



*March Edition*

# REDCLIFFE RED DRAGONS NEWSLETTER



## **AUSDBF CHAMPIONSHIPS**

The 2018 Australian Dragon Boat Championships were held at KAWANA WATERS on the Sunshine coast on March 3<sup>rd</sup> – March 8<sup>th</sup>. This year's competition saw a change in the order of the different classifications of racing. The STATE v STATE happened on the first day with the Premier and Junior Division being held the following two days and the Masters Division over the last two days of the championships

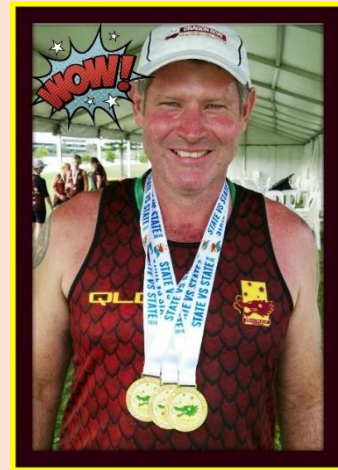
The weather Gods were not very kind on the fourth day of the competition where very sporadic and unpredictable weather conditions were experienced proving to be most unsuitable for safe racing. Although dragon boaters are accustomed to paddling in wet weather it was decided not to risk the safety of

the paddlers and therefore cancelled the afternoon's scheduled races much to the disappointment of the paddlers.

The State teams present were **QLD**, **NSW**, **VICTORIA**, **SOUTH AUSTRALIA**, **WESTERN AUSTRALIA**, **ACT** and **TASMANIA**.

Redcliffe had two club representatives paddling for Queensland on the State V State day. **JASON PUKALLUS** (Senior A), and **TAHLIA HARLE** (Under 18's) Both paddlers did themselves, club, State, family and friends proud in their achievements on the day.

Jason received 3 medals all which were **GOLD** for Women/Open 10's 100m Relay, Mixed 20's 500m and Open 10's 500m



Queensland Under 18's



Queensland Senior A



Queensland again this year were pipped at the post by only 2 points by their rival NSW in taking out the Peter Bristow trophy (overall winner on State V State day).

All members of the 2018 Queensland Squad should be proud of their accomplishments. **GO QUEENSLAND!!!**



The following two days, after STATE v STATE, saw the Juniors and Premier division racing. Tahlia, our junior, paddled in the **QLD SONICS** and **JOEYS** in the Under 18's category. She was very successful paddling with these two teams.

**SONICS**

**GOLD**

20's Mixed 500m

**JOEYS**

**SILVER**

20's Women 500m

20's Women 200m

10's Mixed 200m

2km Women



The last two days of the AusChamps saw the Senior (over 40's) racing. **Jason** and **Tony** paddled with **LAKERS** in the Senior A Mixed 20's on Day 4 and the crew reached the Grand Final from a field of 13 coming 6<sup>th</sup> in a final. Unfortunately, due to severe weather conditions, half the day's racing had to be cancelled. Day 5, the last day of the Championships, saw Redcliffe enter only crew. This was the **SENIOR B WOMEN** 10's 200m. From a field of 17 entries, the girls made it through to the Semi Finals, recording times of 1.04.23, 1.04.18 in their heat and recharge. Unfortunately, the crew's time of 1.06.31 in the semi final was not enough to proceed into the Finals.

The competition was very competitive and exciting to watch over the full five days of racing even though the weather was not the best at times. There were many clubs who went away feeling very proud of what their paddlers had achieved.

Congratulations and well done to Tahlia on her success with the Sonics and Joeys as well as Jason and Tony making the Grand Final in their division with Lakers, and our Senior B Women 10's crew (which included some first time National's paddlers) for making it through to the Semi Finals. You have done yourself and club proud to achieve these results considering there were crews there from all over Australia.

## PADDLERS COMMENTS

*"I'm so grateful that I was given the chance to compete in the Nationals at Lake Kawana. It was amazing to see so many dedicated paddlers in the one place, competing for gold. Even though we were in only one race category, the experience was well worth it.*

*It was great being part of the team and the thrill of making the semi's. All the hard training is now a distant memory, but I'm ready have to push myself to the next level – improve technique, increase fitness.*

*Bring on next session! ".....Norma Kelly*



*"Our Club was lucky enough to participate in the Nationals held at Kawana in March. It was an amazing and exciting experience. The atmosphere in general was one of friendship as well as competition, with paddlers from clubs all over the country coming together to do their best as well as meeting paddlers from other clubs, some new and some familiar.*

*We gave everything we had with nothing to spare at the end of each race, and proudly made it into the semi-finals. You had to be there to understand the excitement and euphoria, so if*

*those who could not attend have the opportunity in the future, it is well worth the effort!*

*Well done Redcliffe! So proud to be a member of this club".....Deb Watson*

*"On Thursday 8 March 2018 I had the amazing & exciting experience of competing in my first Nationals at Kawana, as part of the Senior B Women's 10s team, in the 200m races. It was a genuine thrill to be able to mix it with paddlers from all around the country & to be among so many like-minded competitors. I even got to meet & chat with quite a few of my "friends" from Facebook. Despite the high level of competition, everyone was enthusiastic, encouraging, and supportive. This is why I absolutely love our sport!*

*Trying pontoon starts for the first time was interesting & had it's own challenges, especially in the not-too-favourable weather, but it really upped the anticipation & adrenalin waiting for the horn to go! We put absolutely everything we had into each race, fighting our way through 2 heats & then into the semi-finals, leaving nothing in the tank. We achieved 6th place in the semi, very satisfying in that level of completion.*

*I was very honoured to paddle with my teammates: Cheryl, Deb W, Del, Erlinda, Iciar, Kay, Lyn, Norma, Sarah, Sonia & Tina. It was also great to be able to spectate on the first day of competition earlier in the week watching our own club member Jason paddle with the Queensland Senior a team & come away with 3 Gold medals, very inspiring indeed!*

*As always, huge thanks to our Team Registrar, Iciar, for doing what she does best; and to everyone who helped on the day."*

*.....Ann Matthysen*





'In September last year, I decided to apply for the position of Queensland Senior B Team Manager for the 2018 National Championships to gain experience in the job at the next level. Much to my surprise, I was very fortunate to have been chosen for this position. I was in charge of the Senior B squad and having paddled with some of these members when representing Queensland in 2014 and 2015, I slotted in quite nicely as I was aware of what was involved when representing Queensland.

My Senior B crew won **GOLD** in all the categories they entered i.e Mixed 20's 500m, Women 10's 500m, Open 10's 500m and Women/Open 100m Relay.



It was a privilege to have been involved in this year's Nationals with this bunch of paddlers and experience just what is involved in being a Team Manager at the next level. I must have done an OK job as my crew showed their appreciation for all my efforts through the campaign by presenting me with an AusChamp mug and bottle of champagne.

I was very overwhelmed and much appreciative of one paddler's gesture when she offered up to me one of her GOLD medals that she had won on the day. It meant a lot and it brought me to tears'.



*Courtesy of Iciar Argus*



As always is the case, if it weren't for the many volunteers helping out at any championships, the events would not run so smoothly.

Redcliffe, as always, stepped up to the mat in this respect in regards to the DBQ State

Championships and the AUSDBF National Championships and provided our share of volunteers.

## STATES

Cheryl Rigby

Bruce Brewster

Gillian Robinson

Karin Wagner

Kay Roper

Lyn Stainlay

## NATIONALS

Cheryl Rigby

Jason Pukallus

Kay Roper

Lyn Stainlay



**The 3 Amigos from Redcliffe**



# COME 'N' TRY



Moreton Bay Regional Council encourages residents of all ages to pursue healthy and active lifestyles. With a variety of quality sporting facilities and recreation programs available, council provides significant support to local sport and recreation organisations.

One of these programs is the **HEALTHY AND ACTIVE MORETON RECREATION PROGRAM**. The Council provides an avenue for Moreton Bay Region residents to be more active, more often through an exciting range of activities, programs and initiatives.



Redcliffe Red Dragons is associated with these recreation programs and benefits every year by being able to host several Come 'N' Try days. Saturday March 25<sup>th</sup> saw the first of these for the year. As always, there were ample members willing to help on the day, be it on land - with the registration of paddlers or providing drink and nourishment for paddlers or, on water – as coaches for each boat, sweeps or paddlers.

The day saw 11 members of the public arrive to participate and discover what a great time can be had in the sport. Linda, our coach, ensured all participants were ready for what was ahead of them by taking them through a series of exercises to warm up the muscles they would be using as well as showing them the basic technique that was required.



Two boats were taken out with Rita and Jason as sweeps, Sarah and Ann strokes for one boat and while Donna and Deb H were strokes for the other.

Cheryl and Iciar shared the duties of coach on their respective boats to ensure all paddlers were understanding what was required of them.



The weather Gods were very kind to us this day, so we were able to take our paddlers out onto the bay to show them our training grounds. After some instructions as to what was involved in race starts, it was decided, that the

two boats would race each other to determine a winner. As always when it comes to this part of the session, the competitiveness in some people is shown as they are determined to be in the winning boat.

At the end of the day, judging by the smiles on all the faces, everyone came away as a winner and once again Redcliffe Red Dragons showed what a friendly and welcoming club they are and just how much fun the sport of dragon boating can be.



A Big Thanks to everyone involved in making the day run smoothly. Comments were made regarding how friendly and welcoming everyone was on the day.

***Keep up the great work Redcliffe!***





## 99.7 Bridge FM Visit

“Our Coach Linda, suggested we book a spot with her friends on the local radio station to coincide with our current recruitment driving.

We booked a spot for Sunday 25th March at 7pm and arrived to meet the lovely Suzy. We were given a briefing on how it would all run and then came our cue to enter the studio (now the nerves and reality kicked in) 😊 😊

While we were getting settled and miked up, Suzy and Johnny informed us that they were former members from when the Club started and John actually helped Jayne Coe choose the name "Snapdragons" for the new breast cancer team.

It helped that they had experience in our sport as they could talk about some past happenings in the boat while training, we could relate to, and knew the correct things to ask and say to set us up to promote the Club in lots of different ways.

We chatted about training times and our location and of course the new BIG "**PADDLERS' DEN**", mishaps of fish jumping in the boat and the squeals and regattas we have attended, as well as overseas trips and events coming up we are attending.

We told them about the 10km paddle from Mullumbimby to Brunswick and they invited us back after the event to have another chat and let them and the listeners know how we went.

We were lucky enough for them to come and say hello to us at the Bluewater Festival at Shorncliffe.

We must have made a good impression” 😊



*Courtesy of Jason Pukallus and Cheryl Rigby*



“Redcliffe Red Dragons were invited back by the Sandgate & Districts Chambers of Commerce to attend the 21<sup>st</sup> Bluewater Festival, held on Good Friday 30<sup>th</sup> March at Shorncliffe Pier.

A number of club members volunteered their time to help promote our sport to the thousands of visitors this festival attracts.

We launched our boat at Cabbage Tree boat ramp and paddled around to the beach at Moora Park where our tent was set up for the day’s activities. We were able to take people out on the water to experience paddling in a dragon boat. The Xiang Dragons of Shorncliffe were also there promoting the benefits of our sport and I’m sure a fun time was had by all.



This year, in addition to seeing the start of the Brisbane to Gladstone Yacht



Race, we also were able to see the Queen’s Baton Relay being carried by Giaan Rooney and Rod Chiapello. The flypasts by the C-17A Globemaster were spectacular to see.

By early afternoon, low tide was quickly approaching and we had to call it a day. Everything was packed up and ten brave souls battled the swell and white caps and paddled back to Cabbage Tree Creek boat ramp.

We may have missed the canal marker and ran aground on a sand bank but Jason and Bob came to the rescue by getting out of the boat and pushing us back into deeper water. We made it back to the boat ramp and loaded the boat back onto the trailer without any trouble.”



*Courtesy of Norma Kelly*





Judging from the feedback we received from members of the public who came to have a paddle, the day proved to be a huge success as it was last year.



Huge thanks to all those who volunteered to help make the day run smoothly leading to it being an enjoyable experience had by everyone - members of the public and the club.



## **REMINDER TO MEMBERS**

**THE CLUB IS TAKING A SHORT BREAK FROM  
PADDLING STARTING**

**MONDAY 23<sup>RD</sup> APRIL TO SUNDAY 6<sup>TH</sup> MAY**

**NORMAL TRAINING WILL RESUME**

**MONDAY 7<sup>TH</sup> MAY**

**HOPE TO SEE YOU ALL BACK AFTER  
THE SHORT BREAK ALL RESTED AND  
READY TO GET BACK INTO IT.**





***APRIL***

***Phil Matthysen***

***Tahlia Harle***

***Laurie Nicolson***

***Cheryl Rigby***

***MAY***

***Karen Rolfe***

***Deb Watson***

***Rosetta Lynis***

***Sonia Anger***

***Christine Law***

***Del Martin***



# UPCOMING EVENTS

## **APRIL 2018**

**Saturday 21<sup>st</sup>**

**PRESENTATION NIGHT** @DOLPHIN  
LEAGUE CLUB 6pm- 12pm  
(for details check club calender)

**Monday 23<sup>rd</sup> – Sunday May 6<sup>th</sup>**

Paddling break – training resumes

**Monday 7<sup>th</sup> May**

## **MAY 2018**

**Sunday 6<sup>th</sup>**

Pinkies Market  
@ Redcliffe Markets

**Saturday 19<sup>th</sup>**

Presidents' Meeting/Workshop

## **MAY 2018**

**Saturday 26<sup>th</sup>**

COME N TRY – Moreton Bay  
Council  
Club Sport Sign on Day 9am-1pm

**Sunday 27<sup>th</sup>**

Mullum2Brunswick 10km

## **JUNE 2018**

**Sunday 3<sup>rd</sup>**

BBQ Bunnings **REDS**  
@Rothwell

**Saturday 9<sup>th</sup>**

AGM – REDS  
@ Peacekeepers Room 10am