



Dragon Boat Team

Ripping Times *keeping you in time!*

C.Y.L Dragon Boat Newsletter – Issue 4, January 2006

dragonboat.cyl.org.au

The Year of the Dog is here!! On behalf of the Ripping Times crew, I would like to wish you all a **SAFE, SUCCESSFUL** and **PROSPEROUS** new year!

Oh, and hope you receive a lot of Hong Bao (red envelopes) from your elders!

Tina Hsu – Chief Editor



Road Trip - Races at Tacoma

By Cal Wong

It's 11.50pm Saturday 14th January, and I'm sure most people who paddled at Tacoma today (NSW Central Coast) are either asleep or paralytic from alcohol at the moment.

Today was one of those rare days (of late) that really makes me appreciate CYL and dragon boating.

The morning started a little tense, with the usual late stragglers trying to find their way to the race site (I was one of them) and those who had to return to the hotel to retrieve things they had forgotten. But as always, everyone turned up just in time and there were enough people to fill a boat for the first race.

In the early afternoon we had a long lull between our heats. Tan's Vietnamese inspired bread rolls along with the 30+ degree heat had gotten the better of us, leaving us slumped in a pile under the gazebos snoozing away like a class full of pre-schoolers.

After the races, we ate some tiny prawns given to Tan by one of the locals (they were small but delicious, caught in the river the day before) and turned the motel swimming pool into a water hazard by creating our own whirlpool! Sharon tried her hardest to get the crew together for a sit down meal, but the Central Coast is very much like suburban Sydney in the 80's with the intended bistro closing at 8:30pm on a Saturday night. This is way too early for folk like us. We all dispersed to various eateries.

It was one of those days where the importance of our friendships and the importance of having fun preceded (ever so slightly) the actual races. We didn't do too badly in the races either. The Central Coast race is always a good wake up call to slackers, like myself!

I am really looking forward to the next few races. The thought of the months ahead makes me think that I really want to commit to training and make a good show of it, but only as long as we have fun along the way, otherwise, what's the point? ...Really?

Overall, I think it was a pretty powerful day, perhaps not in our racing form, but for CYL as a club.

Training Times

Land Training:

Mon & Wed 6:30pm-8:30pm

Water Training:

Thurs 6:30pm-8:30pm,

Sat 7:45am-10:00am

Sun 3:30pm-5:00pm

Sun (Social) 3:30pm-5:00pm



Brunch time at Wyong!
Tina, Julian, Angeline, Churn, Louise & Roodles

C.Y.L seen on 10!

The C.Y.L Dragon and Dragon Boat teams have been used in a recent Chinese New Year advertising campaign on Channel 10.

The TV advertisement shows clips from previous years Chinese New Year Parades and Dragon Boat races.

C.Y.L.D.B Sponsored by,



Did YOU know?

The average person falls asleep within seven minutes and is about one quarter of an inch taller at night!

Competition Winner

The Winner of the December 2006 Write and Win Competition is,

Sonya Pham.

Congratulations Sonya and thanks to everyone who entered the competition.

Tan's G Spot

Gourmet & Gossip



Gourmet

SAT 28 January – Chinese New Year Eve - Support our fellow paddlers search for the "LITTLE FISH" video shop and eat yummy Vietnamese food at Cabramatta.

After training we will head to the wild west, the exotic land of Cabs! Take your pick of eating Fiesta, Yum Cha, grilled meat, salad/rice, paper wraps, Durian, pork rolls, Pho etc etc.

It will be great as we can visit our fellow paddlers Julie Kim, Thal and Jackie... Yep these enthusiastic chicks travel all the way from Cabs to come to Dragon Boat!!!

Tans Rating:



Should be a great day visiting another part of Sydney. Parking is a down fall and petrol may be a bit of a hike, so please try to car pool and pitch in some cash for the assigned driver for petrol money or buy them a Sugar Cane drink!!

Gossip

Coming Soon!

Lessons learnt in Cabramatta

By Tina Hsu

We arrived at the Cabramatta restaurant shortly after 12.30pm. As usual we were split into 2 tables as the restaurant was too small to accommodate all of us on one.

We ordered the famous Beef 7 Course. The food was delicious. The 7 courses was full of spices and everyone had to *work* for their food by firstly softening the rice paper by dipping it in warm water, then placing a variety of herbs and veges with beef on the softened rice paper. The most difficult step was to role it up like a sushi roll so delicately that you didn't rapture the rice paper. This required patience and practice to perfect the technique. As it was a hot day and we were eating spicy food, we requested two rounds of water with our lunch.

With full stomachs and no more food insight, we asked for the bill. After close analysis of the Vietnamese written bill, Sonya noticed we had been charged for each glass of tap water. A hot debate ensued between the restaurant manager, Sonya and the Police. Eventually a compromise was agreed and the dispute resolved.

We then perused the streets of Cabramatta, buying lamp shades, various drinks, and egg tarts.

All in all Cabramatta was a smorgasbord of great food, excitement and culture.

The Lesson learned: Restaurants are within their rights to charge for tap water to their patrons as they are providing a service. However from experience most restaurants do not charge for this and most people would expect their waiter or waitress to tell them if they are being charged for ordering glasses of water (not bottled) before they are served.

The Moral of the story: Don't be afraid to ask in advance to find out whether you'll be charged for tap water. This way you would have a choice to choose whether to have tap water, bottled water or other beverages since nothing is for free these days.

Birthdays this month

Happy birthday to the following people,

Belinda Szeto, Hubert Wong,
Louise Ngai, Karen Leong,
Alice Nguyen & Jessica Chen



Reaching Forward

Chinese New Year Races

When: Saturday 11th February 2006

Where: Darling Harbour

Celebration dinner & drinks afterwards at the Coojee Palace,
6:30pm onwards.

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