



THE DRAGON'S HEAD

Multi Cultural and Dragon Boat Festival – June 13

The Esplanade • Forest Lake

The first of possibly an annual event, a Multi Cultural & Dragon Boat festival in Brisbane. The Hakka Association of Qld Australia with involvement by the Councillor for Parkinson Ward, Cr Angela Owen-Taylor did a fantastic job of pulling this festival together.

Thanks to all paddlers who turned up to paddle on the day. The local team, Lakers were joined by paddlers from Manly, Coomera, BRD, Lanakila and Redlands. Also to the volunteers who gave their time and efforts to make the racing a success.

An exciting day of activities, lion dancers, local talent, arts and crafts and cuisines and hopefully a bigger festival next year.



Active Outdoors Expo 2010 at SouthBank - May 29th

As a new member of the Queensland Outdoor Recreation Federation (QORF) the QDBF participated in their first Active Outdoors Expo. A stand was booked and the Manly Dragons provided one of their dragon boats for display on the day, thanks Manly. Also a special thanks for all the volunteers who assisted on the day manning the stall.

Unfortunately the day was miserable, overcast and with showers. It didn't stop the activities happening but did reduce the numbers of public attending.

There is definitely potential for dragon boating to exhibit at future Expos and to be involved on the river to compliment the outriggers activity. A possible idea is an accumulative time dash over 100 metres x 10 races with 3 minutes for turns before the start of the next dash - plenty of noise, excitement and a terrific spectacle for the spectator and a great promotion for dragon boating.

QDBF will continue to discuss ideas with the QORF.



Prostate Charity Regatta, Sanctuary Cove - June 20th

Congratulations to all Clubs who competed in the Sanctuary Cove Cancer Challenge this year. It was a fantastic day of great paddling, good weather and allowed the Cancer Council Queensland to use dragon boating as a successful fund raising opportunity.

A special thanks to Gold Coast Dragons for donating their safety boat, starting and finishing officials and shade tents. Also Brisbane River Dragons and Broadwater who provided their RIB with drivers for the event.

In the 7km, less than 6 minutes (on corrected times) were between the first and last boats. A mighty effort from all crews over such a distance.

The "Dash for Cash" was the novelty event on the day and was a great spectacl. In the limited area that was allocated, the sweeps are to be congratulated for their boat handling skills - a 90 degree turn and a fast moving current. The Cancer Council Queensland appreciated the donation of the winning prizes by Brisbane River Dragons, Broadwater and Redcliffe..

The QDBF will continue to support the "Sanctuary Cove Cancer Challenge", and assist in making this event a highlight for all clubs to be involved in.

7 Km Race

Placings	Club	Time
1st	BRD	35.12
2nd	Broadwater	35.31
3rd	Redcliffe	36.18
4th	Burleigh	36.54
5th	Sunshine Coast	38.03
6th	Mt Warning	38.18
7th	Redlands	38.4
8th	Tweed	39.38
9th	Akuna/Coomera	41.14

Dash for Cash

1st	BRD	1.32.70
2nd	Broadwater	1.33.75
3rd	Redcliffe	1.38.00
4th	Burleigh	1.43.35
5th	Mt Warning	1.55.03
6th	Tweed	2.06.21
7th	Redlands	2.07.53
8th	Sunshine Coast	2.38.15

New Club - Lanakila Paddling Club Inc.

Lanakila Paddling Club Inc. are a new and vibrant dragon boating club on the Gold Coast. They have women's, mixed and men's teams and specifically target the Premier age division (16-45). Their Premier women's crew 'Cubbies' have qualified for the Club Crew World Championships in Macau this year. The club also boasts 2 Australian and 9 QLD representatives. We are currently recruiting for the upcoming season. Come and Try days are a perfect way for you to try a different sport and meet new friends."

Our website is <http://lanakilacubbies.blogspot.com> and of course our email is lanakila_paddling@hotmail.com

Contacts:

President: Juels Pellow - 0414 955 509

Secretary: Tina Cuffe - 0418 880 803

Head Coach: Trishelle Grady - 0423 060 177



Multi Cultural and Dragon Boat Festival



On Sunday 13th June, the Cubbies attended the Multicultural and Dragon Boat Festival held at Forest Lake. The day was filled with many festivities, including an official citizenship ceremony, dragon boat races, traditional dancing and singing, drums and instrumental bands.

The Cubbies (and co) team participated in 3 x 200m sprint races. The Cubbies WON the Grand Final and were awarded some Gold bling by the Lord Mayor of Brisbane, Campbell Newman. The girls enjoyed the media attention!!

The team also participated in the 1500m chase race. The Cubbies were chasing down boats from the back, and ended up placing 2nd in the event (only 3 seconds behind the winner).

A great day was had by all! Thank you to everyone who helped to fill the few extra seats in the boat with the Cubbies crew. A special thankyou to Kel Watt, our very own AusDBF president, for also paddling with us during the day.

Profile

Maggie Boyce
Events Director, QDBF

Why Dragon Boating.....why not?

My involvement in dragon boating came more by a chance meeting than a personal plan but it has been an extremely fulfilling and enjoyable experience. I have a natural affinity with water, being on it - or in it, so it seemed a perfect match. My fitness has improved; I have met many amazingly gifted, generous and driven people. I also enjoy the dynamic of team work, it is so character building.

Three words that best describe you. (maybe you should ask Ross this)

I would say: Perfectionist (painfully so – the legacy from my hard task master Father)

Competitive (play hard but fair)

Industrious

If only you could

SingI love music. To be able to express yourself through music is a rare and precious gift for those who can.

What's your moment in Dragon Boating?

One winter evening in Manly harbour our dragon boat was trailed and escorted by two dolphins, they literally joined up with us for part of our session. It was truly a lovely moment. Personally I am still working towards my 'moment' there is so much more to do and achieve.

Your secret skill is.....

Cooking and cocktails - I make mean Margaritas'. Recently in Peru I discovered Pisco Sour so that is my latest experiment to test on my unsuspecting, yet surprisingly, cooperative friends. Currently I have signed on for Dry July as have many of my paddling buddies so alcohol is off the menu.....



Dragon Boating in 2013

I hope that the introduction of the Great Grand Dragon class at the World Championships in Tehran 2013 is an overwhelming success. Dragon Boating is an inclusive, competitive sport that can accommodate all age categories. The opportunity to represent State or Country is a privilege and an honour that is valued by mature paddlers as well as the young. This will give paddlers moving on from Grand Masters category the opportunity to continue paddling and for us to retain their knowledge and experience in the sport. Isn't 70 the new 50?

What do you bring to your Club...? Manly Dragons?

I am one of the foundation members and have been on our Management Committee since the Club's inception. A lot of hard work, organization and management was taken on by a few of us in the early day to get the club up and running. Now we are hitting our straps so to speak, we are big on communication and have expanded our management committee extensively; we also have a number of energetic sub committees. Our policy of mentoring, delegating and inclusiveness has paid off. Every member of our club is encouraged to accept ownership and responsibility for our future. Thus guaranteeing our future !

Macau - 7th World Club Crew Championships

To all Queensland clubs heading off soon to Macau the QDBF wish you every success as you have earned the right to challenge the world.

Your success will come for the hard work that has gone into your campaign, we'll all be watching the web for the results to come in.

Once again, good luck, go get 'em!



QDBF AGM - Saturday 28 August

Being held in the Padstow Room at Michael's Oriental Restaurant, 223 Padstow Rd (Cnr Warrigal Rd) Eight Mile Plains. A Special General Meeting, a short recess, followed by the AGM. Be there at 1.00pm for a 1.30pm start. Details will be forwarded to all Clubs.

Coming up . . .

International Dragon Boat Federation
- World Cup Championships in Macau,

Wednesday 28th July -
Sunday 1st August

Te Waka Taniwha Dragon Boat
Club - 500m Sport Regatta
being held at Lake Kawana,

Sunday 15th August

Wide Bay Regional Regatta being
held in Bundaberg on

Sunday 15th August

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Hervey Bay Dragons

The idea of forming the Hervey Bay Dragon Boat Club was stimulated by a visit to the area by Blair Gamble and Richard Lim from BRD. The sneaky buggars managed to plant the seed with Ed Gibson, CEO of the Hervey Bay Boat Club who by chance was an enthusiastic outrigger. Will Qiang got suckered into being the President and we formed a committee of like minded people who thought it was all a good idea. BRD further assisted and provided the club an interest free loan to facilitate the purchase of one of BRD's surplus Champion Boats. We picked up an old outrigger trailer and we went to town and modified it for the new (second hand) boat. We cried poor and fluttered our eye lids and all of a sudden we had paddles, life jackets, tents and the like and we were ready to rock and roll.

The big challenge was of course getting members and convincing them that pain was a good thing coupled with accepting a water sport as a way of life. Coaching was a task for us and sweeping even more so, however with the wonderful support from QBDF and the development team we have now firmly placed our feet on the ground or dare I say it; our paddles in the water!

Now after 12 months Will, Ed and their merry band of members have the club ticking along quite nicely. Our plan, simply is to evolve as best we can, maintain harmony, keep healthy and compete within our given abilities.



AusDBF Cultural Committee

AusDBF's Cultural Committee have met for their first time. This forum will be held monthly so that any issues relating to Dragon Boating's cultural aspects can be openly discussed and resolved as well as making the cultural aspect of our sport known around Australia.

Chaired by Phillip Chan, Cultural Director of AusDBF, the Cultural Committee will be advising each AusDBF Member (State/Territory dragon boat bodies and DAA) and their Clubs on the cultural aspects of dragon boating and assist each AusDBF Member to look for opportunities to integrate these into teams and regattas.

Richard Lim of Brisbane River Dragons has been nominated by QDBF as Queensland's representative on the Cultural Sub Committee.

AusDBF believes that the cultural aspects are an important part of dragon boating and perfectly balance with the sporting aspects.

Representatives on the Cultural Sub-Committee will be "go to" contacts within each AusDBF Member for information, templates, procedures, contacts for cultural aspects.

Their first task will be to formulate a central Cultural Procedures document that can be used as a template by each state and territory. This document will include the procedures for the blessing of dragon boats at major or significant regattas for each state/territory to follow.

AusDBF advises all clubs that it is its wish and desire - not demand - that cultural aspects be part of any formal public dragon boat activities.

AusDBF requests that clubs seek out the Sub-Committee member from your state or territory for advice on how to incorporate cultural aspects into club activities.

Stay tuned for more updates on how AusDBF is working with you and your organising body to reinvigorate the Cultural Aspects in Dragon boating!

If there are any suggestions or questions, please contact Richard at limarick4@yahoo.com.au!

Phillip Chan
AusDBF Cultural Director



Dragons Abreast Gold Coast dragon boat team, they have just crossed the line to win their Grand Final at the International Dragon Boat Festival 2010, Peterborough – Canada (for Breast Cancer Survivors)

International Dragon Boat Festival 2010 – Canada

As you can see by the photo, the girls have used every ounce of strength to race the 500 meters and cross the line in first place, these girls, all survivors, are a determined lot, digging deep and giving their all! they were utterly exhausted, very emotional and triumphant knowing they have crossed that line.

There were over 2000 breast cancer survivors from across the globe competing at this huge event, 75 teams all up. The scene of pink was simply fantastic to see as was the comradery and support of every paddler, meeting, greeting, hugging, laughing, and singing together as we waited to get onto the water to compete against each other.

In the long run we all know we are winners in life, we've had breast cancer and here we are competing at an international event. How good is that! Lets celebrate! We are here to prove that there is "life after breast cancer" and how better to do that than to "RACE DRAGON BOATS" and bring awareness to BC around the World.

The Peterborough residents were terrific and so supportive making every team feel special.

Hotels, Motels, Shops and streets had "Welcome Dragon Boaters" signs up & pink ribbons etc every where.

We have never seen so many "pink pet doggy's" before.

Complete strangers stopped to wish us well in the races as well as in life. They were so proud to be our hosts, it certainly was something to be cherished and never forgotten.

The mile long walk in the street parade will live in our memories forever, both sides of the streets were lined with cheering families, their pets, pink dogs, children dressed in pink, pink hair, clothes, flags, cars, hooters hooting, people calling out encouragement, singing, music blaring. There was so much love and support all the way, the feeling was unbelievable. The opening ceremony and welcome to all teams was wonderful, the BBQ tasty and enjoyed by every one. The day was so exciting and a joy to participate in.

The experience of the whole event is difficult to put into words. Dragons Abreast Gold Coast wish to thank all those concerned in the organizing of this International Dragon Boat Festival.

To our supporters who were there with us and did so much to make things run smoothly at all times....thank you very much, you are special people.

Congratulations must go to all of our paddlers and supporters ...FANTASTIC!

Fay Henderson
President, DAGC

Burleigh Fire Dragons

When Burleigh Fire Dragons is on the water, other clubs know that they must watch their backs. We don't give up; we don't give in, and despite a crew of 'oldies' we **earn** medals. Burleigh owes much of their reputation to the stamina of their men, the endurance of their women and their coach, Bill Veitch. Bill is our first and only coach, renown for his individual 'methods of madness' that have created a culture of loyalty to the club; to the team. Bill has established an ethos of paddling with the heart; not for Gold, but for the reputation of Burleigh.

Burleigh was established in 1996 by a small group of dedicated, enthusiastic paddlers. Originally, the club leased a boat for training from Gold Coast Chinese Club. Since that time, the club has gone ahead in leaps and bounds. In 2006, BFD moved to our permanent home at Burleigh Sports Club where we are able to utilise the marked waterway of Lake Orr.

We gained a significant grant to purchase Champion boats and a trailer. The club now boasts numerous accredited trainers and sweeps and over 80 members whose ages range from

12 – 60+ years. This year, we have negotiated a lease for a permanent home on Lake Orr behind Burleigh Sports Club and are currently in the proceeds of constructing a fenced shelter and sheds.

Over the years, Burleigh has hosted many successful regattas for club crews in Queensland. Burleigh first introduced the 2000m race to regional crews in 2007 and it has since become a fixture at both State and National Competition. We are also famous for the highly contested Tri-Nations perpetual trophy.

Burleigh is a proactive participant of community initiatives. We actively support and participate in the *Prostate Cancer Paddling Challenge*, *Kids In Need Regattas*, *Ballina River Fest*, *USA Arizona Youth Grid Iron Team*, and local school activity days. Off the water, Burleigh provides the marshalls for the *Gold Coast Marathon*, has participated in the *Palm-Beach Currumbin Riverfest*, the *Gold Coast Show Tug-o-War Corporate Challenge*, *Relay for Life for Cancer* and raised funds for food and community villages in Africa. Burleigh is a mentor

for regional paddlers and actively works for their inclusivity to enable growth of the Queensland and Australian profile of dragon boating.

In 2007, 12 of our members represented Australia at Penrith, Sydney for the World Dragon Boat Competition and took away 2 gold, silver and numerous bronze medals. 2010 has been a significant year for Burleigh. We medalled in every category entered at State competition. At Nationals this year in Adelaide, Burleigh achieved 4 gold, 2 silver and a bronze. A first at Nationals was one family, in one boat, a final and all medal recipients! Burleigh Fire Dragons will represent Australian Club Crews in Macau this year in Grandmasters Open, Mixed, Women and Masters Mixed.

2010 offers so many opportunities for Burleigh to grow. We will ferociously **contend gold at Macau**. Burleigh will be a permanent fixture on Lake Orr offering a home and club that will **provide the best regional regatta in Queensland**. We will continue to **work alongside regional clubs** for the betterment of Dragon Boating in Queensland.



Kayak Pro Multistroke Ergometers

QDBF have ordered two Kayak Pro Multistroke D1 Ergometers for the benefit of all member clubs to use.

The intention is for these two machines to be used by the State Squad coaches for testing and selection purposes. The Ergometers will be available throughout the year for clubs to use for time trial testing, technique training and of course for paddler familiarisation prior to State Squad testing.

As soon as the machines have landed (expected in August) we will accept bookings. The maximum booking period will be two weeks per time with a small fee of \$20.00 per booking to cover wear and tear on ropes/consumables etc.



Chinese team assessment trials

Multistroke is the first Ergometer specifically designed for Dragon Boat Athletes. Unlike any other Ergometers available, Multistroke can precisely replicate the resistance and on-the-water feel of Dragon Boat paddling. It is used by many national teams' including Italy, Great Britain, China, Iran, Canada, Germany, Japan and Poland.

The Combination of catch, resistance, and glide are 3 factors which make up the true "on the water" feel of paddling. In order to replicate this, the mechanics of blade entry, relationship between the forces on the shaft, the top guiding hand all are critical. This precise replication has been achieved in Multistroke.

Classifieds

No new classifieds for this issue.

If you or your club has any items for sale or purchase please send to the QDBF for inclusion. Items will be listed for two consecutive issues unless advised that they have been sold or purchased. An item description, cost, condition and contact details are to be supplied.

This is a free service to all Queensland dragon boat clubs and their paddlers.

Send your classifieds to marketing@qdbf.com.au by the first weekend of each month. These items are to be paddling related from paddles, paddle bags to dragon boats and trailers and also can include lease items.

Regattes 2010-2011 Season – QDBF website

Visit the QDBF website and check the Events/Grants/Training menu to see the scheduled regattes that have been listed for this season.



Share your news

Got some news, information or pics that could be included in *The Dragon's Head* newsletter? Send your contributions to info@qdbf.com.au. Even if you just send your club newsletters – be great to hear what you are all up to.