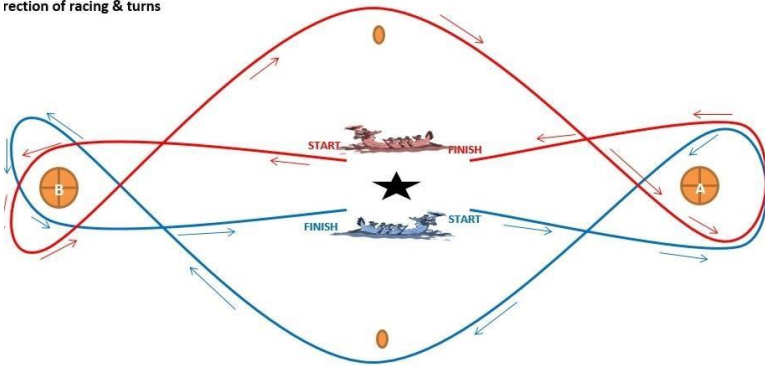




REDCLIFFE RED DRAGON BOAT CLUB

NEWSLETTER

direction of racing & turns



INSPIRE

ZAC and TAYLOR'S VISIT

'Such a great morning with Redcliffe Red Dragons and Pink Snapdragons; out on the water and presenting all things performance, injury management and dietetics with Taylor Rae on behalf of Inspire Health Services.'

A big thank you to the club and Donna for inviting us along. Such a friendly, warm and welcoming dragon boating club. If you are in North Brisbane, check these guys out, no better way to spend a Saturday morning!' – ZAC KELSEY.



In early July, we as a club, were fortunate to have a visit from Inspire Health's Exercise/Science Consultant, **Zac Kelsey**, and Dietician, **Taylor Ryan**, to give us some pointers on how to protect our shoulders, hips and backs, in order to continue as long as possible with the sport of Dragon Boat Paddling which we all love, along with dietary advice for fuelling our bodies.

Donna S. arranged for Zac to come and sit in on one of our Saturday morning training sessions in order to get a feel of the sport of Dragon Boating. Zac enjoyed his time on the boat as he watched the paddlers go through the motions of paddling.

After the training session, both Zac and Taylor provided an informative session as to how they could help paddlers with any injuries which may arise through paddling.

Brochures were left outlining what Inspire Health involves and some free vouchers were available to interested members.



As a result of the visit, Zac has generously organised to have two 30 minute Paddling Strength classes a week – Tuesdays and Thursday starting at 7pm. These classes began on Tuesday 2nd August at GO Health Club, Aspinall St, Nundah and include the following:

- Rotational/core strengthening
- Back/Hip control and postural training
- Shoulder conditioning
- Cardiovascular conditioning to assist with energy demands mid-race

Any paddlers with additional injuries/considerations will be accounted for during class and are recommended to book in for injury management sessions separately (all of which are at staff rate as a deal for the club members).

Price is **\$30** for each person's first class each week, with the second class being free of charge, meaning that those only able to attend one will still be able to for the same price, with the second as a bonus. Each of the classes each week will be unique.

As club members will be with Zac, they don't need to be members of the gym and can sign is as guests of Zac free of charge.

Some members have taken up Zac's offer and have found the classes very beneficial as it concentrates on working those muscles primarily used in Dragon Boating. He looks forward to developing the relationship with the club and looks forward to making everybody stronger, faster and more pain-free paddlers!



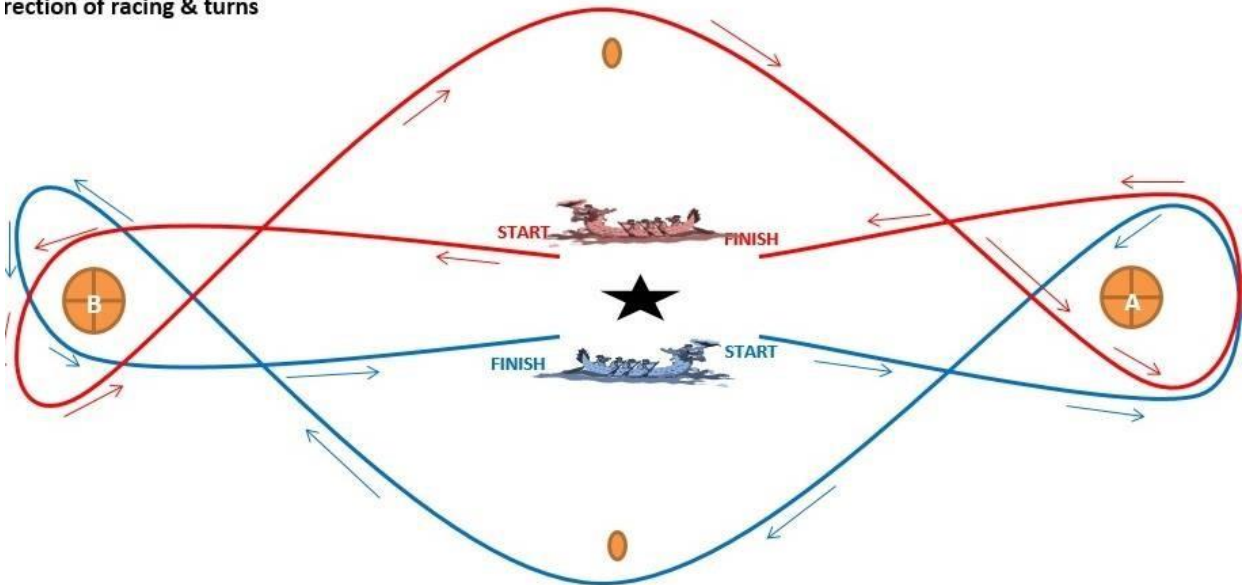
A big **THANK YOU** to Zac and Taylor for taking time out of their day to come down so early on the Saturday morning to provide us with such interesting information all paddlers can take on board. Also Thank You must go to Zac for arranging the Paddling Strength classes during the week. Hopefully paddlers will take advantage of these classes and see improvements to their health and fitness.

Donna S should also be thanked for arranging this visit and sharing with us the benefits that Inspire Health has to offer.

TIN CAN BAY 9th 10th July

The club's first trip for the 2016/2017 season was to Tin Can Bay to participate in the Sleep Lagoon Hotel regatta. This included the Diamond Dash on the Saturday and 200m races on the Sunday.

rection of racing & turns



The Saturday racing was the Diamond Dash for cash, which is raced on a Diamond shape course with 2 boats competing at the same time against the clock for the fastest time to get around the course. Each crew raced twice to address any advantage gained by tidal influence. The winner of the race was determined by adding up the two race times and finding the quickest time. This year saw a record number of 16 teams competing and was open to all clubs in Queensland.

This is the third year that the Diamond Dash have been available to all clubs. Redcliffe has participated in each year coming a very close second, with Del sweeping in the first year, to the host club of Cooloola. Last year with 9 teams competing, we came third, again with Del sweeping, behind Cooloola and 1770.

This year Redcliffe entered two teams—RED and BLACK. Both teams, as have done so in the past two years, had some paddlers decked out in their usual tiaras and tutus with this year some scaly pink leggings even getting a run.



Redcliffe RED with Del sweeping were up against the host club of **COOLOOLA**. The first race was done in a time of 2min 19.56sec and the second race 2min 30.52sec. Redcliffe BLACK with Doug sweeping were up against **LAKERS**. First race 2min 45.45sec and second race 2min 52.66secs.



REDCLIFFE RED

This year was a case of third time lucky for the club as the winner of the Diamond Dash was none other than our **REDCLIFFE RED** team with Del at the helm. With an over total of 4min 50.02 seconds we beat Maroochy by 12.43seconds and Cooloola who came in third.



Our second team **REDCLIFFE BLACK** scored an overall time of 5min 38.11secs coming 9th in a field of 16.

It was a tremendous effort on their behalf as they were the only women's team. All other crews were mixed.



REDCLIFFE BLACK

Great effort from Del in sweeping the winning boat and also to Doug for coming up with the race strategies we used during the race. Looking forward to competing again at next year's event where hopefully we will be announced as winners again. BRING IT ON!

All paddlers put in a great effort on the day and the results followed. They all enjoyed the the Diamond Dash racing and were only to happy and willing to celebrate the club's great achievement on the day with a drink or two at the local hotel.



Sundays event was competing for a place in the final in Division A, Division B and for the Dragon's Abreast ladies the "Carol Waitohi Trophy". There were 21 teams from 13 clubs competing, and with some very strong and close racing over the entire day and great conditions on the water.

Both Redcliffe teams made it into the Minor finals with **REDCLIFFE BLACK** taking out their minor final and **REDCLIFFE RED** coming second in theirs. They missed making the GF by 1.12secs Redcliffe BLACK paddlers were proud of their win as well as they should as they beat Sunshine Coast B by a mere .05sec. They in fact did a better time than Redcliffe RED in their Minor final by .27sec. All paddlers in that team should be immensely proud of their effort on the day. Maroochy Sea Serpents A took out the Major Final for Division A and Redlands Sea Dragons for Division B.



This year saw the Pink Challenge Trophy renamed *Carol Waitohi Trophy* in honour of Carol from Gold Coast who tragically lost her life whilst doing what she loved best. There were four teams entered. Maroochy Sea Serpents, Dragons Abreast Gold Coast, **REDCLIFFE PINK SNAPDRAGONS** and Bribie.

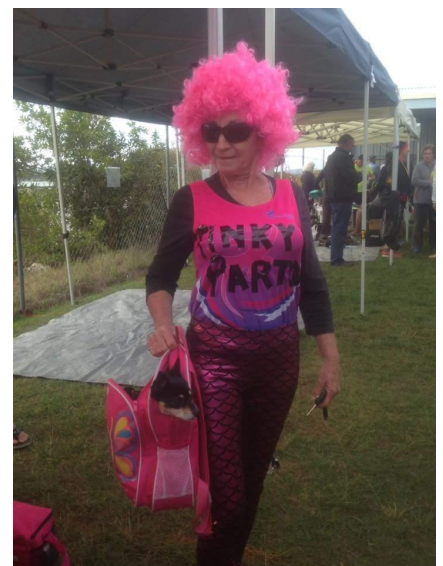
All clubs were in three races. There was some close racing on the day in this event with times being no more than 4 sec difference at times. Our Pinkies did themselves proud in 2 1st and 1 2nd on the day. They were unlucky as two of those races were later in the day when the conditions were harder and they also were backing up. They had their secret weapon on board.

Results were:-

- 1st Place Maroochy Sea Serpents,
 - 2nd Place Dragons Abreast Gold Coast,
 - 3rd Place Redcliffe Red Dragons.
- Missed 1st place by only 2 secs.

All races over the weekend were very close and this made for lots of excitement and entertainment for the spectators and it also made the paddlers strive harder to get over the finish line first.

As always the weekend regatta was very friendly and loads of fun as well as exciting and competitive. Some of our new paddlers no doubt are now hungry for more racing throughout the year after experiencing their first regatta. PAN PACS here we come!





JETTY 2 JETTY FUN RUN

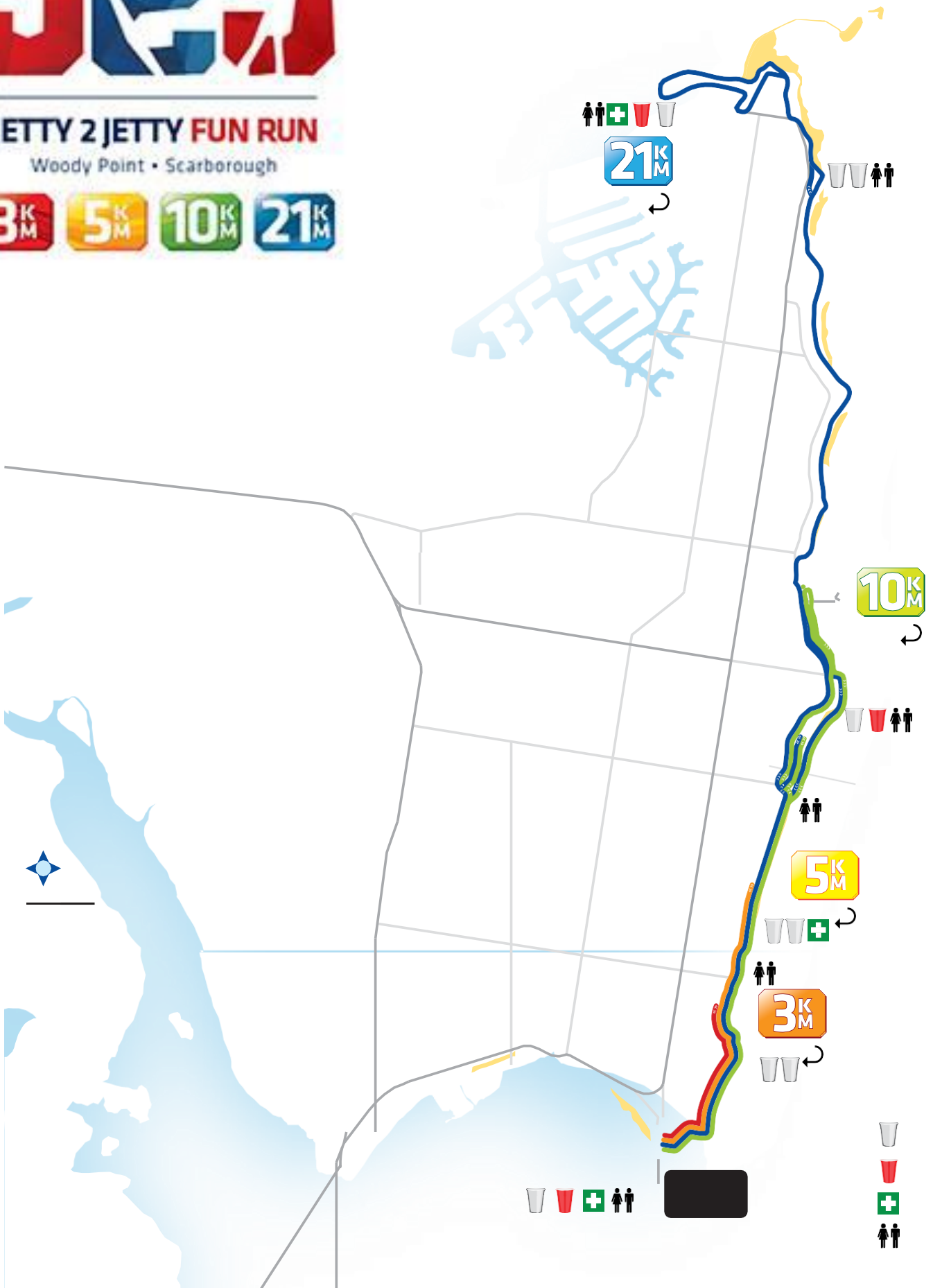
Woody Point • Scarborough

3K M

5K M

10K M

21K M



21K M

10K M

5K M

3K M

Water Aid Medical Restroom

Water Aid Medical Restroom

The Annual **JETTY 2 JETTY** was run on Sunday 17th July. The distances covered were 3km, 5km, 10km and 21km. Some of our club members participated in the run – **KAY ROPER** and **PAUL HOGG**.

Congratulations to both of them on completing the run. From the smiles on their faces it looked like they were enjoying the day out.

Kay participated in the 5km run/walk and was rapt that she placed 16th out of 66 participants in her age category considering, she admitted, stopping for a chat with friends who were manning one of the water stations.



KAY ROPER #3733	
event:	BALLYCARA 5KM RUN/WALK
gender:	FEMALE
division:	F50-59
<hr/>	
OFFICIAL TIME	OFFICIAL PLACE
0:36:34	405 46.78%
AVERAGE PACE: 07:18	of 761 TOTAL finishers.
	213 56.35%
	of 488 F finishers.
	15 77.27%
	of 66 F50-59 finishers.
NET TIME	NET PLACE
0:36:14	413 45.73%
AVERAGE PACE: 07:14	of 761 TOTAL finishers.
	220 54.92%
	of 488 F finishers.
	16 75.76%
	of 66 F50-59 finishers.

As always members of our Pink Snapdragons were on board at one of the water stations making sure all the athletes had plenty of water if needed. Great effort as always girls!





SHOULD I WARM UP AND COOL DOWN AFTER EXERCISING?

We all know physical activity is important - but what about the warm up and cool down? Should we do this before and after each exercise session?

The simple answer is yes. Warming up before and cooling down after exercise is an important part of the exercise session itself.

The warm up

The warm up simply involves 5-10 minutes of gentle exercise, such as a light jog or walk to raise the heart rate and prepare the body for exercise. Stretching the main muscle groups to be used during the exercise session should also be done, once the body has warmed up. Warming up the body properly before exercise can help to reduce the risk of tearing or straining muscles, and helps increase flexibility and joint movement.

The cool down

The cool down is similar to the warm up and involves a few minutes of walking or a light jog to help return heart rate, blood pressure and breathing back to normal after exercise. The cool down should also involve 5-10 minutes of gentle stretching which can help improve flexibility. A proper cool down helps to remove muscle waste products, which may help reduce muscle soreness and fatigue.

Tips

- Have you ever thought about dedicating an exercise session to stretching? Stretching the body for 20 minutes 2-3 times per week, can help to increase muscle flexibility and suppleness.
- Why not try yoga or Pilates? They involve stretching and muscle strengthening exercises and help improve posture, flexibility, muscle balance and core stability.



FOODIE CORNER

From the Healthy Chef Cookbook – Teresa Cutter

This is a healthy take on the traditional red velvet chocolate cake. It's lovely and moist from the fresh grated beetroot that has been added into the cupcake batter and it replaces the traditional red food colouring found in traditional recipes. The final cupcake looks wholesome and healthy and tastes purely delicious.

Enjoy them topped simply with a spoonful of thick coconut yoghurt or whipped cream cheese frosting. If you're entertaining, then adding a few fresh or freeze dried raspberries over the top will add another amazing flavour sensation.

What's good about it:

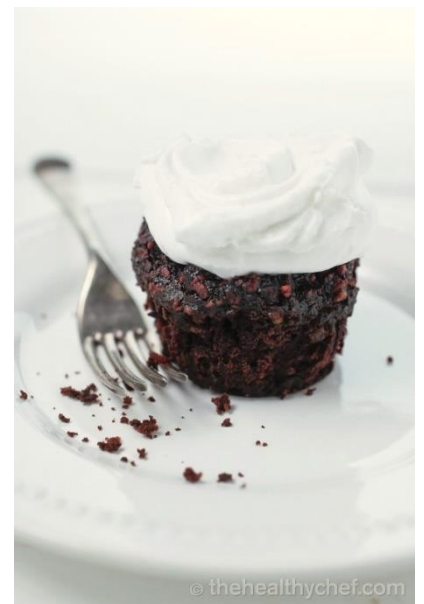
Beetroots are packed with phytonutrients called betalains that provide antioxidant and anti-inflammatory support to the body. Beetroot is also one of the richest dietary sources of antioxidants and naturally occurring nitrates. Nitrates are compounds which improve blood flow throughout the body – including the brain, heart, and muscles.

These natural nitrates increase a molecule in the blood vessels called nitric oxide, which helps open up the vessels and allows more oxygen flow as well as lower blood pressure. Cocoa is associated with a reduced risk for heart disease, stroke, and diabetes according to studies from the British Medical Journal.

Cocoa contains compounds that act as stimulants believed to boost serotonin and endorphin levels in the brain. It contains the stimulants theobromine and caffeine that can increase alertness and give you a pleasurable sensation similar to the high people get after exercise.

RED VELVET CUPCAKE

260 g (about 2 large/ 9 oz) beetroot, grated raw with skin
2 organic eggs
1 teaspoon vanilla extract or paste
1/2 teaspoon ground cinnamon
Pinch of sea salt
150 g (1 ½ cups/ 5 ¼ oz) ground almonds
¼ cup or 3 tablespoons cocoa powder or [Healthy Chef Naked Chocolat](#)
3 tablespoons your choice (macadamia oil, olive oil, coconut oil, avocado oil) or melted butter
¼ cup (60 ml) honey or pure maple syrup
½ cup (75 g / 2.5 oz) frozen raspberries
1 teaspoon gluten free baking powder or 1/4 teaspoon bicarb soda or baking soda



METHOD

Preheat your oven to 160 C. (320 F) fan forced or 180 C (356 F) no fan.

Combine raw beetroot, eggs, vanilla, cinnamon, ground almonds, Naked Chocolat, honey, oil and baking powder into a large bowl.

Mix well with your hands until combined then add the raspberries if using.

Spoon into paper lined cupcake or small muffin tins.

Bake for 45 minutes or until cooked through.

Remove from the oven and cool completely in the tin.

Serve alone or topped with your desired flavoured frosting (see below for frosting recipes)
Makes 12.

Notes:

- Serve simply with thick Greek Style yoghurt or coconut yoghurt.
- Serve topped with raspberries which add that extra layer of deliciousness to the eating experience.
- For those who want to use a wholemeal spelt flour 1 cup should replace the almond meal. You will need to add another 1/4 your choice of oil or butter to the recipe.

Yummy Simple Frosting ideas:

1. Thick Greek Style yoghurt or coconut yoghurt.

2. For a delicious almond or rice milk cream, combine 1 1/2 cups milk, 1 teaspoon vanilla bean paste, 1 tablespoon honey or pure maple syrup and 2 heaped tablespoons arrowroot or corn flour then heat over a low heat until thick like a custard.

Remove from the heat and cool in the fridge. Once cold place into a blender and blend until smooth and creamy...add a little splash of milk or even coconut milk if you want a creamy consistency. This is based on a blancmange style custard cream recipe.

3. For yummy cashew nut cream combine 1 cup of raw cashew nuts or macadamia nuts with 1/2 cup of water or orange juice and a little vanilla. Blend in a good high speed blender until smooth and creamy.

4. For a chocolate cream frosting combine 2 ripe avocados, 1/4 cup cocoa or cacao powder, 1/4 cup honey, a pinch of sea salt and 1 teaspoon vanilla bean paste. Blend in a Vitamix until smooth and creamy. Add a little splash of water for a smoother and fluffier consistency.

5 For a creamy cheesecake style frosting, combine 250 g (9oz) soft cream cheese such as quark with a little lemon zest, juice, vanilla and a little maple syrup or honey to taste. Beat well until combined and creamy.

6 A simple dollop of marscarpone or whipped ricotta.

Note: You can make your own almond meal- just weigh and then grind up almonds in your food processor or spice grinder. It's super easy and much cheaper than buying almond meal!

Courtesy of Kay Roper

**POSITION
FILLED**

MANAGEMENT COMMITTEE UPDATE.

As of the date of our last club General Meeting, which was held on Saturday 23rd July, the vacant position of club secretary has been filled. Cheryl, our club president, asked if any members present at the meeting were willing to fulfil the role as club secretary or knew of some-one.

Gillian Robinson put up her hand to do the job therefore filling this position.

Although Gillian has only been in the position for a short amount of time, she appears to have taken to the job like a duck to water. Keep up the great work Gillian!.



JOKE OF THE MONTH



Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"



Johnny: "Because I've already got a freaking cat!"



Upcoming Events

Birthdays for August

Barb Flynn

Marian Raleigh

Iciar Argus

Donna Stein

Tom McGrath

Birthdays for September

Peggy Rapley

Karin Wagner

Vicki Harding

Ann Matthysen

SEPTEMBER

Saturday 3rd

Mt Warning Bridge to Bridge – 7km
or 10km

Sunday 4th

Mt Warning Regatta @
Murwillumbah Rowing Club

Saturday 17th

Coffs Coast Mini Marathon 3km

Sunday 18th

Coffs Coast Regatta 200m races

Friday 30th – Sunday 2nd

St George River Dragon
Multicultural Festival

OCTOBER

Thursday 8th – Thursday 15th

Emergency Services Games at Lake
Kawana

Sunday 30th

Manly Regatta @ Kawana Waters