

# Dragon Tales

## August 2011

### Important Dates

Mark your Calendars!!

**September 3<sup>rd</sup>:** London Dragon Boat Club BBQ & Potluck ([see page 2 for more info](#))

**September 17<sup>th</sup>:** Stratford Dragon Boat Festival  
<http://goo.gl/ourEM>

**October 1st:** River Run 2011 – 27km Paddle down the Grand River from Cayuga to Dunville ([see page 2 for more info](#))



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## A Note from the Club President

London Dragon Boat Club has been busy in the last month competing in Windsor (July 10), St. Catharines (July 23), and Woodstock (August 6). For many of our members, it was their first race ever and they received medals to boot! London Pendragons competed in Windsor and Woodstock. They have been training very hard all summer and followed the race plan set out by coaches Cheryl and Sarah to finish 1<sup>st</sup> in A consolation race in Windsor and 3<sup>rd</sup> place in B consolation race in Woodstock. Coach Jamie also has his Waves of Fury ramping up their practices. They posted a team record time in the blazing heat at St. Catharines and came away with a silver medal in Woodstock. They are now eager to race again – the next competition is in Stratford in September where both teams will compete.

Dragon Boaters in our area should be very excited as Canada has just been awarded the 2015 International Dragon Boat World Championships in Welland, Ontario!! This will be the first time the championships are coming to Canada. Ben Gerber who trained with the London Pendragons was competing at the 2011 World Championships that just wrapped up August 7 in Tampa, Florida. Ben's Under 23 team took gold in every one of their races and I believe Canada came away from the games with the most medals – 61 were awarded to Canada (41 of these were gold!) Way to go Canada!!

*Heather Peel*  
2011 Club President

*Interested in helping out  
with our next  
newsletter?*

Email Brenda Pentland  
[brenda@londondragonboat.com](mailto:brenda@londondragonboat.com)

## 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



**BBQ & Potluck:** Saturday September 3<sup>rd</sup>. Friends and family are welcome! There will be an opportunity for them to go for a short paddle at 11am. Free admission into the park for BBQ guests. BBQ lunch will begin at 12:30pm. Feel free to bring a potluck item to share. We will have hamburgers, chicken burgers, sausages and hotdogs on hand. Suggested minimum donation of \$2 each with proceeds going to the club for equipment/boat purchase. Pop and juice will be provided. Bring your croquet/bocce ball/frisbees etc and enjoy the Yacht Club grounds with your guests and fellow club members after lunch! Please feel free to pass this invitation on to anyone who might be interested in joining us. We do want to get an idea of numbers so if you are coming, please RSVP to Heather at [heather@londondragonboat.com](mailto:heather@londondragonboat.com)

**River Run 2011:** This is the perfect way to end your dragon boat season – take a leisurely paddling cruise on the Grand River from Cayuga to Dunville on October 1<sup>st</sup>. The paddling is done at a leisurely pace while enjoying the nature on the Grand River. This will be the 5<sup>th</sup> year that London paddlers have participated. We launch the boats at 10 am and paddle 27 km one way to Dunville (an hour lunch break). Cost will be approximately \$30-35 per person. Bring a dish to share for the potluck lunch. There is a maximum 16 people in each boat. Contact [gerrymatthews1@hotmail.com](mailto:gerrymatthews1@hotmail.com) for details.

**Canadian Dragon Boat Expo:** February 11 and 12, 2012. 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 will be sending out a survey shortly asking for 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](mailto:heather@londondragonboat.com) for more information.

*2011 Festivals!!*

**St Catharine's Festival**  
**Recap:**

On July 23, the Waves of Fury team raced at St Catharine's. It definitely felt like the hottest day of the century, with temperatures well above 30 degrees by 10am.

Despite the sweat rolling down our backs, we kept our heads and managed to come in well ahead of the other teams in our first heat, even with some "directional challenges".

In our second heat, competing against the well-oiled machine that is Rowbust, we ended up bringing up the rear, but not by too much!

In our final heat, it was a much closer race, and we finished in second place in our division. Everyone gave their all, and we had a lot of fun. It was great to have Brenda up in the drum seat motivating us!

*-Jillian Todd*



## *Congrats Ben!!*



*Paddle signed by the U23 Canadian Dragon Boat Team presented to the London Dragon Boat Club by Ben Gerber in appreciation of their support. (Ben is in top photo and the paddle photo and team photo are below).*



Canada's Under 23 National Team receiving one of their four Gold Medals at the International Dragon Boat Championships, August 2011

After the fitness testing and pool paddling clinic in January, I waited for word on if I was invited to the final selection camp for the U23 National team in Vancouver. Due to my poor fitness results, I didn't think that I would receive an invite. Close to the end of February, several weeks after the invitation process was to be completed, I assumed that they had sent out all of the invitations, and I accepted that I wouldn't be part of the team.

On March 1<sup>st</sup> I received an email from the coaches of the U23 team offering me one of five final special invitations. They explained that I had to improve my fitness to have a chance of making the team. During the next two months I spent my free time in the gym preparing for the camp. Before I knew it May had arrived and I was on my way to Vancouver. Even though I felt that I wasn't ready, I decided that I would do the best I could and keep a positive attitude.

Once in Vancouver I met up with my teammates and we went out for several hours in Outrigger Canoes. Even though we had all just arrived earlier that day and it was cold and rainy we were all happy to be there. During the camp most of the paddlers from eastern Canada stayed at a downtown hotel, right next to where the opening and closing ceremonies were for the Olympics. Each day we walked about forty minutes to and from the practice site. Normally we would have two or three exhausting on water dragon boat practices a day, with testing, OC paddling and rest time in between. It took a while for everyone from the east to adjust to the west coast stroke which seems completely different.

On the second day of camp, the only day with a break from the rain, we had our OC time trials. We were split up into groups of five to race each other. First we did a 350m trial and then immediately a 150m sprint, I didn't do as well as I had wanted. Two days later several people were asked to do another trial at a 250m length, I wasn't asked to but I could if I wanted, an opportunity that I couldn't pass up. This time I did much better, even winning my heat and improving my overall placement.

On the last day of camp we practiced in 10-person dragon boats, to get ready to race in them the next day. After the serious part of practice we had some fun with mini-races and a race to see which team could turn on point 360 degrees the fastest. Next we helped the club by washing the boats and getting ready for the festival.

Race day started just like the rest of them, Rainy and Cold! Latter on that day it even hailed for half an hour, but the races continued. During one of our races all five of the U23 teams were up against each other and another recreational team of senior women. The final race was won by the western U23's and the eastern team was close behind. With the end of the festival the camp was over.

Early the next morning I was on my way home, again I wasn't expecting to make it on the team. Several weeks later the final rosters were sent out and, to my surprise, I had made the team. Even though the U23 team isn't together we are all working as hard as we can to get ready for the world championships in Tampa at the beginning of August.

*– Ben Gerber*

## *Jan & Sharon's Yukon River Quest Adventure*



To most of us this was a challenge on our "bucket list", an adventure that not too many people had tried, and the few people I knew that had attempted the quest, had not finished the race. One of these women was Loraine Warnock, a member of the Rowbust dragon boat team. She had faced the challenge in 2008, but due to many obstacles, illness of fellow paddlers, and bad luck, had not been able to make it to the goal. She decided that she wanted to challenge the river again, and so put the word out through friends and family, in November 2010. Those who decided to accept the challenge were Loraine's daughter Meagan, Caroline Jensen and Jan Young (members of Rowbust), Jan's friend Stephanie Yuill from Yellowknife, Sharon McHale and Janet De Putter.

We had several meetings with Loraine to understand what equipment was needed, realize that we had to get in better shape, and make all the arrangements in the Yukon in order make this dream a reality. So the work outs began - the classes, the running, the weights, the dragon boat practices, and finally with Mike's help, a few canoe paddling and steering lessons.

Before we knew it the 26th of June was upon us, and we flew out to Whitehorse from London by way of Calgary.....a very long day that saw us gather at the London airport in the early hours to catch our 0700 flight. We had a 6 hour layover in Calgary and then on to Whitehorse. We loaded all of our bags onto a shuttle bus and were off to our B&Bs. Sharon and Janet stayed at the Historic B&B, while Caroline, Meagan and Loraine stayed at the Four Seasons. Later that evening, Jan and her spouse Sam arrived at the Historic, and even later Steph showed up and took us for a drive around Whitehorse. We finally got to bed after midnight (3:00 a.m. our time!).

We were up early on Monday, partly due to the lack of darkness, but mostly due to excitement. We met at the river around 10:00 a.m. to try out our voyageur canoe and check out the Yukon River. The paddle to the Takahini River took us approx 4 hours, and we discovered that our canoe had a leak near the bow that would need to be fixed before the race on Wednesday. After a bus ride back to our launching point we had the afternoon to ourselves. Then there was a Meet and Greet at 6:00 p.m. with the rest of the paddlers. Tuesday saw us up early again for equipment inspection, the signing of our team bibs, team pics, and the presentation of our River Quest shirts, and as it turned out...we needed to get more insurance. Fortunately everything was within walking distance and this problem was soon rectified. Tuesday evening we had a wonderful meal at the home of Stephanie's friends, and we had more time to get to know one and other. Getting to sleep that night was almost impossible what with butterflies fluttering around in our stomachs and wondering if this was all a dream.

Wednesday morning, June 29, we were at the launching point on the river at 0730.  
- Jan DePutter

For the full story, visit <http://londondragonboat.com/newsletter/yukonriver.pdf>

## Recipes



### Quick Veggie Chile

- |   |  |
|---|--|
| 1 tsp olive oil                             | 1 large green pepper                       |
| 1 large Vidalia onion                       | 1 large red pepper                         |
| 4 stalks celery                             | 1 pk fresh mushrooms (sliced)              |
| 1 cup carrots (shredded)                    | 1 pk Yves Mexican Ground Round (soy based) |
| 1 chopped kale                              | 1 can romano beans                         |
| 1 can corn                                  | 1 can dark red kidney beans                |
| 2 cans Aylmer Accents Chile stewed tomatoes |  |

This did not take very long to prepare, just chop a few veggies up (save time by buying matchstick carrots). Sauté onion for a few minutes in olive oil, then add the remaining ingredients. Simmer on low heat for as long as you like. I sampled some after an hour and liked that the veggies still had a bit of crunch. I found there was no need to add any other seasonings, not even Chile powder since the veggie ground round and the tomatoes added more than enough flavour for my taste. Those who have tomatoes or other vegetables ready in their garden will want to use those! I added a bunch of Kale for extra goodness that will not be noticed by other members of our household. Top with a little shredded sharp cheddar (see photo below). ENJOY!

*-Heather Peel*



### YUMMY CHEWY GRANOLA BARS

- |                       |   |
|-----------------------|---|
| 1 cup brown sugar     | 3 cups quick oats                           |
| 1/2 cup corn syrup    | 1/3 cup wheat germ                          |
| 1/4 cup margarine     | 1/2 cup raisins                             |
| 2/3 cup peanut butter | 1/2 cup to 1 cup extra dried fruits or nuts |
| 2 tsp vanilla extract | 1/2 cup sunflower seeds                     |

Preheat oven to 350 degrees F. Coat a 9 by 13 inch pan with oil. In a large bowl, combine sugar, corn syrup, margarine, peanut butter and vanilla and stir into a paste. Add dry ingredients until mixture is in clumps. Press into pan. Bake at 350 degrees F for 15 to 20 min. Cool in the fridge before cutting into bars. ENJOY!

*-Julia Baird*

## Other News

*Pendragons have four "B's" and four "K's" heading to Orlando to paddle at Disney with the Rowbust family and friends team: Brian D, Brian G, Barb, Brenda, Kerry, Krista, Karla and Karen ☺*

*Mickey here we come!! We are flying there and will be ready to paddle with Mickey and the Disney gang cheering us on Sat Oct 15<sup>th</sup>.*

*Will have to have photos and a write up for our Winter newsletter!*



**LONDON COMMUNITY NEWS** - London Dragon Boat Club makes the news!  
<http://www.londoncommunitynews.com/2011/08/london-dragon-boat-club-marks-sixth-year/>

**THE WINDSOR STAR** - London Pendragons makes the news!  
<http://www.windsorstar.com/technology/place/2931592/Paddlers+push+their+limits+cure/5082096/story.html>

**DRAGON BOAT CANADA NEWS** -Dragon Boat Canada's summer 2011 Newsletter  
<http://dragonboat.ca/files/V2.pdf>

**FANSHAWE YACHT CLUB (FYC) DOCKSIDE SCUTTLEBUTT** -  
[http://www.fyc.on.ca/members/scuttlebutt/release/2011/fyc2011-08\\_scuttle\\_august.pdf](http://www.fyc.on.ca/members/scuttlebutt/release/2011/fyc2011-08_scuttle_august.pdf)

## In Memory of our Friend Doug

As many of you know Doug Mackenzie passed away in May. Doug was a friend to our dragon boat paddlers and a big supporter of the LDBCI. He was always giving us a hand, helping Jamie with fibreglass on the boats, joining us for a Scavenger Hunt and taking some members for an evening sail around Fanshawe Lake. A number of the LDBCI Board members attended a memorial for Doug at the FYC in June. It was a great day listening to Doug's Family and Friends share stories about his days on the East Coast, all the boats he built and many other remembrances. We will all miss seeing him at the FYC and sailing around the lake on his green "Tri-Oomph".



## *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 or Sunday 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.). If you are interested in the walks or other recreational activities and would like to be added to the email listserv, email [LondonRecGroup@gmail.com](mailto:LondonRecGroup@gmail.com) or 'Like' the "LondonRec" Facebook Page. 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](http://www.fcsc.ca)) and Spectrum ([www.london.ca](http://www.london.ca)).

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

Thank you to our sponsors:

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Dr. Carolyn E. Dalgity  
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.

Thank you the other contributors of this issue: Jan DePutter, Ben Gerber, Brenda Fuller, Julia Baird.