



March Edition

REDCLIFFE RED DRAGONS NEWSLETTER

In Loving Memory



In mid March two members of the dragon boat fraternity Jayne Coe (Redcliffe Pink Snapdragons) and Carol Waitohi (Gold Coast Dragons Abreast) passed away leaving their friends and family filled with much sorrow.

Jayne Coe 15/05/1957 – 16/03/2016



A whole newsletter would not be able to even touch upon all the wonderful things that Jayne represented for all Dragon Boat Paddlers.

She was a visionary and one who put those visions into reality.

She founded the Redcliffe Pink Snapdragons in 2005 after her mum read an article about Dragon Boat paddling having benefits for Breast Cancer Survivors. She also persuaded Zonta of Redcliffe to help buy our first Dragon Boat and she became heavily involved with Zonta and it's many fund raising programmes.

She saw the need for an educational DVD for all newly diagnosed Breast Cancer patients and once again took on the task. Side By Side was released in 2012 with Jayne narrating the DVD. It has been seen far and wide benefiting many Breast Cancer survivors and their families.

Jayne while undergoing treatments of Chemo and Radiation always managed to turn up on Sat mornings to paddle with a smile on her face and a laugh in her heart.

We all feel it a privilege to have met and paddled with Jayne, she leaves a large Pink hole in our hearts and lives

RIP Jayney - Courtesy of Sarah Firman



Loving In Memory



Carol Lauraine Waitohi

22 September 1965 - 17 March 2016



22/9/1965 – 17/3/2016

"We should all aspire to 'play the game' in the same spirit Carol did and as a mark of respect & love, our Club – COOLOOLA - has thought it fitting to name the Pink Challenge Trophy... 'The Carol Waitohi Trophy' from the 2016 Sleepy Lagoon Regatta onward....

It is a small gesture but symbolises a much larger ideal, for Carol was the epitome of the 'Dragon Spirit' that Australian Dragon Boating holds so dear." - See you on the water!

Courtesy of GAYLE BARNETT from COOLOOLA DRAGONS



COME n TRY DAY

The club had a COME n TRY day on Saturday March 19th. It was sponsored by the Moreton Bay Council.

30 people attended on the day. Everyone came off the water with smiles on their faces saying how much they enjoyed the experience. They paddled on the canals and were able to venture out onto Moreton Bay to see our training ground. Unfortunately no dolphins came out to play this day but there was the occasional turtle come up to say hello. Our club benefits from these days as this is where some of our new members arise from after attending these sessions which are so kindly arranged by the Moreton Bay Council. As always the club members made the newcomers welcome and encouraged them throughout the boat. Refreshments were available at the end of the session and it is during this time when we are able to receive any feedback (be it good or bad) from the participants by asking how they felt about dragon boating.

There appeared a lot of interest as half a dozen membership forms were taken. We are hoping that these provides fruitful and it results in new members for the club. Thank you to all club members who helped out on the day be it sweeping, coaching, paddling or manning the refreshment stand. Everyone's help and co-operation on these days helps it run smoothly.



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Regional Council

CONGRATULATIONS

TINA & BRITTNEE

23rd – 27th March saw the Australian National Championships being held at the A.M. Ramsay Regatta Course, West Lakes, Adelaide.

Due to Redcliffe's non attendance, two of our club members Tina and Brittnee were able to paddle for Currumbin and Sonic Cygnets at the Nationals, respectively. Both came away with medals.

Junior corner:

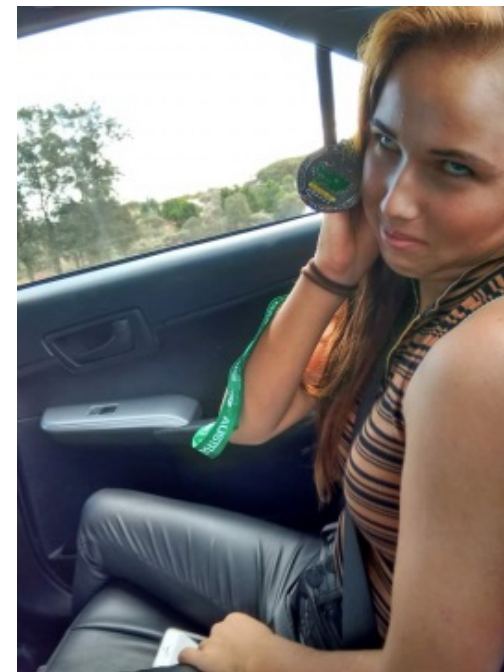
Brittnee competed for Sonics in Adelaide for National clubs, as the team was only a small, Martin (the Sonics coach) found that 6 kids from Western Australia wanted to compete, so Martin formed the Sonic Cygnets so all the juniors could race. The team who never paddled together before did great and made the finals on both days, even though they paddled hard but placed 4th.

On the last day for juniors, Mary from NSW, asked all juniors that were at Nationals if they wanted to join the "Australian Joeys" – this team was put together overnight, which was a combination of NSW Zodiac's, Sydney Zodiac's, WA Cygnets, Qld Sonics, and there only option was to race in the last race which was the juniors open 2k. Brittnee was part of this crew and they won a silver medal for the 2ks.



RESULTS SILVER Junior Open 20's 2km

Courtesy of Toni Lutherborrow



Senior corner:

On the 23rd March I left for Adelaide to paddle with Currumbin in the National titles. Unfortunately Redcliffe did not have enough paddlers to participate. So I was lucky enough to paddle with Currumbin as I had paddled with them last year in Perth. So they were happy to have me paddle with them again. Our results were fantastic receiving medals in every category we entered.

<i>Results:</i>	<i>20's Boat Senior B</i>	<i>10's Boat Senior A</i>
	<i>500 m Silver</i>	<i>2000m Silver</i>
	<i>200m Bronze</i>	<i>500m Gold</i>
		<i>200m Bronze</i>

On the 1st April I flew back to Adelaide to paddle in the World Crew with Currumbin. What a wonderful experience with a great group of ladies. This time i only paddled Senior B. Again the results were awesome.

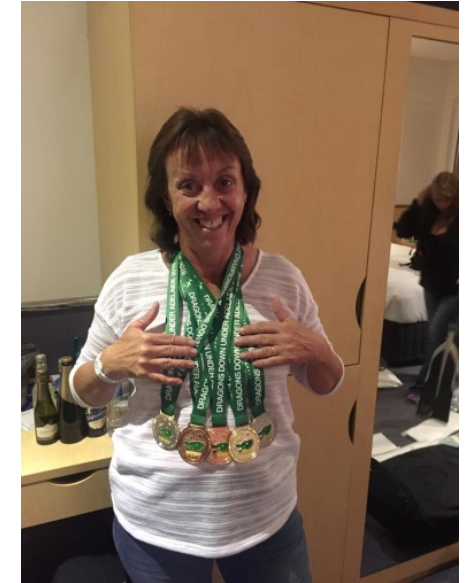
<i>Results:</i>	<i>20's Boat</i>
	<i>2000m Silver</i>
	<i>500m Silver</i>
	<i>200m Bronze</i>

Paddling at the worlds with this great group of ladies was an experience I will be forever grateful for.

One thing i did learn, you have to put in the hard yards to reap the benefits.

My hopes and dreams are that Redcliffe will have a team in at Nationals next year 2017.

- courtesy of Tina Van Kuyl





JETTY TO JETTY FUN RUN - Sunday 17 July

Is anyone interested in joining me for the Jetty to Jetty run?

It is the weekend after Tin Can Bay this year. I thought it would be great to put in a team (10% discount for a group of 10 or more!!) and represent our club. Maybe we could get creative and wear a costume!!

You can choose the ½ marathon, 10k run, 5k run or 3k run/walk. I am doing the 5k. The 10k starts at 8am, the 5k at 8.45 and the 3k at 9.15am all from the Belvedere Hotel.

The race fees are as follows:

Early bird fee (by 13 th April)	After 13 th April
\$25 for 3k	\$35
\$35 for 5k	\$45
\$50 for 10k	\$60

If you are interested, please let me know at training. We could arrange some Sunday training along the Redcliffe foreshore if anyone is keen. More information can be found at <http://j2j.com.au/>

Courtesy of Kay Roper



Dairy Australia in conjunction with Sports Dietitians Australia (SDA) have produced a booklet called “Powering Active Adults”. It contains some good information about sport and exercise performance, with a selection of recipes.

“Sport and exercise performance is influenced by a number of factors including natural talent, the right training, recovery and a quality diet. A healthy, balanced diet is not just for elite athletes. Active people of all ages and levels of skills can benefit from eating well.

Eating a variety of nutrient-rich foods such as fruits, vegetables, wholegrain breads, cereals, rice and pasta, dairy (such as milk, cheese and yoghurt) and lean meat, fish, poultry, fish, poultry, eggs, nuts and legumes (e.g. beans and lentils) will provide the nutrients you need to stay healthy and active. The right nutrition and hydration can also maximise energy levels during exercise, enhance adaptation from training and help your body to recover effectively between sessions.

The type, timing and amount of food and drinks you eat can all play a role in your exercise or sport performance. For example, milk is shaping up as the ultimate post-exercise recovery drink. There is growing evidence that drinking milk after exercise is the best way to rehydrate and can also help repair and rebuild muscles. *”

*Roy, BD (2008) Int Sports Nutrition. 5:15 – 20

Each newsletter I will reproduce one of their chapters with a new recipe. The next newsletter will have an article on “Energy for sport and exercise”.

Courtesy of Kay Roper, Assistant Coach

FOODIE CORNER

CHICKEN and MUSHROOM RISOTTO with walnuts (serves 4)

Acknowledgement to Dairy Australia in conjunction with Sports Dietitians Australia (SDA)

Preparation Time: 20 minutes

Cooking Time: 45 minutes



Ingredients

Olive oil spray	500g skinless chicken breast fillet
1 leek, thinly sliced	2 cloves garlic, crushed
200g button mushrooms, thinly sliced	2 cups arborio rice
1.25 litres salt reduced chicken stock	1.25 litres reduced fat milk
¼ cup finely grated parmesan cheese	1/3 cup chopped flat-leaf parsley
2 tablespoons chopped toasted walnuts	Parsley and freshly ground pepper, for serving

METHOD:

1. Spray a large heavy-based saucepan with oil and heat over medium-high heat. Cook chicken for 3- 5 minutes on each side or until browned and just cooked through. Rest chicken in a warm place for 10 minutes before slicing.
2. Re-spray saucepan with oil and cook leek and garlic for 2 – 3 minutes, until softened. Add mushrooms and cook stirring for 2 – 3 minutes until tender. Add rice and cook, stirring for 1 minute until well coated.
3. Add stock and milk to pan. Cover and bring to boil. Reduce heat to low and simmer covered for 25 minutes or until rice is almost tender. Remove lid and simmer for a further 10 minutes.
4. Stir in sliced chicken, parmesan, parsley and half the walnuts. Serve risotto sprinkled with the remaining walnuts, parsley and a sprinkling of pepper.

Notes: Replace button mushrooms with Swiss brown or Portobello mushrooms for a fuller flavoured risotto. Use leftover risotto to make risotto “patties” – take heaped dessertspoonfuls of risotto and flatten into pattie shapes. Dust with breadcrumbs, spray with oil and brown in a frypan.

Nutrients per serve:

Energy (kj) 3251 Dietary Fibre (g) 3.3 Sodium (mg) 1138 Calcium (mg) 562 Iron (mg) 2.2 Protein (g) 54.5
Total Fat (g) 18.1 Saturated Fat (g) 7.3 Carbohydrate (g) 103.8 Sugars (g) 22.1

Courtesy – Kay Roper



APRIL

Marla Harris

Cheryl Rigby
Laurie Nicholson

MAY

Kaye Parfitt

Karen Rolfe
Caitlin Lynch
Sue Harris
Toni Lutherborrow
Deb Watson
Brittnee McGrath
Rosetta Lynis
Maryanne Farrugia
Rosemary Van Stam

Sonia Anger

Wendy Weeks
Christine Law
Michelle Ferriday
Dell Martin

Upcoming Events

APRIL

16th April

Management Meeting (Brekky at Compound)

Moreton Bay Council Adventure Come 'N' Try Program
10am – 12pm – Helpers Needed

Sweeps workshop / Fun Day / Weekend at Wivenhoe Dam –
please see Cheryl for more Info if interested in learning or gaining
more knowledge

25th April

Anzac Day Holiday NO TRAINING

30th April

**Paddlers' Paddler Nomination Forms to be returned by
Saturday April 30th**

to Lyn Grigg preferably by email or into Perspex Box at training
with name on it.

MAY

2nd May

Labour Day holiday TRAINING IS ON

7th May

Petrie Fernwood Fitness Fun Day Regatta

1pm – 4pm (hopefully in the end of the Far Canal)

28th May

Presentation Night

Dolphins HQ @ Redcliffe Leagues Club 6pm – 12pm
Buffet Meal \$36

NOTE FROM TEAM MANAGER

Club membership forms are available to be downloaded via the link on the website.
The club is required to have at least 18 paying members on the database by mid June.

Your co-operation in this matter will be very much appreciated

<http://redcliffedragonboatclub.com/member/forms/>