



Edition 41 – February 2011

## PRESIDENTS MESSAGE



Welcome to the 41<sup>st</sup> edition of Dragons Breath. The State Championships have been run and despite some cold starts to the days, were very successful and produced some extremely close and exciting racing.

Competition is really heating up and there were numerous finishes where less than half a second separated the first three boats. A list of the winners of all events is included in this newsletter. The 2000 meter race at the end of racing on the Sunday proved particularly popular and for our first attempt, went off particularly well. We will discuss the inclusion of 2000 meter racing at the next race committee meeting.

The next Race Committee meeting has agreed to discuss the format for next season's racing and the scheduling of these events. The Masters Games Dragon Boat event is on the first weekend of October and we need to decide whether we commence our season before this event or after it. A number of states start their season around September and that may be an option for us to reduce the number of race days we have in succession. Please discuss your thoughts with your Race Committee delegates which will help us to have some much more informed discussion at the next meeting.

We have had some good news in regard to the proposed new premises in the Port Basin. We have had Development and Building approval for our section of the building and the lease has been prepared for signature. The Land Management Corporation is commencing the upgrades to the building and it looks likely that we will have access at the end of April. We have a deal of work to do and our Maintenance Committee will be searching for willing volunteers to paint, fabricate and repair our areas. Please look out for requests during our off season and help out if possible.

The year is really flying by and our AGM will be upon us before we know it – please bear in mind that we will again be looking for candidates for the Board.

Good luck to all those competing in the National Championships and we look forward to some really strong performances from South Australia.

**John Holland**  
President - DBSA.

## 2011 STATE CHAMPS MEDALLISTS

### 200M 20s

EVENT	GOLD	SILVER	BRONZE
Premier Open	Black Dragons	Subsonix	Water Warriors
Premier Women	Sea Dragons	Black Dragons	SADA
Premier Mixed	Black Dragons	Subsonix	Water Warriors
Masters Women	Sea Dragons	SADA	
Masters Mixed	Black Dragons	Sea Dragons	Water Warriors
Grand Masters Wmn	Sea Dragons	SADA	
Grand Masters Mxd	Sea Dragons	Black Dragons	SADA

### 200M 10s

Premier Open	Phoenix	Black Dragons	Subsonix
Premier Women	Phoenix	Sea Dragons	Black Dragons
Premier Mixed	Black Dragons	Phoenix	Subsonix
Masters Open	Powerblades	Subsonix	Sea Dragons
Masters Women	SADA	Sea Dragons	Black Dragons
Masters Mixed	Black Dragons	Sea Dragons	Subsonix
Grand Masters Wmn	SADA	Sea Dragons	Blue Water Rdrs
Grand Masters Mxd	SADA	Black Dragons	Water Warriors
B Grade	Sea Dragons 1	Sea Dragons 2	WEA

### 500M 20s

Premier Open	Subsonix	Water Warriors	Black Dragons
Premier Women	Black Dragons	Sea Dragons	SADA
Premier Mixed	Subsonix	Water Warriors	Sea Dragons
Masters Women	Sea Dragons	SADA	Blue Water Rdrs
Masters Mixed	Sea Dragons	Black Dragons	Water Warriors
Grand Masters Mxd	Sea Dragons	Black Dragons	SADA

## SAIL CLUB UPGRADE - PART 1

After months of meetings, discussions, emails and negotiations, our first maintenance day was called for Friday, 31 January. Still the holiday period but for others a work day, volunteers appeared. Lots of thanks to Jennifer Bould, Andy Kelly, Janine Kucharzewski, Rick French, Jack Salagaras, John Holland, Steve Holt, Wayne Letts and Pat Doogue.

Our task for the morning was to remove some 'historical' (old) wooden lockers in such a way that they could be reassembled if necessary. The resultant space will be used to store our dragon boats.

The work was dusty and dirty but the team worked with great synchronicity removing and stacking panels like the motion of worker ants. It was amazing to see how quickly it all came down. We also had Jack with apprentice Pat there to assess and fix our electrical issues.

Whilst the tea and coffee served during the work was appreciated, the later cooler beverages helped clear away the dust.

The next step is to have plans drawn up for the structural modifications we need. Then await Local Council and Land Management approval. Further works will mostly involve painting and some cleaning at this time (stay tuned).

If there is a refrigeration mechanic out there who could spare some time, we have a large pub frig (the bar is ready) that we need an opinion on.

Contact Pat 0415 83 46 33 or [patsubs@optusnet.com.au](mailto:patsubs@optusnet.com.au)

Photos before and after.

*Part finished shed*



*Completed shed*



## THE HORSTMANN TECHNIQUE

Onessa and Carrie Rainwater, affiliated with the Adelaide Phoenix Dragonboat Club, are pleased to be offering the Horstmann Technique - a relatively new bodywork process that can facilitate healing changes, both physically and emotionally, for people of all walks of life and animals as well. The practice is particularly helpful for a wide range of sportspeople and especially highly effective for paddlers. Physically the technique improves joint and muscle flexibility, back pain and hip misalignment.

Horstmann Technique helps:

- Back pain
- Neck and shoulder pain
- Sciatica
- Structurally based headaches
- Migraines
- Sports injuries
- Stress
- Depression

Included in the treatment are specialized dōTerra Therapeutic-grade pure essential oils, used as natural do-no-harm anti-inflammatory and pain-killing agents for strained, swollen, or torn muscles and ligaments for immediate relief.

For on-the-spot treatments both Onessa and Carrie can be found on Dragonboat racedays at the Adelaide Phoenix Club tent.

For complete treatments they have a formal practice at Brighton and can be contacted at home at (08) 8296 3827 or through Brighton Health Matters (Christa Metzger -Naturopath) 501A Brighton Road, Brighton SA 5048 Ph: 08 8377 3716

## ORS CHILD SAFE OFFICERS COURSES 2011

The Office for Recreation and Sport recommend all clubs consider the appointment of a **Child Safe Officer** to ensure they recognise the importance of ensuring a Child Safe Environment and embrace policies and procedures to support this. With the recent changes in Child Protection legislation it has become increasingly important that clubs understand their responsibilities and consider the Child Safe officer role to promote and assist their organisation to manage this.

To support this demand ORS have 6 Child Safe Officers Courses planned prior to June 30<sup>th</sup>. These courses are free to people nominated by their club or Association although a charge may apply to those who are accepted into the course but do not attend. Currently registrations are open for the April 12<sup>th</sup>. Forms and course dates are available on the Rec and Sport website [www.recsport.sa.gov.au](http://www.recsport.sa.gov.au). Please pass this on to your networks however note due to the increase in demand for this course so places are filling quickly so we recommend applications are sent well before the closing dates.

## ACTIVE CLUB PROGRAM - ROUND CLOSURES: 18/04/2011

Active Club Program (ACP) supports delivery of programs and services, equipment and minor facility projects by grass-roots organisations. The Active Club Program provides financial assistance to South Australian not for profit community-based active recreation and sporting organisations to develop and expand the services they provide, thereby increasing the community's access to quality active recreation and sport activities and facilities.

**The program has three types of grants:**

1. Programs and Equipment
2. Facility
3. Youth at Risk (YAR)

For further information please visit:

<http://www.recsport.sa.gov.au/fundingscholarships/active-club-program.html#ProgramOverview>.

## AUSTRALIAN TAXATION OFFICE - NON-PROFIT NEWS

### New guide for non-profit sporting Clubs

The Aust. Taxation Office has released a new guide - Income tax exemption and sporting clubs - to help non-profit clubs self-assess whether they are exempt from income tax as a society, association or club established for the encouragement of a game or sport.

<http://www.ato.gov.au/distributor.asp?doc=/content/Content/00270648.htm>.

## CLUB ONE / SPORT SA LARGE GRANTS PROGRAM

June 2011 round of funding - Club One offers large grants (up to \$5000) to not-for profit State sport and active recreation organisations who are members of Sport SA and also community clubs and organisations that are endorsed by the state body which is a member of Sport SA. This program supports programs or projects that benefit the entire sport or active recreation by increasing opportunities for participation. **Applications close 5pm**

**Thursday 30<sup>th</sup> June 2011.** The program overview and the application form are available on the Sport SA website: [www.sportsa.org.au](http://www.sportsa.org.au).



## CLUB ONE SMALL SPONSORSHIPS

These are considered every one to two months, and announced regularly throughout the year. Small sponsorships are to a maximum of \$500; although in special circumstances can be as high as \$600. Download further information and the application form from the Club One website:

<http://www.clubone.net.au/club-one-sponsorships.asp>.

## DRAGONBOAT SA RACE DAYS - SEASON 2011

After Christmas (All at West Lakes): Aquatic or Ramsay



DATE	EVENT	LOCATION	DISTANCE
30 Mar - 3Apr	National Championships	Canberra	200m/500m

Other events/Trophy races:

DATE	EVENT	DETAILS
May 2011	SAPES Games	Adelaide - SA

\*Note: Easter is Friday 22 April - Monday 25 April 2011

## NEXT DRAGON'S BREATH

Next Dragon's Breath Articles and Pictures are due:

**Friday 29<sup>th</sup> April 2011**

**be active.** go for a paddle