



REDCLIFFE RED DRAGON BOAT CLUB NEWSLETTER





In Mid August, as a result of our kind sponsor **CENTURY 21 MADDIS HERMANS** and attaining a grant from the **AUSTRALIAN GOVERNMENT , STRONGER COMMUNITIES PROGRAMME**, the club was able to take delivery of a new 10's boat. The boat along with all the necessary accessories – head and tail, drum, drumming seat, drumstick and sweep oar - was delivered to the compound by **BLAIR CAMPBELL** of Maroochy Sea Serpents.



Before we can use the boat it has to be blessed. So in the meantime it has been safely tucked away in the compound.

A date for the blessing has been organized and this will be conducted on ***Sunday December 11th***. On the day of the Blessing Ceremony, Maddie Hermans from Century 21 and Luke Howarth, the Federal member of Petrie will be taken for a short paddle out into the bay.

A morning tea will be available afterwards.





2016-2017 DBQ COMMITTEE MEMBERS

President

JUDY NEW (Te Waka)

Vice President

ALEX MAYES (Manly)

Admin

VACANT

Finance

GARY STEWART (Maroochy Sea Dragons)

Tech & Events

JANINE LINETTE (Gold Coast Dragons)

Marketing

VACANT



COACHING CORNER



At the last general meeting, it was decided that the trainee coaches **VICKI, TINA, EVA, KAREN, LYN and DONNA S** would be taking the training sessions under the guidance of the club's senior coach Iciar and assistant coach Kay. The plan was that Iciar and Kay would write the training sessions for every alternate week. They would provide feedback to each trainee in order to improve their coaching technique and help them develop their own style.

A coaching calendar was implemented in order that the trainee coaches know what week they would be required to take the sessions. As of this date each trainee coach has had a week of coaching and they have all done well considering how daunting it is to be instructing your fellow paddlers.

THANK YOU to all the paddlers who have been patient and understanding during the trainee coaches training sessions. Your continued support and co-operation will be very much appreciated and will benefit everyone and the club.



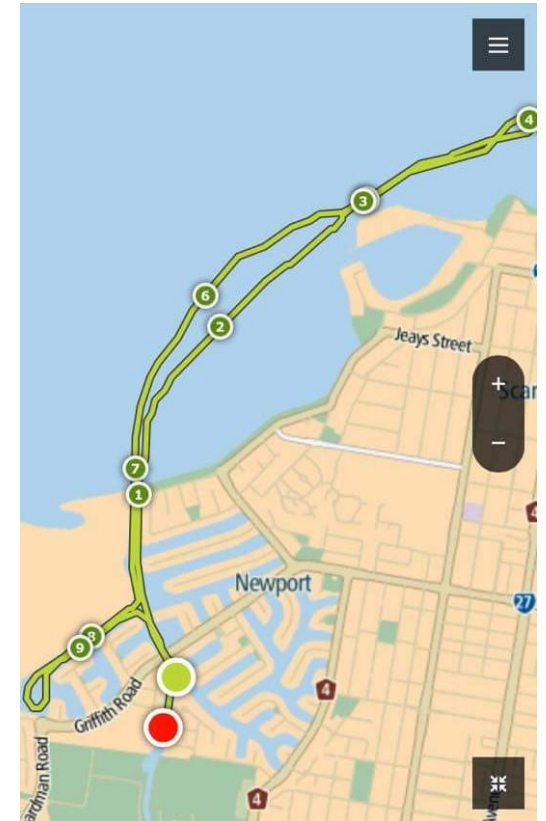
LONG DISTANCE TRAINING

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Over the month of August some paddlers gave up their Sunday mornings to attend long distance training in a lead up to the Bridge to Bridge 10km Mt Warning regatta paddle being held on September 3rd. The sessions were held in the canals as well as out in the bay. The weather gods were most kind to us on all sessions enabling us to paddle out into the bay.

4 of the 5 Sunday sessions consisted of doing the complete 10km paddle. In the last 2 sessions the 10km was completed without any seat changes being made. The boat was averaging about 6min 15 sec/km with each session showing signs of improvement.

Our sweep Del was encouraging paddlers along the way making sure everyone was putting in over the long distance. After some training sessions there were some blisters appearing - not only on the hands. This is just signs of how much effort paddlers were putting in during the sessions.



It was a marvelous effort by everyone including Del our sweep. All this training put us in good stead when we did the 10km race .



Good job everyone!

CLUB FITNESS TESTING



The first round of Fitness testing for the paddlers who have expressed interest in paddling at the 2017 State and National Championships, is being conducted at the compound on **Sunday 9th October.**

A sign on schedule has been made available at training for paddlers to indicate their time preference.

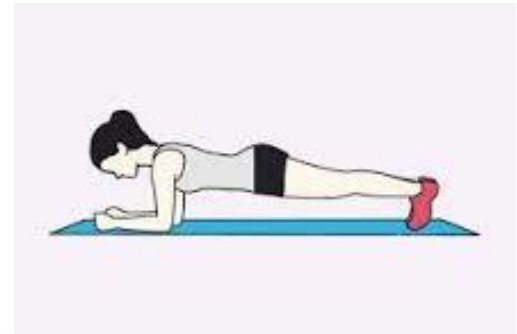
The remaining two fitness testing dates are scheduled for **Saturday December 10th** and **Sunday 26th February.**



Sign on schedules will be available for paddlers to indicate their time preference a month prior to the remaining testing dates.

REMINDER

- * If paddlers are not able to attend on set fitness dates they are to make alternative arrangements to have their testing done.



CLUB UNIFORMS



The club has received the first batch of new club uniforms. The sizes range from S – XL for Singlet Style and Youth -XXL in T-shirt style. Prices are as follows:-



\$42

T-Shirt
Style



\$38

Singlet
Style



\$17 Hat



\$14 Visor

For further enquiries please contact Club Uniform Officers

Donna Pascoe ditto62@live.com.au

Jane Kennedy janeKennedy61@yahoo.com

FOODIECORNER

CACAO ENERGY BALLS

Ingredients

- ½ cup walnuts
- ½ cup pitted dates
- ¾ cup almond meal
- ¼ cup honey
- ¾ cups shredded coconut
- ½ cup raisins
- ¼ cup cacao powder
- ⅓ cup desiccated coconut



Method

1. Place walnuts into a bowl and cover with boiling water. Stand for 10 min and drain. Place into the bowl of a food processor with next six ingredients and pulse to form a paste.
2. Take heaped tablespoons of mixture and roll into balls in your hands. Roll in coconut. Place balls on a plate, cover with plastic wrap and chill in the fridge until required.

Tips Enjoy the richness of chocolate and the freshness of fruit. Dip or drizzle strawberries, bananas or kiwifruit slices in melted dark chocolate. Allow to set before eating.

Kitchen notes Energy balls will keep 2 weeks in fridge.

JOKE OF THE MONTH



An elderly lady calls her doctor's office.

"Is it true," she asks, "that the medications you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor replies

There was a moment of silence before the lady says:

"I'm wondering then, just how serious is my condition because this prescription is marked **NO REPEATS**."





Birthdays for September

Peggy Rapley

Karin Wagner

Vicki Harding

Ann Matthysen

Birthdays for October

Eva Anna-Maree

Karen Burns

Zharlea Lutherborrow

Upcoming Events

See
CALENDAR
OF
EVENTS
below

Upcoming Regatta & Event Calendar for 2016 / 17

SEPTEMBER **Friday 30th** - Head to St George River Dragon Multicultural Festival 10th Year Anniversary Dragon Boat Regatta for the Long Weekend

OCTOBER **Saturday 8th** - Some members attending the “First Aid Course” at the Redcliffe Coast Guard

Sunday 9th - 1st Round of Fitness Testing in the morning, please put your name on the roster

Saturday 15th - PINKS General Meeting 10.30am @ Redcliffe RSL followed by Florence Italy meeting

Sunday 16th - Sweeps Workshop open to all Sweeps & Novice Sweeps. 10am – 3pm at Varsity Lakes

Saturday 22nd - Petrie Fernwood “Fun Day” from 10am to 2pm – Volunteers needed

Presidents Meeting 11.00 – 12.30, Coaches Meeting 12.30 – 2pm @ Nudgee

Sunday 23rd - Pink it Up Paddle & Mini Field of Women – 10am for 10.30am on the water to be confirmed. Paddle, then small ceremony & morning tea. Volunteers will be needed. More details to come.

Saturday 29th - REDS General Meeting @ Redcliffe RSL 10.30am

Sunday 30th - Sports Regatta - MANLY @ Kawana

NOVEMBER **Saturday 5th** - Dolphins Health Precinct “Tug of War” Training at canal at compound

Friday 11th & Saturday 12th - Pan Pacific Masters Games at Varsity Lakes

Saturday 19th - Dolphin Health Precinct “Tug of War” Competition - Volunteers needed to take Boat to the Pool at Dolphins & also if people interested in entering a Team please let your Committee know.

Saturday 26th - Christmas Party in the Park

Saturday 27th - TO BE ADVISED - Please keep free. **We may be holding a Stall**
@ PINE RIVERS PARK XMAS CAROLS, Pine Rivers Park, Strathpine 3pm – 8pm

DECEMBER **Sunday 4th** - Sports Regatta - BURLEIGH FIRE DRAGONS @ Varsity Lakes

As this Regatta is so early in December we can only hope that the Scarborough Lights “Christmas By The Sea” Festival might be on Saturday 10th December. Fingers crossed.

Saturday 10th - 2nd Round of Fitness Testing – Roster sheet will be available closer to date.

Sunday 11th - @ **10.30am** Boat Blessing for our new 10’s Boat. We will need helpers from 9.30ish TBA to help set up as we will have the blessing, take the sponsors out for a little paddle to the Bay and then back for Morning Tea which we will be asking for everyone to please bring a plate to share.

DECEMBER **Sunday 11th** - Arvo/Night - TO BE ADVISED. Please keep free. **We may be holding a stall**
@ SCARBOROUGH BEACH PARK SCARBOROUGH 3pm – 8pm

Sunday 25th - Christmas Day - YIPPEE

Saturday 31st - Yippee we made it through the Year.
Bob's band playing at the BRIGHTON BOWLS CLUB

2017

JANUARY **Sunday 30th** - Sports Regatta - BROADWATER @ Emerald Lakes.

FEBRUARY **Saturday 4th** - Presidents Meeting at 11am – 12.30, Coaches Meeting at 11am – 12.30 @ Nudgee

FEBRUARY **Sunday 12th** - Sports Regatta run by BRD @ Kawana - 500m in prep. For States

Sunday 26th - Final Fitness Testing - Sign on sheet will be available for time allocation

MARCH **Sunday 5th** - Sports Regatta run by Te Waka @ Kawana - 200m in prep. For States

MARCH **Saturday 25th & Sunday 26th - State Titles @ Lake Kawana**

APRIL **EASTER - Good Friday 14th – Monday 17th**

Tuesday 18th - Monday 24th - National Championships @ Gateway Lakes, Wodonga, Victoria

MAY **Saturday 6th - Presidents Meeting 11am – 12.30, Coaches Meeting 11am – 12.30 @ Nudgee**

AUGUST **Saturday 5th - Presidents Meeting 11am – 12.30, Coaches Meeting 11am – 12.30 @ Nudgee**

Saturday 26th - AGM @ 11am @ Nudgee