



TRAINING TIMES

LAND
WEDNESDAYS
6.30PM - 8.30PM

WATER
SUNDAYS
10AM—12NOON



BIRTHDAYS THIS MONTH

CHRIS WONG (JNR)
CHURN NG
LEON LEE
TINA HSU
JACK HUYNH
CALFORD WONG
CASSANDRA WONG
ANITA LEONG

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Ripping Times

Keeping you in time!

WWW.DRAGONBOAT.CYL.ORG.AU
C.Y.L DRAGON BOAT NEWSLETTER

ISSUE 10,
AUGUST 2006

Head Coach's Vision

Sylvia Wong

We welcome our appointed Head Coach, Sylvia.

After a good 2005-06 season, I have returned for another season as head coach for CYLDB. To start the season off on the right foot, there will be a team meeting on 2 September where the crew will be setting our goals for the 2006-07 season and races we will be participating in.

For coaching the team, this coming season we will be looking to "Build" and "Maintain". I have once again engaged Churn Ng to assist the 2006-07 Season and here are our visions:

- Build up skills and interest in the social paddlers to enable them to switch to the sport crew if desired.
- Build up relationships with schools, universities and other CYL sub-groups to build a junior or youth crew.
- Build strong & well rounded (not literally) individuals and prepare them for State and National Crew selection.
- Build and Maintain a strong crew to compete at each regatta.
- Maintain current talent base within the club.

Looking forward to another successful season. If you have any suggestions or feedback, please email them to dbheadcoach@gmail.com.

WONGY

Editorial

Yep, its that time of the month for you to get your dosage of RT ! I thought it would be a good idea to get some wise words from our Head Coach before the official season starts. Thanks for the feed back on the new revamped Ripping Times!

Enjoy ! Any feedback, please contact: rippingtimes@gmail.com



This is our Head Coach Wongy. We can't show you her face...

CYLDB SPONSORED BY:



Off Season...Give me a break!!

Travellers journey...Cal Wong (cont')

The next day we went back in Zhengzhou and went to a local kungfu school. These are full time schools where kids as young as 4 board and study kungfu along with the normal academic curriculum. 1,500 Chinese students in total, approx 20 rag tag bunch of Europeans in their late twenties, and 1 a 6 yr old kid from Glebe who was there to avoid Glebe highschool (seriously). All of the foreign boys were crap.

Next stop was Beijing, another 13 hours on the train, this time with no bed - very uncomfortable. Beijing being the next Olympic city is so damn clean! I saw street cleaners sweeping up leaf litter from the bases of trees! It is cleaner than suburban Sydney! We did the forbidden city thing and took many pictures in front of many old buildings. The highlight here, and perhaps of the entire trip, was our journey to a section of the Great Wall.

We went to a little known outpost north-east of Beijing called Si Ma Tai. This place is pretty much all original, only one of the 9 towers have been rebuilt, although in a few years time I'm sure that won't be the case. We were hounded by two middle-aged, local village women who wanted to sell us souvenirs - they eventually succeeded, but only on their friendly and genuine merits.

The next stop was Guangzhou, this city is shit. I left that day back to Hong Kong. I'll give it another shot some time, but I just wasn't feeling it at the time.

I surmise this sojourn has had some significant effect on myself, although I have yet to come to verbalise what that might be. Going to China was more than a holiday for me. I felt a connection with the land of my fore fathers and mothers. China is a place I will definitely return to.

"Are we there yet?..."
Photo by Pat Wong



Ripping Times Recognition

This is a new column which recognises people who have contributed their time and effort into the club! This could be from volunteering or people building the club's profile!

"Chinese Youth League Australia is a charity based organisation and Dragon Boat is one of its sub groups. For the survival of CYL DB to survive members assist by fundraising and volunteering their services."

Counting the Decks – 5,4,3,2,1

Last month, a group of Dragon Boat members and friends donated their time by working between 1 – 12 hours from 9.30am – 9.00pm! With the sweat shop working around those hours and team manager, Sylvia watching like a hawk and of course Sou's yummy morning tea, the club had managed to fund an extra \$5000 towards the club, minus the food/drinks provided. Even if you helped out for one hour this had made a difference to achieve the goals of supporting "your" club!

(cont' next page)

A big THANK YOU to the following people who made the day:

Tina Tran, Sonya and John, Hubes, Ange, Churn, Yoon, Tan, Cal, Cindy, Mal, Pat and Co, Roodles, Bel C and Co, Lou, Bel S, Brett, Ness, Julz, Sam, Chris JNR, Anh, Roger, Sou and Sylvia !!



President's Pin Up - AAMI – Have you called

This month I'd like to recognize Malcolm Fong for his contribution to CYLDB of \$700. He applied to AAMI and secured a small grant for our club. Please join me in thanking him.

Missing Paddlers



ANITA (A)

Missing since:
Chinese New Year 05

What do you miss about CYLDB ... I fondly recall times when I was at CYL where I was on auto-pilot when it came to training/ exercising. :) Motivation from the CYL group was excellent.

Where do you think we could find you ... At work or with the wedding planner !

I haven't been to training as ...

Are you injury free ... Yes. Have had injuries during paddling, but nothing that couldn't be fixed with a bit of rest and massage/ physio!

Have you gained/lost weight ... Actually, I have lost weight as I am continuing with cardio (running). I was a bit heavier when I was rowing but I was musclier/ stronger, which I didn't mind. Both have benefits. :)

It's all about...Malcolm



MAL

At school I... was constantly asked "which Fong are you?" being a twin

My mother always told me... I'm her favourite son!

My father always told me... I'm his favourite son!

My last meal...would be mum's black bean pork ribs served with rice, paw paw soup and butter cake for desert!

If I had \$5 left I would spend it on ... gambling it to get more money.

Anything you are ashamed of, you would secretly admit to us... I'm kinda of a green thumb, in particular I have an extensive African Violet collection!

Cant Live Without ... Cindy of course ;)

Can you give us any paddling tips ... keep paddling till they yell stop.

What is your beauty secret ... I personally vouch for the Olay moisture lotion. After all these years, it still keeps the face clear and smooth like a baby's bottom!

Competition -Dragon Boat Poetry

Get your creative minds and wits, working. Write a piece of poetry, about CYL Dragon Boat (of course).

The winner will receive a **signed** copy of Kylie Kwong's "Recipes and Stories".

Kylie is an Australian Chinese chef, who is known for her restaurants Wokpool and Billy Kwong and has a cooking TV series on the ABC and BBC.

The winner will be announced at the Season 06/07 Launch.

Email: entry.competition@gmail.com



Keeping you in TIME...

Welcome to the DB ZONE

For feedback, please contact: rippingtimes@gmail.com

Events:

- Touch footy
- ERG machine
- First race of the season
- Team meeting
- Volunteers - Penrith Regatta

Event – Annual Inter Dragon Boat Challenge – Touch Football - Saturday 19 August 2006

Come on down for a game of touch footy with the team! Time to mingle with the other teams CCA, ACCA, SDB,VDB and NAGAR.

Schedule: Timbrell Park

Contact: Pat Wong

Event – ERG Machine – Sunday 20 August 2006

The season is nearly starting. Have a go at the ERG machine and push yourself for 2 minutes.

Time: 9.30am to 12noon. Contact: Vanessa.

Event – First Race of the Season – Sunday 27 August 2006

First race of the season with CYL entering a Mixed and Open categories in a 10 man boat. If you are not paddling come on down and cheer on the team!! Venue: Dobroyd 10's, Rodd Point. Contact: Cindy or Vanessa

Event – Team Meeting – Saturday 2 September 2006 @ 10.30am after 8am water session

(this meeting is compulsory and you are all expected to show if you are paddling in the 2006/07 season)

Head Coach, Sylvia will be holding a team meeting for the up and coming season. This is compulsory as it is about the team. Contact: Sylvia Wong

Sponsorships

Major sponsor "Medibank" has re - signed for season 06/07. But we are looking for more sponsors as this will build the club's profile.

Contact: Cindy

Volunteers- Penrith Regatta - Sunday 8 October 2006

Chinese Youth League's Dragon Boat's first DBNSW Race. Volunteer your time and assist the club! We are short of numbers !! If you have not volunteered before, maybe you should help out as this is about "your" club! Contact: Sou

We want more beer!

We drank, we crawled and some fell...



Andrew Healy

It was a sunny Sunday afternoon at the end of July, and with a group of thirsty paddlers, we drank our way from pub to pub on the inaugural CYL Pub Crawl. The theme was Pubs with History, and with the Rocks being full of both history and pubs, what better setting could we choose to hold our inebriated adventure.

Although my memory is as hazy as a frosted schooner glass, the highlights of the day were sitting in the gutter at The Palisade having a drink, and watching *(cont' next page)*

Yoon, Sonya and Belle fall face down onto the footpath. The latter may have been caused by Yoon's blasphemous outburst in front of the church one minute before their "accident".

All in all, it was a great day out. Huge thanks goes to Sonya who researched/planned all the pubs that we visited!

Stay tuned for details of the next CYL Pub Crawl - Pubs with a View.

Photos by Roodles.



CYL beer connoisseurs at the Palisades

City2Surf –a lesson in life in 14km

Tina Tran. Photos by Mal Foug.

It was a glorious cloudless, sunny, crisp winter's morning when over 65,000 people decided to venture out and take part in the annual City to Surf. Each year the event has been attracting more and more people making it the largest fun run in Australia. This year a few CYL'ers decided to enter the run as a team in the mix category. There were others CYL'ers who entered with their company team. Altogether we had 16 people participating.



You put your right foot in...

As expected with this many people it is always a challenge at the start to get moving. There were 11 of us together at the start in the HSBC Blue group and it was very much a slow walk through to the start line. Tan, unfortunately got put into the Back of the Pack group so she was on her own.

The first to bolt off was Sylvia. The rest of us Nessa, Yoon, Simon, Cliff, Tommy and myself followed suit trying to dodge the 37,000 plus people in front of us. Mal, Cindy, Sou and Churn had already made a pact to walk together. It was quite an amazing sight to see a whole sea of heads in the red caps bobbing up and down as we moved down William Street. I managed to keep up with Sylvia for a little while but she was too quick for me. Before we reached the tunnel I lost sight of her and everyone else. I had expected this to happen, but not so soon.

Regardless, I had my own race plan, so armed with my MP3 player belting out pop, 80's, dance music, my red cap, I was in my own little world. I had a goal in mind and that was to jog the distance, but especially to make it all the way up heartbreak hill. I knew I could do it but it was going to hurt. Physically, I was in reasonable shape having done a little bit of training, so it was more a mental challenge than physical.

After the tunnel through to Rushcutters Bay, the crowd thinned out some what which allowed jogging reasonably comfortably at my pace and I started to zone out. It felt surreal as if I was in a different mental plane and I started seeing this run as if it was teaching me a lesson in life.

Like the run we all start out in life at the same place eager to learn and grow. It's pretty easy at the start and we plod along. Some of us are eager to get to the finish line and we move through it dodging people along the way. Others walk it out at a slower pace. Regardless, its all very exciting as we embark on the start of our journey. *(cont' next page)*

The Sun-Herald
CITY SURF

As we move along past Double Bay it starts getting slightly hilly, our heart rate picks up, we try to adjust to the change. Thankfully for the people cheering on the sidelines they give us a boost of confidence and we are able to maintain our speed. These people are like our parents, family, teachers who support us and encourage us to learn and grow in our early years.



A man with a plan...

Soon enough we come across the beginning of heart break hill. They don't call it heart-break hill for no reason. At each turn you think you might be over the hill, but when you get there, you see another hill, another turn, another hill. Apart from your elite runners, it's half way up heartbreak hill that everyone hurts in one way or another. Muscles are burning, shortness of breath, increasing heart rate, maybe blisters starting to develop, joints starting to hurt, ankles giving way, getting hot and sweaty, perhaps a bit of dehydration setting in. This is where the pace slows down quite a bit and more people start walking, the runners slow to jogging pace.

I was determined to keep going, so I kept at it slow and steady. I kept telling myself that the top was around the next corner, and then the next corner. While I did manage to get myself through it mentally, it made me realise something important.



Tunnel power walking

In life we all go through our own dark times, it could be being bullied as a child, feeling left out, depressed by our own body image, lack of confidence in ourselves, feelings of rejection, heartbreak and sorrow. These times are like the run up heartbreak hill. They are hard times and occasionally never ending. However there is always an end in sight if we can battle it in our minds. We need to keep a positive attitude and know that we will eventually reach the top and the views will be magnificent. Importantly it is times like these that we should remember there are many people travelling the same path. Our own experience of life is unique to us, we all have our own path, but we are never alone.

It was close to the top of heartbreak hill that I wished my friends were with me so we could help each other along. Just as I was thinking that, as if the Universe could hear my thoughts, Hubert came along with his huge backpack, oversized red HSBC shirt. I was so happy to see a familiar face. He jogged with me a little bit and then took off to catch up with another fellow runner. I kept on plodding along, but it felt easier somehow.

At last, I could see the top of heartbreak hill, yippee, I was past the half way mark. While there were still another 7km to go, I knew that the worst part was over and whatever came next were little mole hills in comparison.

Not long after, I caught up with Tan. I was happy to see another familiar face and decided that I would jog with her. Tan felt like she was holding me back, she kept urging me to go ahead and not worry about running with her. I was cruising, but I knew that Tan was still battling on and by running with her I was able to push her along. We crossed the line at 11:58 am, taking into account our start group it took us 100mins or so. While it was true that I was able to run ahead, I didn't see the joy in finishing the run by myself.

(cont' next page)



Sunny days, everything 'a-ok!'

-Gossip



Which CYL member in their previous life was a "wedding singer?"

(cont')

The views were spectacular, a light sea breeze was blowing, the sun was warm, music was in the air, and we were on the home stretch. I wanted to savour the positive energy, the warm atmosphere and be there in the moment.

Amidst the thousands of people milling around at Bondi beach, we manage to find Sylvia and together we headed to The Palace Chinese Restaurant making it on time as scheduled to catch up with the rest of the group. Yum cha never tasted so good. Whilst we were eating, the walkers had just arrived at the finish line and decided they would hang around Bondi for lunch. It would have been lovely for us all to do the whole thing as a group, but we all each had our own aspirations and objectives. While, that meant we temporarily had to go our own way, we knew we would meet again to share our stories.

So in life, let's enjoy the moment while we are sharing the journey, encourage each other to learn, improve and grow. If our paths should diverge, let's make a pact to meet for yum cha again

Congratulations to everyone who did the run! For those people who've not done it before, I say give it go! You'd be amaze what you could get out of something like a simple fun run.

Sou and Ange



Tan's G Spot



/5 rice bowls

Darling Harbour and King Street Wharf are full of restaurants which are going to be pricey with a great view. So, I am going to give Cinta Ria a try, which is a Malaysian restaurant with a "hawker" twist. As you walk in you are welcomed by a Buddha, this makes the restaurant very warm and welcoming and the interior is very funky !

As usual, I am running late and just made it in time for the arrival of entrees, which is Loh bak and chicken and beef satay, for mains was stir fry vegetables, nasi lemak, fish curry and of course rice! The food was good but that is expected from tourist area but it wasn't to expensive!



Buddha

My verdict, if you want a groovy restaurant with some food, give it a go. Low down of the nite, the restaurant service was pushy, out in the door in 1 hour. So don't expect a quiet dinner for 2 hours! Waiting for the change of the bill was 10 minutes !

Reaching



Forward

Sun 27th August

Dobyrod
Rodd Point

Hosted by: Tsunami

Sun 10th Sept

Ryde Aquatic Festival
Kissing Point Park,
Putney

Sport / Corporate

Hosted by: DSA

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All enquires, submissions and feedback can be made to the Chief Editor, Tan Chan via e-mail – rippingtimes@gmail.com.

RIPPING TIMES

CYL DRAGON BOAT TEAM

WWW.DRAGONBOAT.CYL.ORG.AU.