

Life is not measured by the  
number of breaths we take,

but by the number of moments  
that take our breath away

# 2013

## Redcliffe Red Dragons Newsletter



April 2013

4/20/2013



## REDCLIFFE RED DRAGONS DRAGON BOAT RACING CLUB

PO Box 778, Redcliffe Qld 4020

Email: [redcliffedragons@gmail.com](mailto:redcliffedragons@gmail.com)

[www.redcliffedragonboatclub.com](http://www.redcliffedragonboatclub.com)

## A word from our coach Arthur



"It's good to see the roll up for endurance training for upcoming marathons.

Unfortunately, the Sanctuary Cove marathon does not look like happening before the Tin Can Bay regatta. As the endurance training is part of our training calendar for 2012/2013, we will be continuing with it even though we may not have any marathons to attend. We will be definitely be nominating for the TCB regatta and no doubt Lyn, team manager, will have something out on this. It is a great weekend away with plenty of fun and some great racing. So keep the weekend of 14th July free and maybe get the Monday off work so you are not too tired to drive home on the Sunday after the regatta.

The Effective Leadership program was part of our training early in the New Year. We have one more group to put through and that will be on the Saturday 4th May straight after training. Those who are involved in the course will be written to separately. Anyone wishing to join the group will need to get their names to me by Sunday 28th April. The Leadership group will then conduct a series of meeting to formulate our coaching/training flowchart for the coming 2013/2014 regatta season. This will then be

presented to the Executive committee for ratification and adoption.

Our year has been one of building membership numbers and I am happy to announce that since the last AGM 2012, we have had more than 50 new members join. That is an increase of beyond 100%. Not all the new members wish to participate in sports paddling but we welcome their involvement and maybe someday they will want to push themselves further and join us in the sports boats. We should not rest on our laurels and continue to actively seek new members. The strength of any club is their membership base and this club should go from strength to strength.

Our year has also been one of successes. Plenty of bling at the Pan Pacs and our bling from the State Titles is proof of that. I know that as we progress throughout next season we will only get better and better at what we do with bigger and brighter successes to come.

By the time you read this, our representative paddlers will be home from the Nationals. I know that each and every one of them will have acquitted themselves admirably and would have done Redcliffe and Queensland proud".

See ya'all on the water

Arthur

***p.s. Arthur would like to remind us all that our winter training times start on Saturday 4th May. 6.30am for 7am on the water start!!***





# A word from our Team Manager Lyn

## from the Team Manager's desk...

Congratulations to our team mates Brittnee, Zharlea, Del, Mazzi, Lyn S, Cheryl, Charlene and Brian who made it into the Queensland team and travelled to Penrith last week....absolutely awesome effort by all to come home with medals....and 'gold' ones to boot!! Renee and I were lucky enough to be witness to racing in the State vs State category last Thursday (wearing our "I heart Qld t-shirts") and I was so proud of all of our team mates.

As from Monday, April 22 I will have new registration forms available for anyone wanting to register for the 2013/2014 season. For all existing members your current registration takes you through until June 30, 2013. Our fee structure for the new season will be as follows:

Adults: \$150      Juniors: \$75

Family Discount: 2 Adults/1 Child: \$350 (any extra children \$50 ea)

Unfortunately, we have had to increase our fees this year to keep in line with QDBF increases. Please see me at training if you would like forms or send me an email and I can forward to you. As with previous years you will be able to direct deposit your fees or pay with cash.

Tin Can Bay regatta....typically our first regatta of any new season Tin Can Bay is an excellent regatta for new paddlers to introduce themselves to dragon boat racing....and to spend some quality social time getting to know their fellow paddlers....and for those of us who have been before we keep returning each year because we know what a fun weekend it is!....it may be racing but this is a very social regatta.

Sunday July 14, 2013 is regatta day and I will have an expression of interest email out to all paddlers prior to that date so you can register your interest. Some of our members make their way to TCB on the Friday prior to regatta day, others head up on the Saturday. I know work may mean a return to Brissie for some on the Sunday but when possible those of us who can stay for the Sunday night usually get to enjoy a few drinks, some nibbles and lots of laughs. I have contacted The Cooloola Dragon Boat Club for an up to date list of accommodations which I will email to you when I receive it. Dolphin Waters Apartments has always been a favourite of ours as is the caravan park just down the road which has cabins available....Brian could help you with their name in the meantime.

Some of you may have heard discussion regarding a trip to Florida (in the USA) in October 2014....this is for an International Breast Cancer Survivor regatta. These regattas are held every 4 years somewhere out in this big wide world of ours. 2010 was Canada and Redcliffe Pink Snapdragons and their supporters were in attendance there. I currently have an EOI open for this regatta and an early bird registration has been completed for a Snapdragon crew. This trip is open to all Redcliffe members who would like to attend....either as a crew member of the Snapdragons (it is a requirement that you be a breast cancer survivor to be a member of this crew) or as a supporter....and in the past they have had supporter races (I would love nothing better than to fill a boat with our own supporters). I travelled with the Pink Snapdragons in 2010....it was the most amazing and inspiring trip and as always we had so much fun. If you are interested in joining us next year please see me at training about adding your name to my list or for any info regarding this regatta or send me an email with your enquiry. For any members interested in travelling as a supporter we would like you to be registered as a supporter of our Snapdragons, at present the cost for that is \$15 per year and I have the necessary registration forms for that.

cheers

Lyn G





## AFTER-EXERCISE BODY

### CARE

Making sure you exercise the right way is crucial for meeting your fitness goals, but taking care of your body after a workout is just as important. The proper mix of movement, rest, and nutrition help your body to recover and gain the most benefit from exercise. In fact, not allowing your body to properly recuperate can be detrimental to your physical health and make it difficult to meet your fitness goals.

During exercise our muscles release lactic acid, which can cause muscle soreness. Gentle stretching for 5 to 10 minutes can help the lactic acid disperse and alleviate some of the pain and stiffness that is common after exercise. Stretching also allows the muscles to relax and lengthen, which is essential for the muscles to repair any damage and rebuild.

Taking a warm bath or shower immediately after a workout can be beneficial as well; not only does the heat soothe stressed muscles, but cleaning and rehydrating your skin is also important. During exercise we sweat and get dirty, which can cause acne and a dull, uneven skin tone if we don't properly cleanse. Washing away the oils and grime allows us to maintain that healthy post-workout glow!

Resting after a workout is one of the best ways to make sure your body properly recovers. Not only should you get plenty of sleep, but you should also make sure to take breaks in between exercise. For example, alternate days of high intensity aerobic activity with low intensity exercise such as yoga. You may think that pushing yourself and working hard every day will create the best results, but this isn't usually the case. Too much exercise without allowing enough rest in between can stress your muscles, cause unnecessary pain, and even cause muscle injury.

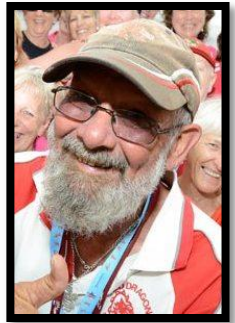
Eating right is also an important step in caring for our bodies after a workout. Exercise burns energy and we must refuel to replace what was lost. Eating a small snack that is a mix of carbohydrates and protein is a good way to boost energy and replace lost nutrition. Be sure to replace water loss, too! Vitamins and other supplements can also benefit your overall health after exercise, especially a daily multivitamin and supplements such as Omega-3 fatty acids (fish oil).

Taking care of your body after exercising doesn't require much effort, but the rewards are priceless. It is the best way to look AND feel great after your workout – and every day!

***(Editor's note: I just thought with all the endurance training this information might come in handy!)***



# Monthly Member Bio



**Name:** Arthur Heales

**Born:** 15/6/1945 Winton Qld.

First born of twin boys in a large family consisting of 5 boys and 3 girls.

**Education:** Small primary schools throughout Queensland. Secondary education at Ipswich Grammar School (boarder) and Maryborough High School.  
Left school after Junior year and joined the Commonwealth Bank in Sydney NSW on 9/1/1961 as a clerk.

**Work:** Commonwealth Bank of Australia from 9/1/61 to 30/1/2001 (40 years)  
Progressed through the ranks from clerk to retire in 2001 as the Queensland Operations Manager of Loan Processing.

**Military:** Conscripted into the Army in September 1965. Served in Vietnam [1966/1967](#) and was discharged in September 1967.

**Family:** Married on 20/1/1968 to Fran. Have 2 children Amanda born in 1970 and David born in 1973.  
Have two grandchildren Ben 6 y/o and Isabella 2 y/o.

**Retirement:** Bought a caravan and travelled around Australia from Apl 2002 to Apl 2004.

**Dragon Boating:** Introduced to Dragon Boating following Frans diagnosis and treatment for breast cancer in 2006. Obtained level 3 Sweep accreditation and represented Queensland in Hong Kong 2007.  
Represented Australia at the World Titles in Prague, Czech Republic as the Australian Juniors sweep in 2009. Obtained level one dragon boat coaching accreditation with the Australian Institute of sport in 2010 and was appointed head coach of the Redcliffe Pink Snapdragons. Travelled to Peterborough, Canada, for the Breast Cancer world titles with the Pink Snapdragons as their coach. Appointed Head Coach of Redcliffe Red Dragons in 2012.



Hi All...

Del has managed to purchase a copy of our logo (at a considerable cost to herself)....and has offered to donate the logo and her time to screen print this logo onto t-shirts, calico bags, tea towels etc and donate all the money back to the club .The price will be approximately \$15 and all you need to do is purchase your t-shirt etc. Del is having some "down time" in May and will be screen printing during this time. For any new members - this logo appears on our club shirts and Del is one of our sweeps, so feel free to ask around and we will point you in the right direction.



A VERY BIG THANK YOU DEL - I FOR ONE CAN'T WAIT TO GET A HOODIE PRINTED!!!!

# Congratulations Accredited Sweeps

Just prior to our State Championships we were lucky enough to have three of our new sweeps pass their accreditation test.

Congratulations to Donna, Mark and Brian. This means they are now able to sweep for us in regattas.

## New Shed Goes Up.....

Thanks to some dedicated club members – we now have a new shed on the compound. A slab was put in place and it is now used for our sign up table, equipment, paddle racks and dreaded ERG machine. Well done everyone who volunteered – job well done – especially that you gave up your time over the Easter Weekend. Cheers!



## Recipe of the month

### Dark Chocolate Peanut Butter Fudge Granola Squares

**Prep Time:** 30 minutes

**Cook Time:** overnight

**Keywords:** freezer no bake fridge breakfast snack high fiber  
high protein sugar-free gluten-free vegan peanut butter  
coconut milk protein powder oats granola bars

**Ingredients** (9 squares or 16 cubes)

#### Step 1:

- 1oz Unsweetened Chocolate
- 64g (1/4 cup) Natural Peanut Butter (no sugar/salt/oil added)
- 1 cup Light Coconut Milk, canned

#### Step 2:

- 128g (4 scoops) Chocolate Protein Powder
- 96g (1/2 cup) Granulated Erythritol (or other dry sweetener)
- 30g (6 tbs) Dark Cocoa Powder (unsweetened; or regular if you want)
- 1/8 tsp Salt

#### Step 3:

- 144g (1+1/2 cups) Rolled Oats (old fashioned, gluten free if you like)
- 120g (4 cups) Crispy Brown Rice Cereal

#### Instructions

1. Line a brownie pan with parchment paper both ways, set aside.
2. In a medium, microwave-safe bowl, add the chocolate and peanut butter. Microwave at 30-second intervals, stirring between each one, until chocolate is melted. Whisk in the coconut milk, about 1/4 cup at a time. When this mixture is smooth and glossy, pour into a large mixing bowl.
3. Add the protein powder to the mixing bowl and whisk. Once that is incorporated, add the erythritol and whisk. Then add the cocoa powder and salt (it should turn very dark after adding the cocoa powder).
4. Fold in the oats, then fold in the rice cereal. Scoop this into the prepared brownie pan, flatten with the spatula and freeze, covered overnight. Slice the next day (it turns rock hard in the freezer so leave it out for ~20 minutes before slicing). Once these are sliced, they can stay in the fridge but are best eaten the day after making



# Fundraising News...

Hi Everyone,

We have the following events organised for Fundraising, and will need everyone to participate to make it successful.

We will be selling Raffle Tickets and also trying to recruit more paddlers. Donations for the Raffle Prizes would be appreciated if you could please donate suitable new products for Men & Women or Kids to Cheryl or one of your Committee Members at training as soon as possible it would be appreciated.

**Redcliffe KiteFest;**

**Saturday 18th May starting at 8am to 8pm & Sunday 19th May 8.30am - 4pm.**

We will need people to volunteer in shifts of a / few Hour/s.

The Pinkies Florida Fundraising Team have also been give an allocation of a stall as well so please keep this in mind as we aren't sure yet if they will be together or not.

**Saturday 24th August & Saturday 21st December we have booked Bunnings BBQ's for the Reds so please mark these dates in your dairies as well.**

Don't forget the Entertainment Books as well if you need flyers for your workplace please just mention it to Cheryl as once all the books are sold they aren't reprinting.

Thanks for your support, Cheryl & Donna



## Help Redcliffe Red Dragons Fundraise!

Pre-order an Entertainment™ Book from us today to receive over \$185 in additional offers!

—While stocks last—

Order your new 2013/2014 Brisbane, Sunshine Coast and Surrounds Entertainment™ Book from Redcliffe Red Dragons and 20% of your Book purchase goes towards our fundraising!

Entertainment™ Books are packed with hundreds of up to 50% off and 2-for-1 offers for the best restaurants, cafés, attractions, hotel accommodation, travel and much more!

Available from early April, the new Book is only \$65, and you'll receive \$15,000 worth of valuable offers which are valid until 1 June 2014.

Here is just a taste of some of the valuable offers in the new Book:



**Contact us to order your NEW Entertainment™ Book now!**

Cheryl Rigby  
Redcliffe Red Dragons  
email: clw461@gmail.com

**The books have arrived and they are awesome – see Cheryl or Donna for orders...**



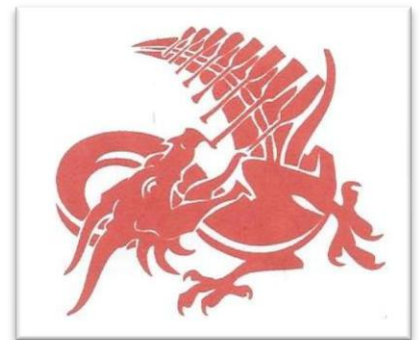
## *Joke of the month*

My husband and i were dressed and ready to go out for a lovely evening of dinner and theatre. Having been burgled in the past, we turned on a 'night light' and the answering machine, then put the cat in the backyard. When our cab arrived, we walked out our front door and our rather tubby cat scooted between our legs inside, then ran up the stairs. Because our cat likes to chase our budgie we really didn't want to leave them unchaperoned so my husband ran inside to retrieve her and put her in the back yard again.

Because i didn't want the taxi driver to know our house was going to be empty all evening, i explained to him that my husband would be out momentarily as he was just bidding goodnight to my mother. A few minutes later he got into the cab all hot and bothered, and said (to my growing horror and amusement) as the cab pulled away.

"Sorry it took so long but the stupid bitch was hiding under the bed and i had to poke her arse with a coat hanger to get her to come out! She tried to take off so i grabbed her by the neck and wrapped her in a blanket so she wouldn't scratch me like she did last time. But it worked! I hauled her fat arse down the stairs and threw her into the backyard....she had better not shit in the vegetable garden again."

The silence in the taxi was deafening.....







Legally  
Blonde





