



# Dragon Tales

Spring 2005

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A Publication of DragonSports USA, Inc.  
*Promoting fitness and friendship through paddle sports!*

DragonSports USA, Inc.  
10010 SW Beaverton-Hillsdale Hwy.  
Beaverton, OR 97005

## Open Practices

Mon., Wed., and Fri. .... 9 AM  
Tues. & Thur. .. Cancelled until after Rose  
Festival

Saturday ..... 8 AM

Checks for dues/new memberships to:

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Visit our website at: [www.dragonsports.org](http://www.dragonsports.org)  
or check

out our yahoogroups at:

[http://groups.yahoo.com/group/  
DragonSportsUSA](http://groups.yahoo.com/group/DragonSportsUSA)

## Board Members/Officers

**President** • Doug Schryver

**Vice President** • Marilyn Adair

**Secretary** • Position Open

**Treasurer** • Joel Shilling, MD

Bill Chapin

Pat Corbett

Gloria Jones

Ayla Montgomery

John Myers

Margaret Usher

## Committees

Boat Scheduling & Rental • Joel Shilling  
jmacshilli@aol.com

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Equipment Maintenance  
Bill Chapin

Race Director • Margaret Usher  
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www.dragonsports.org

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## Annual Meeting with a Spaghetti Dinner

*Marilyn Adair*

The DragonSports annual meeting, as required by our by-laws, was held on February 22, 2005, at the Old Spaghetti Factory. A gathering of members and an update of the status of our organization are the goals of the annual meetings.

DSUSA members visited and shared paddling stories over spaghetti.

President Joel Shilling presided over the business meeting. He gave an informative summary of the 2004 DSUSA year:

- During 2004, our 11<sup>th</sup> year, DSUSA continues to expand.
- Currently there are 2200 members with 350 of them active.
- The highly successful Sellwood Race was held early in August,
- We have two new Hong Kong style boats on order. Presently they are being constructed in Vancouver, BC. We hope to have them here by early May.
- An Outrigger task force was set up to explore outriggers as a paddling option. As a result, with a loan from DragonSports, the Outrigger Club has been established. (See additional article).
- Family paddling activities held at the Sellwood Race were greatly enjoyed. We expect to have more family activities this paddling year.
- DragonSports assisted both Kent, Washington and Milwaukie, Oregon in managing their races.
- A computerized timing system has been purchased and successfully used at the Sellwood race.

President Joel Shilling called on various board members and committee chairs to provide additional club status information.

Doug Schryver, then treasurer, summarized the year with positive balances that allowed DSUSA to purchase additional boats, loan funds to the Outrigger club for start up, and to provide more grants to high school teams. Revenue has increased because there are more teams renting boats for their practices.

Margret Usher is leading the preparation for the Sellwood Race. She reminded everyone that volunteers are always needed. She plans to have the "No Guts No Glory Race" as a culmination to the race weekend, just as we did in 2004. In this event, qualifying teams raced boats from Sellwood to Riverplace, and returned to Sellwood via an exciting ride on the Blue Jet Boats.

Ayla Montgomery coordinates the callers and tillers for open practices. She has met with interested committee members to look into other systems that could make scheduling and notification of the practices more efficient. She intends to implement some new options after the Rose Festival Race.

Joel Shilling honored two DSUSA Board members who were leaving their positions: Gloria Jones and Jen Miller. Jen has been the secretary for the Board for two years. Gloria has been on the Board for 8 years. She has held various committee and officer positions during her tenure. Both women have generously contributed time and expertise to the successes of our club. We thank them both. Volunteers appreciated being honored with mention of their names, certificates, and momentos, all presented by Joel Shilling.

Joel Shilling passed the gavel on to our new president Doug Schryver. Joel received the treasurers books from Doug. Doug recognized Joel's service as president with a plaque.

Following an open discussion, the meeting was adjourned and socializing resumed.

## What's Inside...

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## Grants for Youth Teams

As in the past two years DragonSports continues the goal of increasing youth participation. We offer team scholarships that are in the range of a \$1500 value. As an example this may include some cash for a race application and free practice sessions. Teams must submit applications and budgets to the DSUSA Board.

At the April board meeting four applications were reviewed. President Doug Schryver has contacted team representatives and confirmed individual team needs. To date, there are 4 youth teams receiving grants.

## OutriggerSports? What's That? And Why?

*Doug Schryver*

Hopefully by now most of you have noticed a couple of outrigger canoes sitting on a dock right across from where DragonSports moors its dragon boats. Nothing unusual about that. Wasabi Paddling Club kept a couple of outriggers on the same dock for several years. However, if you look closely, you'll notice that these boats don't carry Wasabi's logo on them. "Why's that?", you may ask. Well, because these canoes are owned by OutriggerSports USA (OSUSA), a new group which was, in corporate parlance, spun off by DragonSports USA. "How come they don't say OutriggerSports on them?", you may ask. Primarily because OSUSA hasn't settled on its logo yet. As soon as OSUSA settles on a logo, be assured that these canoes will sport the OSUSA logo and name.

"Why should I care?", you may ask. Because OSUSA was set up and the canoes were purchased primarily to serve you, the DSUSA dragon boat paddler. For several years, DSUSA's board had been requested to add some outrigger canoes to its fleet to offer a cross training opportunity for DSUSA members.

The DSUSA board voted to do so late last year, but decided to spin off a separate organization to handle these outriggers for a couple of reasons. **First**, the board felt that the management of DSUSA already had plenty to handle without taking on everything related to outriggers. By setting up a separate organization with its own management structure, management of this new paddling resource would consist mainly of persons not currently active in managing DSUSA. This is often referred to as "bringing in new blood."

**Second**, outrigger canoes, with their rounded bottoms, are somewhat less stable than dragon boats, which have relatively flat bottoms. Outriggers are relatively more prone to capsizing (huli'ing) than dragon boats. If the center of gravity of the boat and the paddlers gets to the right of center, the canoes almost certainly will capsize. That's why it's so important for the ama (the outrigger) to be kept down and why it's so important that paddling an outrigger be all about rotation and not about leaning outside the boat. In the preferred dragon boat stroke, paddlers should hang about half of the latissimus dorsi (lat.) muscle of whichever side of the body is up against the gunwale outside the boat while paddling. Do that in an outrigger while paddling on the right side and you're asking to be in the water trying to right the huli'ed canoe. In the outrigger, the preferred stroke is all rotation around the central axis of the paddler's spine, same as in a dragon boat. However, in the outrigger, the spine should be kept as closely in line with the centerline of the outrigger as is possible. No leaning out to the left or right, especially the right where there is no ama. This relative instability of outriggers was felt by the DSUSA board to justify removing possible effects from any risks of outrigger capsizing from DSUSA to a separate, independent, new entity, OSUSA.

After several meetings in late 2004 by several DSUSA members very interested in outriggers, the OSUSA group was formally founded on February 9, 2005. After rejecting the purchase of new canoes as prohibitively expensive, the OSUSA purchased two used outriggers from California sources in late February, using funds borrowed from and to be repaid to DSUSA. The canoes are an Anderson, named Ali'i (which is Hawaiian for "royalty") and a Bradley, named Wa'a Kaukahi (Hawaiian for "single-hulled outrigger canoe").

The group which formed OSUSA became its first board, and consists of:

**President**, Sandy Jermark  
**Vice President**, Ron Kay  
**Treasurer**, Nicola Carter  
**Secretary**, Marilyn McWilliams\*

\*who has since resigned from the board because of conflicting responsibilities in other organizations. A replacement is being sought.

**Director at Large**, Gary Fuka  
**Director at Large**, Ayla Montgomery  
**Director at Large**, Doug Schryver

These canoes can be used only by members of the new OSUSA organization. Information on joining OSUSA will be forthcoming soon if you haven't already received it before receiving this issue of DragonTales. Each group using one of the canoes must have a steersperson certified by the OSUSA. That certification process started on April 9 and several steerspersons should be certified shortly.

One obvious benefit of using an outrigger canoe for cross-training for dragon boats is that it's much easier to get a group of six people together to take out an outrigger than it is to get a group of at least 10 dragon boat paddlers plus a caller and a tiller together to take out a dragon boat.

Although to use these boats, you will need to join a separate organization, OSUSA, and sign a new waiver, the costs are minimal for what's being offered. As the DSUSA dragon boats are your boats, these outriggers were also purchased for your use at your request, so please join OSUSA and let's all get our use out of these new canoes. The canoes will be available for both team and open practices but, similar to DSUSA, all OSUSA memberships will be by individual only. For further information, check your e-mails or contact: outriggersportsusa@yahoo.com.

## Waivers, Waivers, Waivers

We've all signed them... more than once. Can you imagine the organizing, filing, and storage dilemma with 11 years of WAIVERS? And, this is a volunteer organization. The topic of waivers came up once again at the DSUSA April Board meeting. We have a new plan: we will set up files for teams and have members sign waivers annually, and, in the process, we will be able to keep team rosters current. We will let you know as we phase into the *new waiver plan*.

## DSUSA Family Paddling Begins Sunday, May 15th

*Carol Battan*

Regular summer family weekend paddling (possible nights) in the DragonSports USA (DSUSA) boats are encouraged for grandparents, parents, youth, and children alike. We aim to primarily build awareness and appreciation of dragon boating as a vitally important and enduring lifelong water sport for the families of DSUSA and the general public. We additionally can provide some primary instruction of dragon boat paddling for interested children who show an inclination and/or aptitude for dragon boating.

A responsible parent/adult above the age of 16 will be available for each two children who ride in the dragon boat. The parent or responsible adult will ride next to one of the children in his/her charge. The caller of the boat is the person responsible for boat safety, which is our utmost concern. The second in charge will be the tiller. This year children under the age of six will board a boat that remains within the moorage area. Children six or above will board a boat that may leave the moorage and everyone on board may paddle. Waivers will be signed by all participants and/or parent or responsible adult. All basic applicable rules of open DSUSA practices and water safety as applied by the U.S. Coast Guard will apply, especially the wearing of USCG-approved, appropriately sized life jackets. A prerequisite of the ability to swim is highly encouraged, but not required.

We will start Family Paddling May 15<sup>th</sup> continuing through October, as weather permits, holding the regular practices on Sundays at 3-4 pm every week.

**Fees:** Very reasonable fees will be decided upon at the May DSUSA board meeting.

## Two Exhibition Races

*Kevin Kraly*

**Attention Paddlers!** DSUSA will be involved in two festivals in which there will be exhibition racing and the opportunity to introduce more people to the sport of dragon boating. These festivals are Oregon River Games at Promontory Park in Estacada May 21 and 22, and the Salem World Beat Festival at River Front Park, June 25 and 26. Here are all of the details and contact info for both events.

DragonSports USA will be putting on a demonstration of dragon boating at the Oregon River Games on May 21 and 22 at Promontory Park near Estacada. The site is approximately one hour from downtown Portland.

Several experienced dragon boat paddlers are needed to volunteer to assist with this demonstration on both days. The hours on Saturday are approximately 9a.m.-5p.m. and on Sunday from approximately 9a.m.-2 p.m.

This is a new venue which the event organizers hope will become a full fledged dragon boat race event in subsequent years and will expose those attending the event to dragon boating.

Please contact Doug Schryver by e-mail: Schryver.doug@cnf.com or by phone at 503-450-6541 if you can help out either day. Full day volunteers preferred but if you can do only part of a day, that's OK too!

## Salem World Beat Festival

World Beat has won several community awards since its inception in 1998 including Cultural Event of the Year from the Salem Convention and Visitor's Association and has recently been named an official Rose Festival Sanctioned Event.

Salem World Beat Festival and DragonSports USA would like to invite teams to their Inaugural Dragon Boat Exhibition and Race.

**When:** June 25-26, 2005

**Where:** Held in Salem's beautiful Riverfront Park on the banks of the famous Willamette River, the Salem World Beat Festival is a two-day, nonstop program of international music, dance, food, hands-on crafts, folklore, and for the first time DRAGON BOAT RACING! The Beat is a professional quality event celebrating the people and traditions of every continent.

For more information on the Salem World Beat Dragon Boat Races, contact:  
Al Newman at  
503-362-0222  
[www.worldbeatfestival.org](http://www.worldbeatfestival.org)

Ayla Montgomery at  
971-222-6604  
[www.dragonsports.org](http://www.dragonsports.org)

**COME CATCH THE BEAT!**

## Memories of Our Friend Holly Glowa

*February 24, 1955 - April 26, 2005*

Her giggle, her laugh, and her smile,  
Her willingness to go the extra mile.  
Those are a few things that set her apart,  
And why she warmed so many a heart.

*An excerpt from a poem written by Holly's family.*

## Poet's Corner Ode to Hydration

*Patti DeWitz*

From friends and leisure I must migrate,  
For Sue has said it's time to hydrate.  
I'm on the road and in the Zen,  
I've drunk a liter and it's only ten.  
On my fifth trip to the bathroom at quarter to two,  
I sigh, I hope you're right, my esteemed coach Sue.  
In sleep athletes dream of the Olympic medallion,  
I'm just thankful I drank my gallon

## Rainy Day on the Willamette

*Kevin Kraly*

It was a rainy day on the wonderful Willamette,  
The current was so swift that I could hardly stand it!  
But up the river we went, south toward the island,  
There stood Dan in the back, just a smilin'.  
After warming up, we did some 80% 2 minute runs,  
We grunted and pulled to the max, oh what fun!  
We got further up river toward the half way turnaround,  
The wind kicked up and the rains came a pourin' down!  
We started out again and did some race starts,  
I swore that you could hear the beating of our hearts!  
They say what doesn't kill us will make us stronger,  
But by the end of practice,  
I couldn't raise my arm any longer!  
The big boats are comin', so you'd better get ready,  
It takes strength to paddle them hard, they're heavy!  
But we can DO IT!

*Thank you to all those members who contributed articles and poems for this issue.*



## DragonTales

10010 SW Beaverton-Hillsdale Hwy.  
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### Contributing Writers

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### Graphic Design

Stephanie Travis

## 2005 Calendar of Events

<b>Oregon River Games</b> Promontory Park, Estacada, Oregon	May 21-22
<b>Portland-Kaoshiung Sister City Association Dragon Boat Races</b> Portland, Oregon	June 11-12
<b>Alcan Dragon Boat Festival</b> Vancouver, B.C., Canada registrar@adbf.com	June 17-19
<b>Salem World Beat Festival</b> River Front Park, Salem, Oregon www.worldbeatfestival.org	June 25-26
<b>Kent Cornucopia Days Dragon Boat Races</b> www.seattledragonboatracess.com/Registration.htm	July 16
<b>Milwaukie Riverfest</b> Milwaukie, Oregon www.cityofmilwaukie.org/news/2005/dragonboatracess.html	July 23-25
<b>ViewSonic Long Beach Dragon Boat Festival (PDBA Competition)</b> www.lbdragonboat.com	July 30-31
<b>DSUSA Portland Race</b> Sellwood Park, Portland bouv4@aol.com or www.dragonsports.org	August 6-7
<b>11th Annual Victoria Dragon Boat Festival</b> Victoria, B.C. Canada race@victoriadragonboat.com	August 12-14
<b>10th Annual San Francisco International Dragon Boat Festival</b> www.cdba.org	August 27-28



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### Reminder:

DragonSports USA is a volunteer organization. Your participation is always needed and welcome!