



REDCLIFFE RED DRAGON BOAT CLUB

NEWSLETTER

PINK PINK AND MORE PINK

The Dragons Abreast National Regatta was held at Kawana on June 17 & 18... what an amazing 2 days. Approximately, 500 survivors and supporters from Australia and Can Survive from New Zealand. The weather and water conditions were glorious and DAA's philosophy of "awareness, participation and inclusiveness" was on show for all to see...what a celebration of life it was. Kawana was a "Sea of Pink", and as we have been known to do, the Snapdragons donned their tutus, decorated bras, wigs, assorted pink 'anything'...along with their new pink dragon scale leggings and the fun began! whether it was singing our Snapdragon song, performing our chant or dancing our way through our warm-up routine...which we kept local with the Bee Gees singing 'stayin alive' and the sexy dance moves led by the dazzling Miss Sarah.



On Friday our Snapdragon survivors and supporters joined forces, 1 of 11 crews taking on a 2000m race our girls finished 5th overall in a time of 12:49:60. What an amazing race, such focus and determination in that boat with just a bit of enthusiastic (possibly loud) encouragement coming from the shore. This race was followed by some 200m knock-out relay racing which was a bit of fun to finish off our first day.



Our Proud Virgin Paddlers



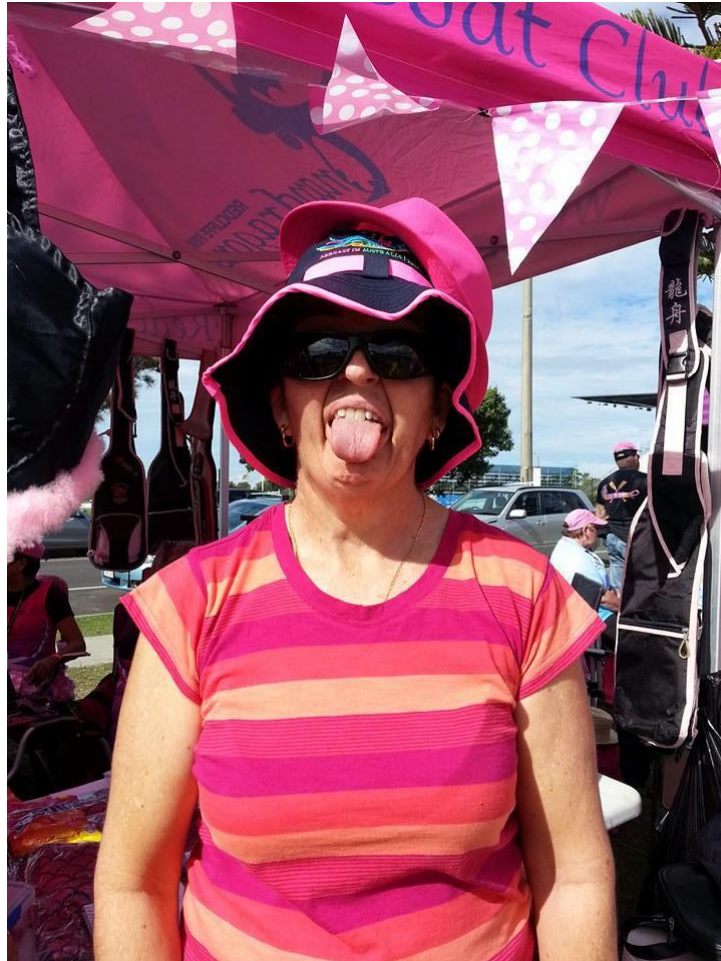
Saturday dawned to even more glorious weather... **Day 2** consisted of 200m racing in separate 'survivor' and supporter' categories. Their first heat and Snapdragons gave notice that they were there to paddle...flying across the finish line first place. Another heat, semis and our girls had made it into the Final. 6 crews began with the starter and what a close race to the finish line!! It was too close for me to call between 3rd and 4th...those placings were...DA Gold Coast-Mt Warning 3rd in 1:00:65 / Redcliffe 4th in 1:00:67!!

All 4 Composite Supporter boats were in the final, a race which was dedicated to Carol Waitohi. The crew our supporters paddled with consisted of paddlers from 8 different clubs and finished 3rd. The Flowers on the Water was a beautiful ceremony thinking of those who continue to fight and remembering those who have lost their battle and are now our pink angels.



Saturday night we attended a gala dinner at the Caloundra Events Centre...a great finish to 2 days of support, love, and friendship. You will probably not be surprised to hear that one Snapdragon did end up on stage with the band...yep, that's right it was our Donna. Many photos, dancing, much laughter...possibly a bit of wine...a great way to finish our 2 days.

Thank you to Iciar for donning her tutu and giving her support both days (your pep talk prior to the 2000m was much appreciated by the girls). Thank you to Kay Roper and Cheryl Rigby for giving their time as volunteers and thank you to the other Redcliffe members who arrived on Sunday to show their support.



Courtesy of Lyn Grigg and Sarah Firman

Annual General Meeting

On 4th June the club's Annual General Meeting was held at Dolphin Leagues Club. The 2015/2016 management committee was congratulated on its hard work and achievements made throughout the year.

After nominations for new management committee were read and confirmed, members voted and elected the committee for the upcoming 2016/2017 regatta seasons.

The following are the current elected management committee:-



President – Cheryl Rigby



Vice President – Tina Van Kuyl



Treasurer – Rita Beadsmoore

VACANT



Team Manager – Iciar Argus



Uniform Officer – Jane Kennedy



Website Officer – Donna Pascoe



Fundraising/Social Coordinator –
Michelle Ferriday



New Member Liaison officer –
Vicki Harding

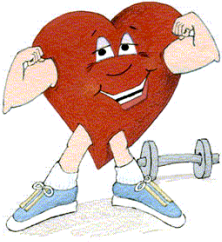


Maintenance and Equipment
Coordinator -
Tom McGrath



Maintenance & Equipment
Coordinator -
Jason Pukallus

PADDLER'S HEALTH



All paddlers, irrespective of age, are encouraged to engage in taking responsibility for their own prolonged good health and longevity as competitive or social paddlers. Regular medical check ups, blood pressure, blood tests, stress tests and muscular skeletal recovery and maintenance are all highly recommended.

To assist you with your health and maintaining positive involvement in dragon boat racing, **AusDBF** has developed a document & questionnaire penned by medical professionals who paddle and understand the sport.

These documents can be used as a guide while speaking with your doctor. If you would like a copy, please request one from Iciar or myself or click on link below:

http://www.ausdbf.com.au/sites/default/files/documents/Medical%20Information%20-%20Wellness%20Checklist_0.pdf

Take good care of yourselves, we have but one life... If in any doubt regarding your health, check it out with your doctor without delay.



Dragon Boat racing involves a combination of frequent bursts of intense activity during 200m and 500m races, often many races per day and longer events such as the 2 km sweeps race which are often held at the end of a long day of races.

Our demographic is also skewed such that we have many paddlers over the age of 45 yrs who are competing at a high level and often backing up in races across several age categories on the same day, hence increasing the work load on their bodies.

Depending on the level of effort achieved during paddling a competitor's heart rate can go from resting to maximum in as little as 30 seconds. If a paddler has an underlying heart condition this sudden rise may lead to serious problems especially if the condition has not been identified.

AusDBF are encouraging the entire Dragon Boat community irrespective of age, fitness or experience, to have an annual Wellness Checkup to ensure that they have no unidentified cardiac or other condition and that they remain healthy and able to enjoy competing for many years.

Courtesy of Kay Roper



COACHING CORNER



Energy for Sport and Exercise (Pt 3)

We have now covered Carbohydrate and Protein in previous newsletters, so will now cover Fat.

Fat

Fat provides the main fuel source for long-duration, low to moderate-intensity exercise such as marathons. Even during high-intensity exercise, where carbohydrate is the main fuel source, fat is needed to help access the stored carbohydrate (glycogen)

A healthy diet includes moderate amounts of fats from nutrient-rich foods such as nuts, seeds, fish, dairy foods, lean meat and avocados. Biscuits, pastries, chips and deep-fried foods are high in fat but low in other nutrients and should be limited. It is generally not advised to eat foods high in fat immediately before or during intense exercise as fat is slow to digest and can remain in the stomach for a long time.



Courtesy of Kay Roper

FOODIE CORNER

MIDDLE EASTERN LAMB BURGERS

Serves 4 (Makes 16)

Preparation Time: 30 minutes

Cooking Time: 40 minutes

Ingredients

Tomato Yoghurt Sauce

1/3 cup tomato relish or chutney

1 teaspoon harissa paste

Or 1/8 teaspoon cayenne pepper

200g reduced fat natural yoghurt

Lamb Burgers

500g lean lamb mince

1 medium onion, grated or finely chopped

1 cup grated pumpkin

½ cup dried wholegrain breadcrumbs

Freshly ground black pepper, to taste

1 tbs chopped flat-leaf parsley

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon paprika

Olive Oil Spray

180g haloumi cheese, sliced

4 wholegrain or sourdough rolls, toasted

1 small continental cucumber, finely sliced

2 cups baby cos lettuce leaves, to serve



Nutrients per serve:

Energy (kj) 2352	Dietary Fibre (g) 5.0
Protein (g) 46	Sodium (mg) 1845
Total Fat (g) 20.1	Calcium (mg) 433
Saturated Fat (g) 9.8	Iron (mg) 6.1
Carbohydrate (g) 46.2	Sugars (g) 12.3

Method:

1. Mix together relish, harissa and yoghurt in a small bowl. Set aside.
2. Combine all the burger ingredients in a large bowl until well combined. Form the mixture into 4 burgers.
3. Heat a non-stick frypan over medium heat and cook the burgers for 4 – 5 minutes each side until browned. Transfer to a baking paper lined oven tray and bake at 180 degrees for 25 – 30 minutes or until cooked through.
4. Wipe out the frypan with absorbent paper and heat over medium heat. Pan-fry haloumi for 1 – 2 minutes on each side or until golden brown. Serve the lamb burgers on toasted rolls with haloumi, Tomato Yoghurt Sauce, lettuce and cucumber.

Notes: Burger patties and yoghurt sauce can be made the day before and kept covered in the fridge.

To reduce the saltiness of the haloumi, soak in a little milk for about 10 – 15 minutes before patting dry and cooking.

JOKE OF THE MONTH



A woman has twins, and gives them up for adoption. One of them goes to a family in Egypt and is named 'Amal.' The other goes to a family in Spain, they name him 'Juan'. Years later, Juan sends a picture of himself to his mum.

Upon receiving the picture, she tells her husband that she wished she also had a picture of Amal. Her husband responds,

"But they are twins. If you've seen Juan, you've seen Amal."





Birthdays for June

Fran Heales
Stephanie Mann

Birthdays for July

Barbara Flynn
Marian Raleigh
Iciar Argus
Donna Stein
Tom McGrath

Upcoming Events

AUGUST

Saturday 27th
DBQ Presidents/Coaches Meeting

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