rag-tag' crew of Dragons placed 10th out of 64 teams. Rowbust came home with gold for their first place finish in the Breast Cancer Division....and both teams got to race the 100m race...or I should say paddling sprint! There was a Premier Women, Premier Open and a Premier Mixed team in the 100m race, the fastest team was the 'Windy City Dragons' at 0:26:73...can you say "zoom zoom"! Well it was a fun race, we had Cat from Rowbust drumming for the Rowbuster Dragons and GWN stern Linda guiding us down the lane, we did the race in 0:29:26, it no sooner started and was over!!

After the festival wrapped up we all had dinner at Wolf Gang Pucks...I know my dinner was yummy, hopefully everyone else's was too☺ Sunday morning we all met at the Mickey Statue for team photos and from there everyone went their separate ways, some were staying in Disney for a few days and others off to catch flights home. I enjoyed Sunday at Epcot with my brother and sister-in-law and then off to Ocala to their home for a couple days. A special thank you to Linda Kuska for organizing all the details and to Karla Schebesch for taking our paddles!

It would be fun to race at Disney Downtown again....and if I ever get the chance to I'm taking at least a week to wander the Magic Kingdom and enjoy the rides in the 'happiest place on earth'!!!

- Brenda Pentland

Recipes

HOT BROCCOLI DIP

1c fresh broccoli (fine)
 1/2 small onion (fine)
 1/2 red pepper (fine)
 1oz grated parmesan
 1 garlic glove
 1/2c mayo
 1/2c sour cream
 1 1/4c shredded cheddar
 ground black pepper to taste

Combine ingredients in a baking dish and cook on 375 for 20 - 25 minutes.
 Use nachos, crackers or pita to dip

(i usually just put the ingredients into the food processors so there's not chunks). ENJOY!

ROYAL CIDER GROG

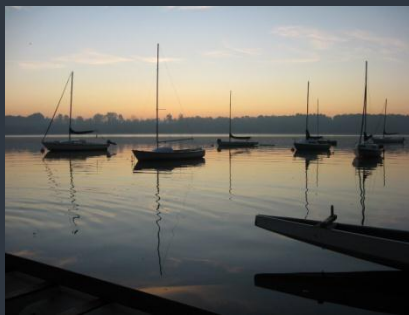
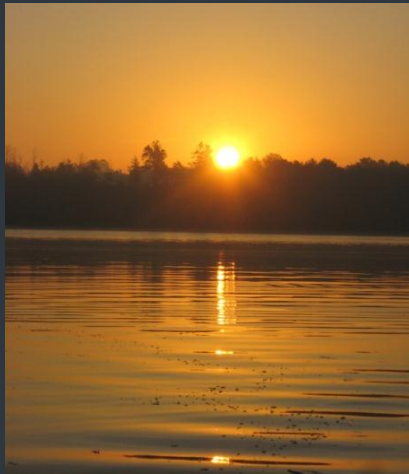
1 ½ oz Whisky
 1 cup apple cider

Mix whiskey and apple cider in a stove top pot and heat until warm. Pour into a heatproof mug. Garnish with a cinnamon stick CHEERS!!

PORK TENDERLOIN WITH BALSAMIC-CRANBERRY REDUCTION SAUCE

1 ½ tbsp butter	½ cup reduced-sodium chicken broth
1 x 8-10oz pork tenderloin	1/3 cup canned whole berry cranberry sauce
½ cup chopped onion	1 tbsp balsamic vinegar
1 tbsp chopped fresh rosemary (or ¾ tsp dried rosemary)	

- Preheat oven to 450°F.
- Melt ½ tbsp butter in frying pan. Sprinkle pork with salt and pepper. Sear port on all sides, about 2 minutes.
- Place port into an oven-safe pan and place into oven. Roast port for ~10 minutes (until internal temperature of 155°F.
- While port is in oven, melt remaining 1 tbsp of butter in a frying pan. Add onion and rosemary and sauté until onion softens (~3 minutes). Add broth, cranberry sauce and balsamic vinegar into onion mixture and stir until cranberry sauce melts (~2 minutes). Boil sauce until reduced enough to coat spoon thickly (~6 minutes).
- Either serve sliced or whole with sauce spooned over it. ENJOY!



Anita's European Adventure – Travelling to Ireland



It started with my youngest daughter, Jennifer, travelling to Holland in 2010 by herself for three weeks. The airline lost her luggage on arrival (three hours later she did manage to find it). She spent hours walking around cities totally lost. Her access to ATMs was hit and miss – leaving her with little spending money (due to a bank error back in Canada). She travelled by train and bus – sometimes actually leaving the country before realizing she had gone too far. Some tears were shed. Sounds very stressful – but I have to tell you – she loved every minute of it. It opened a whole new world for her and she has had the “travel bug” ever since.

She approached me shortly after returning from Holland asking if I would like to accompany her on a trip to Ireland in the year 2011. She stipulated that we would have to backpack and stay in hostels in order to make the trip affordable. Yikes! I thought – I’m an “all inclusive” kind of gal – could I really do this? How could I possibly fit everything into a backpack? What about bed bugs???? She just rolled her eyes at me and told me to be adventurous – you will never regret it.

On August 13, 2011, we arrived in Ireland. Beautiful is the only word I have to describe Dublin City. Pubs everywhere, castles, museums, etc. – so much fun! We checked into our first hostel and as I stood by my assigned bed, I asked myself “do I check for those nasty bugs?” I decided then and there that I was in Ireland for a great time and if feeding a few bugs was part of the deal so be it!

During our two weeks in Ireland we travelled from Dublin to Cork then onto Killarney from there to Galway and back to Dublin. The countryside was every colour green imaginable. It resembled a patchwork quilt. Mountains loomed in the background with rivers and tributaries weaving in and out. The ocean... spectacular!

We stayed three nights at each destination and took small bus or train trips in and around those cities.

Trip Highlights:

1. Horseback riding in Killarney National Park
2. The cliffs of Mohar – stunning
3. Kissing the ‘Blarney Stone’ at the Blarney Castle (gives you the gift of gab - can’t you tell!!)
4. Shopping, shopping, and shopping
5. The food was delightful. My favorite was the smoked salmon. We had lobster, salmon, Guinness stew, Irish stew, fish and chips (yum so fresh), seafood chowder – just to name a few. Dessert to die for!!
6. The pubs and their live music
7. Last, but not least, the people – so friendly and accommodating – and the Irish accent – Loved it.

My daughter was right about being adventurous. Now I can’t wait for the next trip!!! Paris, Italy, Spain – the sky is the limit! And yes, I would definitely stay in hostels again.

- Anita Berkelmans

Staying Fit in the Off-Season...

Thank you to all those members that put in volunteer time this year to help keep the London Dragon Boat Club at its best!

2011 Board Members

**Heather Peel
Maureen Gerofsky
Anita Berkelmans
Dave Gerofsky
Sara Berkelmans
Jamie Pentland
Brenda Pentland**



Posting Photos on Facebook

We love to share photos but please respect your team members when posting photos on LDBC's Facebook Page. Only team photos should be posted unless individuals approve posting of the photos. Please do not 'tag' anyone other than yourself in the photos.

It is a good idea to keep in shape during the off-season and many of us love the outdoors!

Dana Copeland organizes regular walks in the off season. These typically take place on Saturday mornings and are often followed by breakfast out with the group. Also, some of us participate in other Fall/Winter recreational activities (i.e. hiking, snowshoeing, skiing, etc.). So far this season, we have hiked multiple trails: Meadowlily, Westminister, Fanshawe, Komoka, Medway Valley, etc. If you are interested in the walks or other recreational activities, visit the calendar section of the website we have created, www.londonrec.net. Family and friends are always welcomed!

London has programs that offer fitness opportunities for adults such as Forest City Sport and Social Club (www.fcsc.ca) and Spectrum (www.london.ca).

Keep watching your inbox for emails from LDBCI for gym discounts, pre-season poolside paddling, LDBCI events, and volunteering opportunities.

Thank you to our sponsors:

*B. W. Machine Tool & Die Inc.
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Tony Clark Car Care
Fitness Forum
Hugh J. Fraser, Barrister & Solicitor
The Net Now Web Hosting & Design*

...and our supporters: Rowbust Dragon Boat Team, and Fanshawe Yacht Club, Stratford Dragon Boat Club, Cobourg Dragon Boat Club

Thank you to the Dragon Tales committee: Heather Peel, Brenda Pentland, Julie Matthews, Cyndie Wells, Jillian Todd, and Karen Campbell.