

www.BellevilleDragonBoatClub.com Find our group page on Facebook!

Message from the Commodore

It is hard to believe that another season of paddling is just around the corner. I hope that everyone is as excited as I am to get back in our boats. We have had many paddlers working out together at the YMCA over the off season, and we have had some new faces join us.

The Executive has worked hard over the off season to come up with some exciting events for this year that we are all excited to share. We ended the season with our clubhouse being renovated, and I am hoping this will give us more space to accommodate returning members and new members.

We will be asking for help when the time comes to clean the boats in preparation for their return to the Bay, so if anyone can assist with this please let me know. We will also be looking for paddlers to help launch the boats, and I am hoping this year the weather will co-operate with us, as last year it seemed every time we moved the boats it poured rain.

I am looking forward to seeing everyone at the Open House, and if you have any ideas of things that you would like to see this year, please let me know.

Almost PADDLES UP!!!!!!!!!!

Cheryll Drumm
Commodore
Belleville Dragon Boat Club

Wondering what all the fuss is about with
the world's fastest growing water sport?

OPEN HOUSE & REGISTRATION

Wednesday, April 20, 2011 6:00-8:00

Join us at the Bay of Quinte Yacht Club
Everyone Welcome!

Now that I've joined, how do I get into the
boat and out on the water??

PADDLERS' ORIENTATION

Wednesday, April 27, 2011 6:30-8:00

Join us at the Bay of Quinte Yacht Club
Everyone Welcome!

B.D.B.C. Membership

Season runs May through September

Adults - \$175 for season
Students (14 & up) - \$50 for season

What's included?

- Coaching/instruction
- Equipment (paddle & life jacket)
- Festivals (some travel and extra costs required)
- Great workout & health benefits
- Fun on the water
- Dry land training
- Sense of accomplishment
- Great friendships

**That's a great summer on the water for a little
more than \$4 a week!**

B.D.B.C. in the community!

Thanks to the hard work and generosity of our club and paddlers, the fourth-annual Belleville Dragon Boat Festival in support of the United Way, 17 teams came out on August 28, 2010 and helped raise almost \$24,000!!!

Stay tuned for the events calendar for this year's festivals, sizzlers and more!

**Visit the B.D.B.C. booth at the
Belleville Health and Fitness Expo!**

Sat. APRIL 30 & Sun. MAY 1, 2011

10am-5pm

Wally Dever Arena

<http://www.healthandfitnessexpo.ca/index.html>

Willing to lend a hand and staff the booth? Contact a member
of the executive to find out how you can help!

HELP WANTED: Helpers needed for boat clean-up,
equipment and club house set-up, special events
(sizzlers/gala) planning, and more!

Contact the B.D.B.C.'s 2011 Executive to see how
you can lend a hand on land!!



Belleville Dragon Boat Club

Newsletter
Spring 2011

Looking to up your paddling skills?

Want to focus your energy for a full weekend and spend it on the water and in training?

Join the B.D.B.C. for its first annual training camp!

When: Early June 2011 (Friday night, Sat., Sun)

Who: Paddlers 18 yrs & older

Where: Camp Trillium, Garratt's Island

* Please note that the approximate cost for the weekend will be \$195 per paddler (To be confirmed) includes food, accommodation training and FUN!

Further details to follow at the Open House!

Keep your calendars open!

May is right around the corner and we are gearing up for another busy season on and off the water. Festivals, Training Camp, and Sizzlers are being planned, and who can forget our annual gala!

Belleville Dragon Boat Club's 2011 Executive:

Commodore: Cheryll Drumm

Vice Commodore: Becky Merrett

Past Commodore: Nancy Lewis

Treasurer: Karen Smith

Secretary: Nancy Irvine

Director of Publicity: Chris Drumm

Director of Membership: Jill McCreary

Director of Fundraising: Mary Olsen

Social Director: Kay Manderville

Directors at Large:

- Fran Burroughs
- Ann Lawrence
- Denise Cassidy
- Judy Dall

info@BellevilleDragonBoatClub.com

Did you know...

Dr. Don McKenzie, a Canadian sports medicine physician, launched Abreast In A Boat in 1996 to test the myth that repetitive upper-body exercise in women treated for breast cancer discourages lymphedema. Women who followed this training program were carefully monitored and Dr McKenzie's theory was proven correct. No new cases of lymphedema occurred and none of the existing cases became worse. Since 1996, dragon boat racing has become a predominant sport amongst women breast cancer survivors worldwide. From a medical study involving one boat of 25 women in 1996, the organization has now grown to include 53 breast cancer teams in Canada and 112 worldwide.

From: <http://www.tabi.ca/dragon.html>

Dragon Boat Festival – the Origin

Qu Yuan, an ancient Chinese statesman in the pre-imperial Warring States period (475 – 221 BC), was banished from his state by the emperor, who fell under the malicious influence of corrupt, slanderous bureaucrats. In exile, Qu wrote some of the greatest poems in Chinese literature expressing his love for his state, and his concern for its future.

When Qu Yuan learned of the impending invasion by a neighbouring Warring State, he waded into the Miluo River, tethered to a rock in order to commit ritual suicide as a protest.

The common folks, upon learning Qu's suicide, rushed out on the water in fishing boats and tried desperately to save Qu Yuan. In despair, they beat drums and splashed the water with their paddles in order to keep the fish and evil spirits from Qu's body. They sprinkled rice dumplings in the river to feed the fish, to keep them from consuming the poet's body.

Year after year, generation after generation, in commemoration of Qu Yuan, people in China hold boat races annually on the day of his death, the fifth day of the fifth month in the lunar calendar. The boats are traditionally very long and narrow, canoe-style vessels, adorned with carved ornamental heads and tails of dragons, which are believed to be rulers of rivers and seas and dominate the clouds and rains of heaven.

Dragon Boat Race - A Water Sport Embraced by Modern World

Today, dragon boat racing is held globally. It is now an annual event held in over 40 countries. All over the world, far and wide, people embrace this water sport and form dragon boat racing clubs in their own countries.

The two most established Dragon Boat Race Festivals in Canada – Toronto and Vancouver – spearheaded the Dragon Boat Council of Canada, the national dragon boat organizing body in Canada. The mission of the Council is to work together to develop criteria and processes to select national dragon boat champions to represent Canada in International and World Championships.

From: <http://www.dragonboats.com/pages/history.html>

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