

# NEWSLETTER

Hello members

This is the first in our new look newsletters. Firstly I would like to beg your indulgence as this is my initial foray into this medium and will make heaps of mistakes so be gentle with me as this is a very big learning curve.

With this format we, the committee, hope to keep you informed of all things happening within our club that affect us. In addition to this newsletter you will, from time to time, receive emails which are of mutual importance but fall between regular newsletter issues.

All volumes will include a report from each of our committee so that you will get a broad over view of your clubs activities. Sometimes these reports will be brief but that will be because there is little to report.

If you think you have an item/article which may be of interest to your members please feel free to submit it to me and it will be included in the next issue. I will however reserve the right to veto anything which is contrary to our aims and contravenes our code of conduct.

Now on a lighter note I extend to you and your families the happiest, safest and holiest of Christmas and a happy, healthy and prosperous New Year.

Brian( Secretary)

## HERE WE GO

Not happy ---have not road tested this recipe.

## Recipe

### IRRESISTIBLE BROWNIES

- 1/2 cup plain flour (to make this glute free just use gotten free flour of your choice)
- 1/3 cup unsweetened cocoa powder sifted
- 1/4 teaspoon baking flour
- 1/8 teaspoon salt
- 2/3 cup brown sugar
- 1/4 cup canola oil
- 1 large egg and what1 large egg white
- 1 teaspoon vanilla extract
- 1/4 cup semi sweet chocolate chips
- 1 cup chopped walnuts

Preheat oven to make180 degrees and prepare a 20 cm square tin with cooking spray and paper.

Combine cocoa, flour, baking powder and salt in a large bowl .

Combine brown sugar, oil egg and egg white, and vanilla in a measuring jug and whisk until smooth. Pour into bowl with flour mixture and stir until blended. Stir in chocolate chips and walnuts.

Spread batter in a thin layer in the prepared tin. Bake for November 20 to 22 mins or until firm at edges and a wooden toothpick inserted off centre comes out with a few moist crumbs. Cool completely before cutting. Add chocolate ganache if desired. ;-)

This recipe is from the prepared Flat Belly Diet Cookbook (SERIOUSLY)

## **President report,**

What a year this has been. For us in the committee and particularly with me it has been a real learning curve to not only be a good dragon boater but to also be your president.

This year we started off fragmented and I believe we are finishing it united as a club.

With every regatta we attend our performance and our results are improving. As most people have often said great things don't happen over night (unless you win lotto) but they will happen with team work and commitment.

Our club has the team work and I believe we have the commitment

So

Well done committee

Well done everyone

One of the most frequent comments to us has been the lack of communication within the club. So to try and overcome this:

- we will be regularly releasing (fortnightly) a newsletter
- updating our Facebook page with club notices, photos and event details



<http://www.facebook.com/CallingRedcliffeRedDragons>

If you do not have this page tagged, now is a good time to!

Merry Christmas everyone and have a safe happy new year.

## **From Arthur,**

At our get together before training to bed down the Pan Pacs, I mentioned the development of a Leadership Program

You've heard the expression " He/ She is a born leader". Are leaders born?. or Can leadership be learned?. Leadership can be learned. We all have leadership potential, just as we have some ability to sing, run and paddle. Some people may be better than others, but each of us has a starting point to build on with training and practice. You do not have to be officially designated as a leader of a group to be an effective leader.

**The person who exhibits leadership is....someone that makes things happen that would not happen otherwise.**

I will be, in the New Year, conducting some training and an exercise to determine the leaders amongst the Redcliffe Paddling Group.

**THIS PROGRAM IS NOT COMPULSORY.** Your participation will be strictly on a volunteer basis.

**HOW THIS WILL WORK**

I will be looking to identify leaders from the following groups.

1. Premiers and Masters
2. Grand Masters and Great Grand Dragons
3. Breast Cancer Survivors. (Pinkies)

Volunteers from each group will be put through an instruction period on "Leadership" followed by a practical exercise to put new found knowledge into practice.

I envisage this to take about 45 minutes and will be conducted after Saturday Training.

From the individual groups two people will be identified as leaders of their particular group.

The leaders' responsibilities will be as per the flow chart.

I will be accepting nominations for the leadership program from now.

See ya all on the water.

**Treasurers report**

Bank Balance as at 30th November 2012 was \$1,333.41

Bank Balance of maxi account	\$10166.91
------------------------------	------------

**INCOME**

Memberships \$ 800.00

Uniforms \$1,846.50

Raffle and donations \$ 150.00

Paddles \$ 360.00

---

TOTAL \$3,156.50

**EXPENSES**

Uniforms \$2,189.00

QDBF Insurance \$ 341.00

Paddles \$ 330.00

Telstra \$ 48.98

Club Running Costs \$ 363.35

Bank Charges \$ 1.25

---

TOTAL \$3,273.58

**Coache's report,**

Thirty three paddlers attended the Manly regatta at Kawana. We entered in the Mixed Premiers, Mixed Masters and a Masters Women races. Masters Women and Masters Mixed both competed in the final and the Premiers

Mixed contested the Minor final. All teams started slowly on the day but picked up their game toward the end with the Premiers getting a credible 2nd place in the minor final.

Training will now be centred around preparing for the State Titles in March with a couple of regattas in between to fine tune our teams. You can expect the training to be ramped up a gear or two in the New Year. Seven Pinkies will be going to Sydney at the end of February to form a composite boat with Sunshine Coast, Townsville and Cairns to contest the Cancer Survivor races at Darling Harbour.

We have 21 EOI's for the Nationals in Penrith, Sydney, to be held in April. EOI's for the Nationals close on the 31st December so that accommodation etc can be arranged. So if you want to paddle in the Nationals, get your EOI in now.

A reminder, our last training day for 2012 is Wednesday 19th December and we will be back into it on Saturday January 5th.

To all those who I will not be seeing before Xmas. "Have a very Merry Xmas and a Happy and prosperous New Year".

## **Managers report,**

### **Team Manager's Report**

In November 48 Redcliffe members attended the Pan Pacific Games at Varsity Lakes. Thank you to all of those paddlers and I'm sure I can speak for everyone when I say "what an awesome 2 days".

Congratulations to our Snapdragon's crew in the Cancer Survivor category who came home with Silver and Bronze medals....as always these girls continue to inspire.

Also, congratulations to our Grandmasters Women's crew who came storming home to take a Gold medal....I think everyone on site Friday afternoon would have enjoyed watching our reaction to that one!

Congratulations to all of our paddlers who took part over the 2 days....Redcliffe certainly let everyone know that as a club we are continuing to grow and going strong.

On a personal note I would like to thank Brad for helping with the Team Manager's duties over the 2 days, it's a huge job at a regatta that size and I couldn't possibly have done it without him.

On December 2, 20 team members travelled to Currumbin Creek for the DAGC Christmas regatta...it was advertised as a fun day of paddling and from all accounts that was exactly what it was. Thank you everyone who went along and supported our pink sisters from Gold Coast.

On December 9, 33 team members travelled to Kawana to take part in Manly's sports regatta. All races were 500m and congratulations to our Premier Mixed team who came 2<sup>nd</sup> in their Minor Final and our Masters Mixed and Masters Women's crews who made it into the Grand Finals.

Since September this year we have had 33 new members join our club....I would like to welcome all of those paddlers and wish them many happy hours of paddling out on the water.

To those new members who have put their hands up and come along to race at regattas with us thank you for taking up the challenge and helping us to be able to take crews along and to be able to compete....hopefully you enjoyed the atmosphere and will want to continue in more regattas as they come along.

We currently have an EOI open for Nationals which are being held at Penrith in Sydney next April 15 to 20 and one will be out in the new year for the State Club Championships at Kawana on March 23 and 24....if you're interested in either of these regattas please come and have a chat.

Finally I would like to wish everyone a safe and happy Christmas and I look forward to being out on the water with you all again in the New Year.

### **Recruitment report,**

Since the corporate regatta and come and try day we haven't had to do a lot of recruiting. The QDBF have been running T.V ads and from word of mouth.

We have had an influx of people coming down.

The problem now , we don't have enough boats to cater for them.

As everyone knows I've started a men's only training session on Sat mornings at 530 am. and in the new year I would like to concentrate on recruiting more men.

This will be done by approaching local gyms to advertise and approach local footy clubs for some cross training with us.

If anybody has contacts with local gyms and footy clubs please let me know.

Thanks for everyone's support, I've had some great feedback from people coming down to try.

Merry Christmas.

### **Equipment report,**

With training breaking for the festive season the club will be attending to much needed maintenance not only on the boats but within the compound. The work will commence on Thursday 20<sup>th</sup> and will be doing preparations for a full scaled attack over the weekend 22/23 Dec. An email will be sent during the week letting all know what is to happen. As you will appreciate this is important upkeep which needs to be done not only to protect out equipment but to prolong its life. The purpose of doing things early is because the repairs need as much time to dry and set before training resumes on the 5<sup>th</sup> January 2013. Your help well be very much appreciated. As said times/details will be sent.

### **Fundraising report,**

We had a very successful day on Saturday at the Scarborough lights both with all of us building friendships and letting people know who we are and just enjoying ourselves as well.

The day was a little slow and then the rush came as we were told it would at the time of the Parade right through till the end. We have approx 900 Sausages and ample Soft Drinks for our next BBQ at Masters on Sunday 30th December and also some Sausages and enough Drinks for the next one at Bunnings on Sunday 1st January. The Takings on the day were \$5,700.75 Banked which consisted of \$5105.25 for the food stall & \$595.50 for the raffle.

As said we have BBQ's coming up at Bunnings and Masters but more on these soon. We will of course be asking for help to man these days to achieve maximum success for our club.

**Uniform report,** The singlets were here as per orders and that a supply has been obtained to be held by the club as stock.

A sample of the zip front shirt will be available for appraisal. When this is done then an order will be placed with the supplier with whom we have a 30 day account in place to facilitate orders.

Logos were being emailed to us to confirm which one we use.

A sample of caps should arrive by the 7/12/2012 and a decision on which one to order can then be made. The cost of the caps will be \$15.00.

Water bottles are to cost \$1.70 if we order 30 or more. If we put our logo on them then the cost will rise to \$2.00. It was felt that these could be placed in a members kit along with committee persons details, contacts and affiliated link details.

Members could wear their existing club polo shirts and jackets but could have either when new ones arrive.

Each paddler is to have their own racing rashie. Paddlers could borrow from the club supply for a maximum of two regattas but would then have to purchase their own

The old racing shirts are to be sold at a reduced price ie

Long sleeves	\$25.00
Short sleeves	\$20.00

**Well** that is the first of what I see as an ongoing series of newsletters which are meant to keep you, our members, as up to date as possible with what your club is doing. Hope you enjoy it. If you have anything that you feel your fellow members might be interested in please do not hesitate to sending it to me. The committee reserves the right to exclude what it deems inappropriate.

FINALLY TO ALL OF OUR WONDERFUL MEMBERS HAVE A VERY MERRY AND HOLY CHRISTMAS AND A HEALTHY AND PROSPEROUS NEW YEAR.