

# REDCLIFFE RED DRAGON NEWSLETTER



## SNAPDRAGONS SOCIAL PADDLE



Saturday 5th August a busy day for the Redcliffe Pink Snapdragons and Redcliffe Red Dragons.

A beautiful winter day ideal for taking out some Pink paddlers and supporters and

showing some of them the beautiful Moreton Bay from a dragonboat for the first time.



*New and old faces mingled together.*

Some useful information on how to paddle from **Donna S** and before we knew it 2 crews were sorted and heading down the Newport canals.





Everyone seemed to enjoy themselves and chatted over a yummy morning tea together.

**THANKS** to **Sue Drinkwater** for liaising with the Breast Care Nurse at **Holy Spirit Northside** and bringing along 10 survivors to experience dragonboat paddling.



*Would be great to see them again at our next social paddle on Sat 11th Nov.*

*Courtesy of Sarah Firman*

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## COME 'n' TRY

On Saturday 5<sup>th</sup> August, 14 members from **PETRIE FERNWOOD FITNESS** came along to the club's Come 'n' Try. These gym members must really enjoy dragon boating as this is their third visit to Redcliffe Red Dragons for a paddling session since their first visit in May last year and they always manage to bring along new paddlers who hadn't attended on the previous two occasions.

Many thanks to **Rachel Sykes** for organising dragon boating as part of the gym members' 12 week challenges. It is always great to see sports minded people having a try at different types of sports.

It was the club's first Come n Try since the completion of the club's new shed. We were eager to show off the new amenities to everyone. After the customary chat about dragon boating and some technique on land, the paddlers made their way to the boats.





The 14 paddlers were distributed evenly among 2 boats. Cheryl and Rita swept their respective boats with Kay and Iciar at the front as coaches. Norma and Lyn S, Donna P and Sarah were strokes for the two boats with 5 Redcliffe paddlers spread over the both boats. Bob was so kind to drive the safety boat.



The weather was fine on the day so we were able to venture out into the bay to show the new paddlers our training playground of a Saturday morning. After some more instruction on timing etc, the paddlers were taught race starts in order that they could partake in some races between the two boats on our way home.

As it is always the case when we have members from the public come and try our sport, who are also from gyms, everyone's competitive nature shone through when the racing commenced. Not to be outdone by the other boat everyone put in their 100% in order to get their boat over the line first.



At the end of the day, everyone made it back to shore safe and sound, and mostly dry with big smiles on their faces. They all enjoyed the experience and I am sure some of them will be back again when their gym has another challenge that involves dragon boating.



## REDCLIFFE RELAY FOR LIFE 2017



Saturday, August 5<sup>th</sup> Redcliffe's **RELAY FOR LIFE** was held at the Dick 'Tosser' Turner fields at Dolphins. 54 teams, 501 registered participants and Snapdragons with a full registered team of 15, plus during the afternoon we were joined by fellow Snapdragons and friends also eager to participate for a few hours.

For those who don't know about Relay for Life it's a fundraising event for the **Cancer Council**. Relay typically goes for 18 hours, beginning at 3pm on a Saturday with the opening ceremony and ending with the closing ceremony at 9am on the Sunday.



Team members and their baton (which for us, was Jayne Coe's miniature 'pink' paddle) walk, or run laps of the 400m course over the 18 hours. Following the opening ceremony, the first lap is always walked by Survivors and Carers, they are then invited to afternoon tea by the Cancer Council...then the real 'fun' begins.

We had beautiful weather on the Saturday afternoon and everyone was very keen to begin their laps. You are asked to record the number of laps that your baton completes during the 18 hours and our baton completed **342 laps**...approx. **137kms**.



There are also other activities during the afternoon/evening for those energiser bunnies who while not walking still have energy to burn...of course a few Snapdragons could not resist the temptation of showing their style at Zumba!

**Go Sarah and Ann... U GIRLS ROCK**

As the night progressed the temperature began to plummet and with our additional layers we began to resemble the 'michelin man'.

Some of us also decided that around 2am in the morning was a great time to eat a lovely, hot meat pie...which it was, thanks to the Margate Hot Bread shop, but...can I just say, I don't really recommend eating a curry vegetable pie at that time unless your insides are cast iron.



Our Pink ladies and supporters showed their usual style as the "*Best Dressed Team*" on the day.



At the last online update (August 10<sup>th</sup>) our **Snapdragon's** team had raised **\$2,459.68** and whilst the total goal set by the

Redcliffe Relay for Life team was **\$45,000** upon completion the total raised was -----

**\$61,630.66**  
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**WELL DONE REDCLIFFE!!**



Courtesy of Lyn Grigg

# REGATTA TIME



On 25 and 26<sup>th</sup> August 18 Redcliffe paddlers travelled across the border to partake in the Rainbow Region Regatta being held at **Shaw's Bay** in **Ballina**. We attended our first regatta at Ballina in 2015 and as we had so much fun decided to go every alternate year. The regatta was held over 2 days of racing.

The morning of the first day of racing there was a 5km park run/walk staged along the waterfront at Ballina. Some of Redcliffe paddlers decided to join our very own distance

runner **Kay R** for the run/walk. Our club president and vice president **Cheryl** And **Tina** showed how it was done with **Deb W**, **Peggy** (sore hand and all) **Jason** and his son **Alex**

joining in as well. By the smile on their faces they all like they enjoyed it.



The afternoon saw the **1km Chase race**, **100m Round Robins** and the annual **State of Origin** were staged. Due to the lack of numbers to field a team under the DBNSW rules we



had 5 paddlers from **LAKERS** (**HARI**, **RENU**, **KERRY**, **BRAIN** and **ELMA**) join us for the proceedings on the day. There were 14 crews competing in first race of the day first race of the day – 1km race. Under the rules we could only paddle with 16. As always Cheryl as sweep managed to steer us around the course without any drama. Out of a field of 14 Redcliffe came in 13<sup>th</sup> in a time of **5.54.91** with the winning team being **BALLINA** In **4.57.83**

The 100m round robin was next on the agenda with 13 crews contesting this category. Again under the rules we had to paddle with 16. Redcliffe was knocked out in the first round. The overall winner in the category was **MANLY GREEN** in a finals time of 24.50secs. Last on the agenda was the State of Origin race. This involves all the QLD club paddlers putting their name into a hat and the NSW club paddlers in another. From the respective hats there are 20 women and 20 men paddlers names drawn to join together in two State crews. There were 2 Redcliffe (**Jason** and **Tina**) and 2 Laker (**Elma** and **Hari**) paddler names

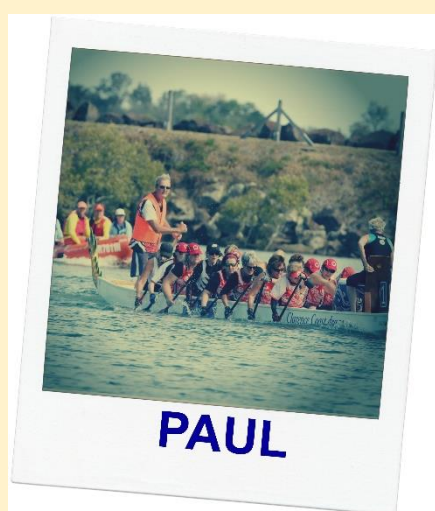
were drawn from the hat to paddle in Team 1 for Queensland and 2 Redcliffe paddlers (**Sarah** and **Deb**) to paddle in Team 2 for Queensland.

Just like the last two years that the race has been running, **QLD** was victorious. Back in 2015 we had 6 Redcliffe paddlers in the winning QLD team.

The second day of the regatta, Sunday, saw **Women 20's**, **Mixed 20's**, **Mens 10's** and community boats racing. Of the three categories we paddled in, our men's team was the only team that was successful. Again, being short of numbers, 4 of our men combined with 2 from Lakers and 4 from **Dragon on the Rocks (South East Rocks)** – **George D, Glenn H, Barry F and Malcolm S**. The team was affectionately referred to as **RED ROCK LAKERS**. There were 7 crews competing



in the Men's category. Our times for our two heats were **1.04.62** and **1.07.10**. Luckily with these two times we made the finals where we were up against **Ballina**, **Manly** and **Coffs Coast**. The men managed a third position with a time of **1.04min** only 2.37mins behind the winner **MANLY**



**Jason** and **Paul** our recently accredited **Level 2** sweeps both managed to achieve the first of their 4 required regatta races in order to attain Level 3 accreditation.

**JOB WELL DONE BOYS!!!!**



Everyone who attended the Ballina regatta as usual gave it their all and enjoyed the weekend both on and off the water. I am sure Redcliffe will be back ready to compete again in two year's time.



## PADDLER'S VISIT

During the month of August, Redcliffe Red Dragons welcomed a guest paddler from Nanaimo, British Columbia, Vancouver Island for two paddling sessions during the week.

**HELEN EDWARDS**, 74 years old, started paddling only 3 years ago. Helen paddles with **PHOENIX RISING**, a women's dragon boat team dedicated to fun, fitness, and teamwork. The club paddling season usually starts in late March and ends in September due to weather conditions. Helen was in Brisbane visiting family who live locally, and her son happen to see us out training one morning and suggested she join us for a paddle.



Helen was generous in giving us a **THANK YOU** card as well as a small donation towards the club as she found it such an enjoyable experience paddling with Redcliffe.

It was a pleasure to have Helen with us, and talk about the different paddling styles of each club. Helen is an

inspiration to everyone to **"give it a go"**, no matter what your age. Thanks for joining us Helen, and we hope we see you again.

*Courtesy of Kay Roper*

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Redcliffe Pink Snapdragons were successful in obtaining funding of **\$1,000.00** through the **2017 Stockland Good 2 Give Grants Program** to purchase a set of light weight carbon fibre paddles for loan to new Breast Cancer Survivor Club members.

We have received extremely generous support from **DARRYN SEWEL** of Paddle Mad at Cleveland for this initiative. His company supplied us with 7 x Pink Adjustable Gladiator Dragon Boat Paddles at virtually cost price. Darryn's generosity extended to his donation of an additional QuickBlade Paddle which our Club can use as a fundraising raffle prize.



*Courtesy of Debra Hall*



Weekend of August 26<sup>th</sup> and 27<sup>th</sup> saw DBQ Clubs all learning more about governance!

The DBQ AGM was also held with the new Management Committee being elected:

#### **PRESIDENT**

- **Judy New**, Te Waka

#### **VICE PRESIDENT**

- **Alex Mayes**, Manly

#### **ADMINISTRATION**

- **Mark Slater**, Brisbane River Dragons

#### **FINANCE**

- **Cathy Barnes**, Manly

#### **TECHNICAL**

- **Janine Linette**, Gold Coast Dragons

#### **DIRECTORS**

- **Danielle Ferrari**, Manly

- **Ross Boyce**, Brisbane River Dragons

- **Charlene Povey**, Te Waka

- **Chris Bellert**, Sunshine Coast Dragons

DBQ president Judy New promises that this coming season will be busy and exciting for all members and paddlers

***Congratulations to all newly elected members of DBQ committee***



# INTERESTING FACTS

## Food and Appetite (Courtesy of Monash University)

Understanding how food works in the body in relation to appetite, satiety and energy expenditure can be a useful mechanism to harness when thinking about using 'Food as Medicine' in the context of weight loss and health.

Over the next five newsletters we will cover:

- The energy value of nutrients
- Components of Energy Expenditure
- The energy cost of digesting and assimilating food
- What does the body do with food after it is consumed?
- Appetite and Satiety

### ***The energy value of nutrients***

Obesity is a state which occurs when the body has accumulated excess body fat. This happens gradually over time and reflects a chronic energy imbalance whereby energy intake exceeds expenditure. Energy intake is derived from the consumption of food and drinks. Different foods and drinks differ in the amount of energy they supply because they are made up of different proportions of macronutrients.



The **three** main macronutrients: **carbohydrate**, **protein** and **fat** as well as alcohol and dietary fibre, each contributes a different amount of energy. Carbohydrate provides 16 KJ/gram (or 4 calories/gram). Protein provides 17 KJ/gram (4 calories per gram), fat provides 37 KJ/gram (9 calories per gram) and alcohol provides 29 KJ/gram (7 calories/gram).

Protein	Carbs	Fats
1. Chicken	1. Sweet potato	1. Almonds
2. Turkey	2. Brown Rice	2. Coconut oil
3. Salmon	3. Rolled Oats	3. Avocado
4. Eggs	4. Beans	4. Flax seed/meal
5. Greek yogurt	5. Quinoa	5. Chia seeds
6. Tuna	6. Apples	6. Pecans
7. White fish	7. Berries	7. Olive oil
8. Lean GrassFed Redmeat	8. Buckwheat	8. Almond butter
9. Whey Protein Powder	9. Whole grain tortilla	9. Peanut butter
10. Cottage cheese	10. Whole grain bread	10. Salmon

If your intake of dietary energy is greater than your actual energy needs, this will lead ultimately to fat storage.

*Courtesy of Kay Roper*



# UPCOMING EVENTS

## SEPTEMBER

***Debra Hall***

***Peggy Rapley***

***Norma Kelly***

## OCTOBER

***Karen Burns***

***Eva Anna-Marie***

***Carol Woodhouse***

## NOVEMBER

***Gillian Robinson***

***Tina Van Kuyl***

***Donna Pascoe***

## DECEMBER

***Bob Rapley***

***Bruce Brewster***

***Debbie Kemish***

## SEPTEMBER

***Sunday 24<sup>th</sup>***

REGATTA – Manly @ Kawana Waters

***Friday 29<sup>th</sup> – Sunday Oct 1<sup>st</sup>***

St George Mutcultural Festival

## OCTOBER

***Sunday 1<sup>st</sup>***

Gold Coast Chinese Regatta

***Saturday 7<sup>th</sup>***

Garage Sale @ 150 Ashmole Road  
Newport

DBQ Special General Meeting

***Sunday 8<sup>th</sup>***

REGATTA - BRD @ Kawana Waters

***Saturday 14<sup>th</sup>***

Grand Shed Opening  
2pm-4pm Opening Ceremony  
5pm-10pm Celebratory Party

***Saturday 21<sup>st</sup>***

General Meeting @ Club shed 10am

***Sunday 22<sup>nd</sup>***

Cupcake Stall @ McPherson Park 8.30am –  
3.00pm

Bracken Ridge Lion' Train Day

