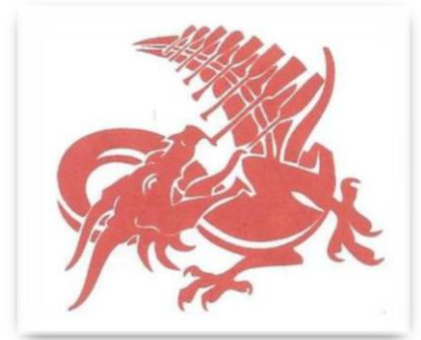


If you think you are too small
to make a difference,
try sleeping with a mosquito –
Dalai Lama



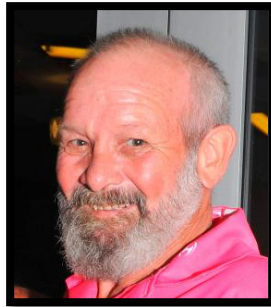
Redcliffe Red Dragons Newsletter



**Queensland Team
2013**



A word from our coach Arthur



“EOI’s are out for the Tin Can Bay Regatta on the 14th July. It is great to see the number of nominations and also those who have indicated that they will be going to the dinner on the Saturday night. If you haven’t got your nomination in yet, please do so with our team manager Lyn Grigg as it helps the organisers with planning the dinner venue etc.

Our Effective Leadership courses have been completed and we are well into the process of doing workshops to finalise the coaching structure for 2013/2014 season. Once the structure is finalised, I will be running coaching sessions covering the macro and micro cycles of our coaching for 2013/2014. It will also include technique, team selection, boat balancing, and regatta preparation. This should then put any assistant coach in a position to be able to take control of the full coaching requirements of the club. I would now like to invite any of you who would like to become involved in the coaching side of the club to submit their name to me by the end of this month.

I said in the last newsletter that our National representative paddlers would do Redcliffe and Queensland proud, Well they did better than that and that makes us all very proud of their achievements. Well done guys and my heartiest congratulations. With the Nationals being held at Kawana next year, we will be

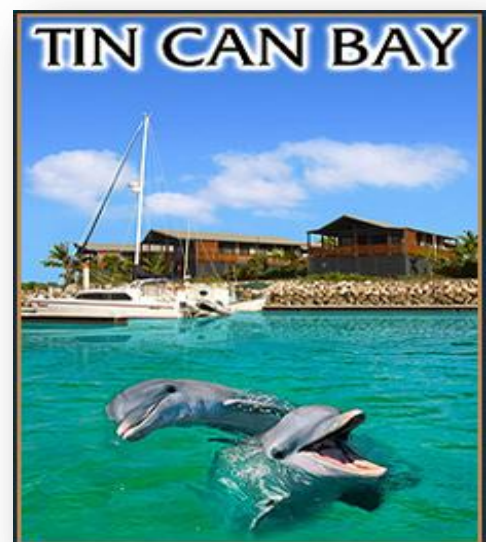
working to have Redcliffe represented by one of the strongest teams on record.

However, a lot of work needs to be done to bring this into fruition and will only be a reality if we regularly attend training and do the ERG work.

For the moment we will be continuing with our endurance and fitness training. From the beginning of July our training on Saturday mornings will restart at predominantly Levels 1, 2, & 3 and gradually build up to predominantly Levels 4, 5 & 6 as the year progresses. This is designed to allow those new paddlers, who want to increase their fitness and strength, to start from the bottom and work up. It also guards us against overtraining which can be a problem if we were to continue the training at it’s current level. So all new paddlers, if you want to be in that strong sports team for the Nationals in 2014, July 2013 is the time to start.

See Y’all on the water

Arthur”



Fundraising News...

Hi Everyone,

We have the following events organised for Fundraising, and will need everyone to participate to make it successful.

We will be selling Raffle Tickets and also trying to recruit more paddlers. Donations for the Raffle Prizes would be appreciated if you could please donate suitable new products for Men & Women or Kids to Cheryl or one of your Committee Members at training as soon as possible it would be appreciated.

Saturday 24th August & Saturday 21st December we have booked Bunnings BBQ's for the Reds so please mark these dates in your diaries as well.

Don't forget the Entertainment Books as well if you need flyers for your workplace please just mention it to Cheryl as once all the books are sold they aren't reprinting.

Thanks for your support, Cheryl & Donna

Screen Printing Continues...

Hi All...Del has managed to purchase a copy of our logo (at a considerable cost to herself)....and has offered to donate the logo and her time to screen print this logo onto t-shirts, calico bags, tea towels etc and donate all the money back to the club .The price will be approximately \$15 and all you need to do is purchase your t-shirt etc. Del is having some "down time" in May and will be screen printing during this time. For any new members - this logo appears on our club shirts and Del is one of our sweeps, so feel free to ask around and we will point you in the right direction.



Help Redcliffe Red Dragons Fundraise!

Pre-order an Entertainment™ Book from us today to receive over \$185 in additional offers!

—While stocks last—

Order your new 2013/2014 Brisbane, Sunshine Coast and Surrounds Entertainment™ Book from Redcliffe Red Dragons and 20% of your Book purchase goes towards our fundraising!

Entertainment™ Books are packed with hundreds of up to 50% off and 2-for-1 offers for the best restaurants, cafés, attractions, hotel accommodation, travel and much more!

Available from early April, the new Book is only \$65, and you'll receive \$15,000 worth of valuable offers which are valid until 1 June 2014.

Here is just a taste of some of the valuable offers in the new Book:



Contact us to order your NEW Entertainment™ Book now!

Cheryl Rigby
Redcliffe Red Dragons
email: clw461@gmail.com



A VERY BIG THANK YOU DEL AND APPRENTICES- I FOR ONE CAN'T WAIT TO GET A HOODIE PRINTED!!!!

- ❖ Team members are already starting to wear their new hoodies/t-shirts etc with some members going back for seconds....they look great and are raising much needed funds for the club.
- ❖ I have also been told that Bonds Hoodies are on sale at Big W at the moment!!

Fundraising fun...



Redcliffe Kitefest

Monthly Member Bio

My name is Eva Cvekus. I was born 28/10/1947 in Czechoslovakia- currently Czech Republic and Slovak Republic.

I graduated in 1966 in Economics, Accounting and IT.

My first job was as Personal Assistant to the Managing director of a chocolate factory, FIGARO.

After about 12 months I applied for a position in a company where my father was a Director. I accepted a position in the Finance Department.

The country was going through political changes. In 1968 the invasion of the Russian army made up my mind that I do not want to be living in the oppression that the regime was offering to the nation. I booked myself a trip to Vienna for four days and did not go back to my home country.

I applied for emigration to Canada and Australia at the same time and the country that offered me a placement I went with.

After a 22 hour flight we landed in Sydney and from there we traveled some 10hrs in November with no air-conditioning to a



Migrants camp. The country side had just been burned. It was the most depressing picture I have ever seen in my young life.

After spending 3 months learning English we asked to be posted to Brisbane. My first job was on a production line making spare parts for cars. This job was just to learn the language. After about 18 months I applied for my first administrative job. My knowledge of IT how-ever simple it was, it was a novelty in Brisbane.

I absolutely enjoy my life for about 17 years without children, but the best years of my life was with my two children. I was a stay home mum doing all the parenting. I went back to TAFE to upgrade my IT and computerize accounting and at the age of 50 I re-entered the workforce. I am still working full time as a Finance Officer and loving it.

**(Eva is one of our Pink Snapdragon – Breast Cancer Survivors)*



Recipe of the month



Carrot, zucchini and parsnip frittata fingers

Ingredients

- Melted butter, to grease
- 2 tsp light olive oil
- 80g (1/2 cup, firmly packed) grated green zucchini
- 60g (1/2 cup, firmly packed) Grated carrot
- 50g (1/2 cup, firmly packed) grated parsnip
- 2 green shallots, ends trimmed, finely chopped
- 3 eggs, lightly whisked
- 40g (1/3 cup) coarsely grated jarlsberg or tasty cheese
- 2 tbs finely chopped fresh parsley
- 1 tbs plain flour, sifted

Method

1. Step 1

Preheat oven to 180°C. Brush a shallow, square 18.5cm (base measurement) cake pan with melted butter to lightly grease. Line the base and 2 opposite sides with non-stick baking paper, allowing it to overhang.

2. Step 2

Heat the oil in a medium saucepan over medium heat. Add the zucchini, carrot, parsnip and shallots, and cook, stirring, for 4-5 minutes or until the vegetables soften. Remove from heat and set aside for 10 minutes to cool.

3. Step 3

Combine vegetable mixture, egg, cheese, parsley and flour in a large bowl and stir until well combined.

4. Step 4

Spoon vegetable mixture into prepared pan and smooth the surface. Bake in oven for 12 minutes or until set. Remove from oven and set aside for 10 minutes to cool. Lift frittata from pan and place on a plate to cool completely. Cut into 12 fingers to serve.

**Thought this might be good finger food for Regatta's*

Joke of the month

A couple was celebrating their 30th wedding anniversary. For the entire time they had been married, the wife had kept a safe which the husband had never been allowed to look into. He asked her if, since they had been married so long, he could see what she had been keeping all these years. She said OK and opened the safe. In it was a pile of money totalling \$10,000 and three chicken eggs.

He asked her, "What are the eggs doing in there?" She said, "Well, I have to admit that I haven't been completely faithful to you. Whenever I strayed, I put an egg in the safe." He thought about it and said, "Well, I guess I can't be too upset about three eggs. But where did all the money come from?"

She replied, "Every time I got a dozen, I sold them."

Thanks Iciar (Shar)






AUSTRALIAN
DRAGON BOAT FEDERATION
澳洲龍舟協會

Australian Dragon Boat Championships

PENRITH
15th-20th April

2013






Some Results

We have been given some results, they are as follows; They were all 500m races for the State Vs State.

Mixed Senior B (which is Grand Masters 50+) - Team A - 2.03.452 1st Place, Team B (Maz & Cheryl) with 19 paddlers and only 5 men 5th Place - 2.13.790

Womens Senior A (which is Masters 40+) - Charlene's Team 1st Place 2.12.028
Senior B (Grand Masters 50+) - Cheryl & Maz 1st Place 2.13.419 beat NSW 2.13.937

Opens Senior B - Qld 1st 2.03.395 - none of us were in it. Beat NSW who were 2.03.610
Senior C - (Which is Great Grand Dragons 60+) (Lyn S & Brian & Del) - 2nd Qld 2.08.326
beaten by NSW 2.08.166

Lyn Stainlay and Del were in the Senior C Women's Team. We won gold in our 500m race in 2.19.239



Well done team – we are all very proud of your achievements

A word from our Team Manager Lyn



(Copy of last months' report -
for the benefit of our new paddlers)
p.s. A big welcome to all our new paddlers!

from the Team Manager's desk...

Congratulations to our team mates Brittnee, Zharlea, Del, Mazzi, Lyn S, Cheryl, Charlene and Brian who made it into the Queensland team and travelled to Penrith last week....absolutely awesome effort by all to come home with medals....and 'gold' ones to boot!! Renee and I were lucky enough to be witness to racing in the State vs State category last Thursday (wearing our "I heart Qld t-shirts") and I was so proud of all of our team mates.

As from Monday, April 22 I will have new registration forms available for anyone wanting to register for the 2013/2014 season. For all existing members your current registration takes you through until June 30, 2013. Our fee structure for the new season will be as follows:

Adults: \$150 Juniors: \$75

Family Discount: 2 Adults/1 Child: \$350 (any extra children \$50 ea)

Unfortunately, we have had to increase our fees this year to keep in line with QDBF increases. Please see me at training if you would like forms or send me an email and I can forward to you. As with previous years you will be able to direct deposit your fees or pay with cash.

Tin Can Bay regatta....typically our first regatta of any new season Tin Can Bay is an excellent regatta for new paddlers to introduce themselves to dragon boat racing....and to spend some quality social time getting to know their fellow paddlers....and for those of us who have been before we keep returning each year because we know what a fun weekend it is!....it may be racing but this is a very social regatta.

Sunday July 14, 2013 is regatta day and I will have an expression of interest email out to all paddlers prior to that date so you can register your interest. Some of our members make their way to TCB on the Friday prior to regatta day, others head up on the Saturday. I know work may mean a return to Brissie for some on the Sunday but when possible those of us who can stay for the Sunday night usually get to enjoy a few drinks, some nibbles and lots of laughs. I have contacted The Coolooloa Dragon Boat Club for an up to date list of accommodations which I will email to you when I receive it. Dolphin Waters Apartments has always been a favourite of ours as is the caravan park just down the road which has cabins available....Brian could help you with their name in the meantime.

Some of you may have heard discussion regarding a trip to Florida (in the USA) in October 2014....this is for an International Breast Cancer Survivor regatta. These regattas are held every 4 years somewhere out in this big wide world of ours. 2010 was Canada and Redcliffe Pink Snapdragons and their supporters were in attendance there. I currently have an EOI open for this regatta and an early bird registration has been completed for a Snapdragon crew. This trip is open to all Redcliffe members who would like to attend....either as a crew member of the Snapdragons (it is a requirement that you be a breast cancer survivor to be a member of this crew) or as a supporter....and in the past they have had supporter races (I would love nothing better than to fill a boat with our own supporters). I travelled with the Pink Snapdragons in 2010....it was the most amazing and inspiring trip and as always we had so much fun. If you are interested in joining us next year please see me at training about adding your name to my list or for any info regarding this regatta or send me an email with your enquiry. For any members interested in travelling as a supporter we would like you to be registered as a supporter of our Snapdragons, at present the cost for that is \$15 per year and I have the necessary registration forms for that.

cheers

Lyn G