



**REDCLIFFE RED DRAGONS DRAGON BOAT RACING CLUB**  
PO Box 778, Redcliffe Qld 4020 Email: [redcliffedragons@gmail.com](mailto:redcliffedragons@gmail.com)  
[www.redcliffedragonboatclub.com](http://www.redcliffedragonboatclub.com)

**IF YOU THINK A MINUTE GOES BY QUICKLY...**



**YOU'VE NEVER RACED DRAGON BOAT**

Welcome to the June 2013 Redcliffe Red Dragons newsletter....especially to all our new paddlers.

This month has been a little quiet, with us mainly concentrating on keeping our fitness up for the start of the regatta season and also by training some new sweeps in readiness for the unexpected.....and that includes ME – yours truly. If there is anyone out there who would like to sign up for sweep training – just let either our coach Arthur or our sweep co-ordinator Del know and they will be only too glad to get you started.

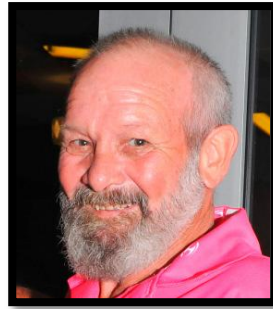
We are also getting ourselves prepared for our next regatta which will be in Tin Can Bay....from the sounds of the seasoned members it is a weekend to remember...bring it on...

## A word from our coach Arthur

Tin Can Bay is getting closer. It's amazing how the time flies. We have a great team going to TCB and no doubt we are in for a lot of fun. TCB will be hosting the Wide Bay series round 3 regatta on the Saturday 13th. If you want something to do on Saturday go down and have a look.

You will see our training take a shift to an easier pace as we come into the new season (high repartition, low intensity). You may come off the training session thinking that you have not had a good enough work-out but this is far from the truth. Aerobic training is meant for low intensity with less post exercise fatigue and muscle soreness. What it does is builds your aerobic fitness (cardiovascular) to be able to cope with the more robust sessions (Short sprints, maximum effort and maximum breathing) needed to build your anaerobic thresholds. With peak aerobic and anaerobic fitness you will be in good shape to compete in our State and National titles next year. To take the maximum benefit of these sessions you must attend the training. I have always said 'miss one session and it takes two to catch up'.

Several of our members have been attending Effective Leadership courses which I have been conducting within the club. We have now progressed beyond that and have worked on a coaching restructure for the club for the 2013-2014 season. I am pleased to announce, subject to acceptance by the new Executive committee, that we will have a head coach, three assistance coaches and a



sweeps coach for the coming season. I will be conducting coaching courses for 7 club members, who want to know more about coaching, in the

coming weeks. This should give the club a solid core of coaches for hands on coaching and as a reference points for all members. **We still need extra sweeps so if you would like to have a go at sweeping see Del and arrange for a try out.**

I am eagerly looking forward to the coming year. The club continues to grow with new members almost every session which puts us in a top position to be a force to reckon with.

See y'all on the water

Arthur

### Editors note:

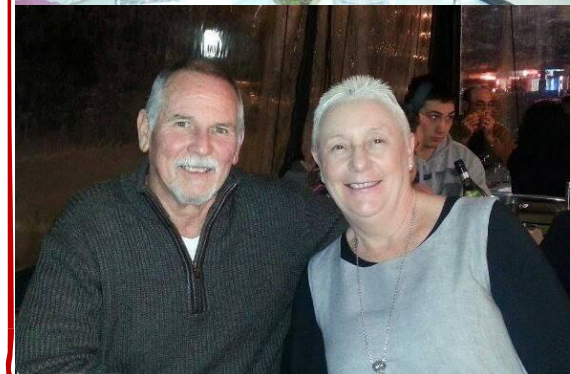
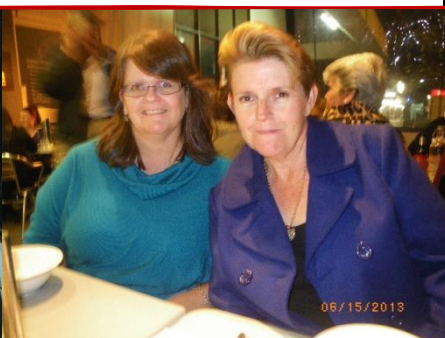
It was raised at the AGM that we have listed the wrong telephone number for the club. The correct phone number should be:

**0499774698**

**Cheers  
Kaye**





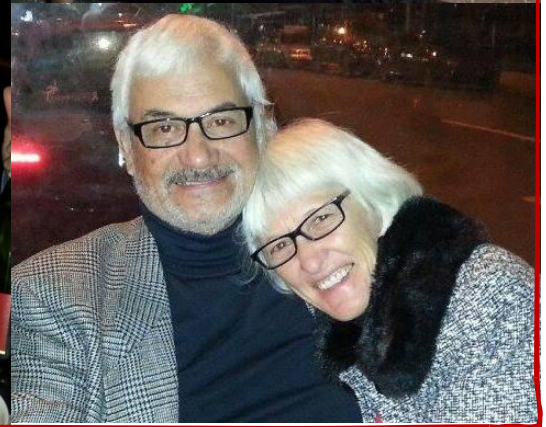




# Wow...what a night!!

We would all like to say a very massive thank you to Julie and Sonia for arranging such a wonderful night out. The company was fantastic, the venue tops and the food very tasty. We all had a great night and can't wait for the next Red Dragons/Pink Snapdragon social event. If you couldn't make it this time – make sure you mark the next one on your calendar. If you have any ideas for our next social don't be shy, send us an email.

Cheers, Kaye x





# FUNDRAISING FUN

**A BIG THANK YOU** to everyone who was able to volunteer some time at the recent Kite Fest. We were able to raise a lot of awareness for our Club and hopefully more of the people might show up when the weather gets a bit nicer. We were also able to raise approx \$550.00 from the raffle and the sale of the Chocolates, thank you to the people who donated towards the prizes and Tom & Kaye for organising the chocolates.  
(I appreciated them).

**Redcliffe Show at Redcliffe Showgrounds -**  
**Friday 28th, Saturday 29th & Sunday 30th June.**



## DONATIONS REQUIRED FOR RAFFLES PLEASE.

We have been lucky enough to be invited to hold a Stall by a friend of Brian's, at the coming Show This year and I am asking everyone available if you could spare a few hours on either of these days or a couple of them even would be great.

People who don't work on Fridays or who are able to have it off it would be appreciated if you could volunteer on this day as it will probably be the busiest day and a lot of us can't help out. I am not sure of the exact starting time yet but i think the show starts at 9am so we would have to be up and running for then, so maybe a 7am start and finishing about 6pm. I will have a sheet if you could please add your name and preferred time.

Everybody else if you could please assist on the Saturday & Sunday either morning or afternoon it would be appreciated, we will be selling raffle tickets & raising awareness. The money will be shared between the Reds, Pinks & Pinks Florida Fundraising teams, The Reds will also be selling their leftover chocolates and the Pinks Florida will be selling Merchandise & their leftover drinks.


If everybody could also please mark on your busy calendars Saturday 24th August. We have a Bunning's (Rothwell) BBQ booked as a fundraiser and it would be great if you could all spare a few hours on that day to assist.




**\*We also still have some Entertainment Books available for \$65.00 if you would like to purchase one or maybe you have a work place we could advertise them.**

Donna & I would like to thank you for the assistance you have given and are about to give to the ventures we have undertaken this year,



**Thanks in Fundraising**  
**Donna & Cheryl xx**



## Redcliffe PINK Snapdragons




*Breast Cancer Survivors  
Dragon Boat Team*

# Bare Foot Bowls

Help raise funds to  
support our team of  
volunteers for  
Florida in 2024 for  
the International  
Breast Cancer  
Dragon Boat regatta



**2024**

Sunday 23rd June

2pm

Kallangur Bowls Club

Annac Ave, Kallangur

**2025**

## \$15 Per Person

Includes game of bowls and sausage sizzle

**Get your friends and family together and put in a whole team**

Contact Maureen 0409 270 032 for bookings

# Committee Members 2013/14



**President**

Andrea Douglas  
[manager@strathpinegpsuperclinic.com.au](mailto:manager@strathpinegpsuperclinic.com.au)



**Vice President**

Brian Bichel  
[brianbichel@bigpond.com](mailto:brianbichel@bigpond.com)



**Treasurer**

Loretta Pears  
[lorettapears@optusnet.com.au](mailto:lorettapears@optusnet.com.au)



**Secretary**

Kaye Turnbull  
[Kmbelieve62@gmail.com](mailto:Kmbelieve62@gmail.com)

## Sub Committee members



**Head Coach**

Arthur Heales  
[arthurheales@bigpond.com](mailto:arthurheales@bigpond.com)



**Team Manager**

Lyn Grigg  
[lyng\\_53@yahoo.com.au](mailto:lyng_53@yahoo.com.au)



**Web maintenance**

Shar (Iciar) Argus  
[iargus@optusnet.com.au](mailto:iargus@optusnet.com.au)



**Fundraising/Social co-ordinator**

Cheryl Rigby  
[Clw461@gmail.com](mailto:Clw461@gmail.com)



**New member and recruitment co-ordinator**

Assistant Manager  
Brad Stephenson  
[Brad.stephenson@live.com](mailto:Brad.stephenson@live.com)



**Equipment maintenance co-ordinator**

Paul Brezac  
[Paul.brezac@bigpond.com](mailto:Paul.brezac@bigpond.com)



**Uniform/Grants co-ordinator**

Del Martin  
[delmartin@gmail.com](mailto:delmartin@gmail.com)

# Monthly Bio



Before dragon boating I was a dedicated teacher who lived teaching. My spare time was spent preparing for my class, planning and trying to find ways to motivate the reluctant students every class has. I started teaching in NSW in the 70's, then in 1990 saw the sunshine in Qld and made the move to Yeppoon with 4 kids and no job. I was employed full time pretty quickly and once again began to live and work teaching. I made the move to Brisbane in 2000 and began working at Caboolture East. This was hard yakka and I was wishing I could have some time off when I was diagnosed with breast cancer. This gave me almost a year off work, not quite the way I dreamed having time off, but....

Breast cancer changed my life for the better.

When I was diagnosed I never thought I'd say those words, but since Nov 2005 I've done things I never thought I'd do. After what I refer to as the year from hell I thought I'd try dragon boating as I could exercise while sitting down, sounded good as I was pretty debilitated after my treatment. Damm, two bung shoulders made paddling difficult so after a few weeks I had a go at sweeping. So much for sitting down. That I could do, it was like sailing without having to adjust my direction according to the wind, I loved it.

Now over 7 years later I've retired and I've accumulated lots friends and bling, thanks to the paddler's strength, skill and gelling together as a team and a great coach who made this possible.

I have been sweeping for some amazing people who for some reason thank me for my abusive yelling, really my encouraging requests (screams) - 'power, we can do this, come on only 50 metres to go, more power, 10 to go, power, power, power'.... :)

One of the best parts of dragon boating is the regattas from the Tin Can Bay weekend to the international regattas and the sight-seeing afterwards.

Can't wait to be in Sarasota, Florida, USA .... 24 - 26 Oct 2014

## Uniform Info.....

Del looks after our uniform orders and also screen prints our logo onto clothing, bags ect for \$10 – with all profits going to the club....However, if you need paddle pants (with non slip, grip padding on the butt) please contact the following company and order directly.



**John Parker**

0450 359 915  
john@jpx2.com.au  
www.jpx2.com.au

**jpx2**  
Sports apparel

PO Box 458  
Brookvale NSW 2100



# Upcoming articles.....

Hi all. This has been a big month and I could have gone on and on with this newsletter but unfortunately I ran out of time and space. Also – I was waiting for articles to be emailed but unfortunately they did not get here in time – so here is a list of what is to come.....

## Fundraising ideas .....

Hi All,

As the Redcliffe Show is fast approaching we are looking for Donations for the Raffle prizes, the Raffle will be run over the 3 days and shared amongst the Reds, Pinks & Pinks Florida Fundraising teams. If you are unsure or unable to Donate a Gift / Item you may prefer to Donate Money as i am thinking of doing a Money (scratchie tree), Mystery box with Cash or any other suggestions you may have.



Thanks the Fundraising Team,

Cheryl, Shar, Raylea & Maz xxxx



A Beefy's Pie Drive is being organised for the cold winter months. Now is a good time to share Aussie's best pies with family and friends...so watch this space. (And your emails)

- ❖ I have a copy of the QDBF Regatta calendar for the regatta season, the Pink Snapdragon calendar and Red Dragons calendar. It is taking me a little while to collate the three but as soon as I do I will get it to you all.
- ❖ I will also have the minutes of the AGM and Committee Meeting soon and will make these available to you all.
- ❖ I hope I have included all the articles. Please email me if there is anything you want or need included in the next newsletter.
- ❖ I also have information on a First Aide course that is being offered at a discount – so if anyone need to complete a First Aide course please let me know and I will pass on the information.



# Banana for Breakfast anyone???

This is interesting. After reading this, you'll never look at a banana in the same way again. Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

## **DEPRESSION:**

According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

## **PMS:**

Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

## **ANEMIA:**

High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

## **BLOOD PRESSURE:**

This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

## **BRAIN POWER:**

200 students at a Twickenham school ( England ) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

## **CONSTIPATION:**

High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

## **HANGOVERS:**

One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

## **HEARTBURN:**

Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**MORNING SICKNESS:**

Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**MOSQUITO BITES:**

Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**NERVES:**

Bananas are high in B vitamins that help calm the nervous system..

**Overweight and at work?** Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

**ULCERS:**

The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chroniclercases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**TEMPERATURE CONTROL:**

Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand , for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has FOUR TIMES the protein, TWICE the carbohydrate, THREE TIMES the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals.. It is also rich in potassium and is one of the best value foods around So maybe its time to change that well-known phrase so that we say, 'A BANANA a day keeps the doctor away!'

**Share with your friends!**

