

December Edition

REDCLIFFE RED DRAGONS XMAS NEWSLETTER



BURLEIGH REGATTA

Sunday December 4th saw the last sports regatta for 2016. It was held at Varsity Lakes and the club raced in the usual categories of Women 20's, Mixed 20's and 2km 20's.

Our 6 men joined with Lakers to race in the Open 20's category. Thanks to Pani for welcoming our boys into the crew. It was very much appreciated. Unfortunately, Redcliffe were not successful at the regatta but everyone paddled to the best of their ability and as always gave 100% every time.



The women's team had a few obstacles to contend with on the course when a family of swans decided to go for an afternoon paddle. They appeared to be playing chicken with the boat as they did look like veering their course in anyway, which was

head on to our boat. Our girls kept paddling and luckily for the swans (and us) the swans decided to do the same but much faster than us as they had to get out of the way of the oncoming dragon boat.



Note : no swan or paddlers were injured in this confrontation on the day



This year due to the unfortunate death of Carol from Gold Coast Dragons earlier on in the year there was a Breast Cancer Survivors race to commemorate the spreading of her ashes over in New Zealand on the same day. Breast Cancer Survivors from various clubs combined to make 3 crews which raced a 500m race, at the end of

which their paddles were held up high in memory of Carol as well as other Breast Cancer paddlers who had passed away.

Always a touching moment to see the boats come together to remember those gone but definitely not forgotten.



BOAT BLESSING



On Sunday 11th December we were finally able to bless our new 10's boat. This has taken some considerable time to be able to find monks who would perform this service for us. Eventually Cheryl managed to find two monks with the help of DBQ.

It was a lovely service conducted by Venerable Miao Xin and Venerable Miao Yung from the Chung Tian Temple.



We had about 50 people come to bless our boat. Among these were



Maddie from Century21 Maddies Hermans and her staff.

They were the first sponsor to help us with getting our 10's boat. Then Kerri-Anne Dooley representing Luke Howarth for the Stronger Community Grant which we were successful with, for the other portion of the boat. The donation from RTK Property Developments has gone into the building fund.



After the blessing and a short ride up the canal and back we all came ashore for a lovely morning tea provided by Kim (friend of Tina's).



We are now very excited to be able to use this boat for our future training sessions

I would like to say a special thank you to Cheryl for all her hard work in helping to get this grant and to make this possible.



Courtesy of Tina Van Kuyl

XMAS LOLLY RUN

Wednesday 14th December saw the Club's annual XMAS lolly run to say a huge THANK YOU to the canal residents for their co-operation, patience and understanding during our training session throughout the year.



As always the club paddlers dressed up in their finest Xmas attire and had their best singing voices ready to roll. It is always to see the smile on the children's faces as well as the grown-ups when they receive their bag of lollies (also a bag of treats for their dogs).



XMAS ON THE CREEK

I had the pleasure of joining the Pink Snapdragons for their annual Christmas on the creek at Currumbin along with a bunch of Pinkie supporters. What a great time we had. It was also a first time experience for a few new Pinkies as well as supporters.

The Pinkies opened up a bag full of gutsy determination on the water to win first place for the day. They bettered their time in each race. Well done pinkies. They also took home the Perpetual Trophy. Looks like we'll have to invest in a Trophy cabinet for our new shed.



Cheryl had her first experience drumming, we all had our cameras at the ready, not sure if it was for proof that she did it, or if some of us were hoping she'd fall off. Sorry to disappoint ha-ha. Sure looked like she enjoyed it though.



Yes, there was a bit of crazy off the water, but you'd have to check the photos on Facebook.

This is an event where the Breast Cancer survivors of all clubs decorate their tents with lots of Xmas sparkle, some clubs go to a lot of trouble. There's also a prize up for grabs, and this year it went to Rainbow. Sadly, the day ended early as there was a storm heading our way, so the on land games will have to wait till next year.



I think I can say on behalf of all the supporters, we all enjoyed being a part of this event. It was a great way to finish the year. So thank you Pinkies for allowing us to be part of your day.

Merry Christmas and a happy New Year to each and everyone one of you, stay safe and enjoy the seasons festivities with good friends and family

Courtesy of Jane Kennedy

FOOD CORNER

HEALTHY CHRISTMAS PUDDING

INGREDIENTS

225g fresh pitted dates (approx 10 – 15) depending on their size

zest from 1 orange

250g organic dried apricots, chopped

150 g (1 ½ cups) almond meal / ground almonds

1 teaspoon vanilla bean paste or extract

1 tsp ground cinnamon

¼ tsp ground nutmeg

¼ tsp ground ginger

80 g white chocolate, melted for decoration



METHOD

Combine dates, orange zest, apricots, vanilla, ground almonds, cinnamon, nutmeg and ginger in a food processor.

Process until mixture is combined and looks like fine crumbs.

Spoon mixture into a large bowl and add 1 – 2 tablespoons orange juice then mix again. Your pudding mix should come together in the hands when lightly squeezed.

Divide puddings into 6 small puddings. The best way to do this is to line the base of your desired mould with glad wrap and press the pudding mixture into it firmly.

Invert the pudding and remove the glad wrap. Repeat until all the puddings are formed.

Melt white chocolate in a small bowl that is set over a simmering pot of water.

Spoon a little white chocolate over the tops of the puddings if using and garnish. You can use goji berries, fresh cherries or anything you fancy. Alternatively omit the topping if you wish.

Arrange onto a serving plate and set aside until needed.

Store in the fridge for up to 2 weeks.

Serve puddings with cold mango coconut custard or warm with proper vanilla bean custard. **PLEASE NOTE: YOU DO NOT NEED TO BAKE THESE PUDDINGS!**

Mango Coconut Custard

1 mango, chopped; 1/2 cup coconut milk; Juice from ½ orange.

Combine all the ingredients into a blender and blend until smooth.

Serve chilled alongside puddings.



JOKE OF THE MONTH

Three men die on Christmas Eve and go to heaven, where they're met by Saint Peter. "In order to get in," he tells them, "you must each produce something representative of the holidays."

The first man digs into his pockets and pulls out a match and lights it. "This represents a candle of hope." Impressed, Peter lets him in.



The second man pulls out a tangle of keys and shakes them. "These are bells." He's allowed in too.



"So," Peter says to the third man, "what do you have?"

The third man proudly shows him a pair of red panties.



"What do these have to do with Christmas?" asks Peter.

"THEY'RE CAROLS"





BIRTHDAY CORNER

JANUARY

Bradley Harding

Laine Davidson

Jane Kennedy

Sue Drinkwater

Karen Hitchcock

Paul Hogg

Catherine Brewster

Andrea Meade

FEBRUARY

Cole Kenton-Smith

Jason Pukallus

Jill Aplin

Margery Barnes

Sarah Firman

Angela Kenzler



UPCOMING EVENTS

JANUARY

- Saturday 7th Start of 2017 training
- Saturday 14th General Meeting
- Saturday 14th State and National training (to be confirmed)
- Sunday 15th QLD State Team Selection Trials 9.30am-2.30pm
@COMSLIE
- Saturday 21st State and National training (to be confirmed)
- Sunday 29th Broadwater Regatta @ EMERALD LAKES

FEBRUARY

- Sunday 12th BRD Regatta @ KAWANA WATERS
- Saturday 18th State and National training (to be confirmed)
- Sunday 19th QLD State Team on water session 10am-2pm
@VARSITY LAKES
- Saturday 25th State and National training (to be confirmed)
- Saturday 26th Last Round (3) Fitness Testing

MARCH

- Sunday 5th Tewaka Regatta @ KAWANA WATERS
- Saturday 11th State and National training (to be confirmed)
- Sunday 12th QLD State Team on water session 10am-1.30pm
@KAWANA WATERS
- Saturday 18th State and National training (to be confirmed)
- Saturday 25th & Sunday 26th State Championships @ KAWANA WATERS

APRIL

Sunday 2nd QLD State Team final on water session 10am-2pm

Friday 14th – Monday 17th EASTER BREAK

Tuesday 18th – Monday 24th Nationals @ ALBURY/WODONGA



XMAS MESSAGE from Redcliffe Red Dragon's coaching staff

Just a reminder to all members that training will resume in the New Year on Saturday 7th January.

In the meantime, on behalf of the coaching staff, I would like to wish all members and their families and very MERRY XMAS and a safe and prosperous NEW YEAR.

If you are travelling over the Xmas break please be careful and remember not to drink and drive.

Look forward to seeing you all back at training safe and sound in the New Year ready to ramp up the training leading up to the State and National Championships.

SEE YOU ALL IN THE 2017