



REDCLIFFE RED DRAGON BOAT CLUB

NEWSLETTER

FERNWOOD FUN DAY

On Saturday 7th May, Fernwood Fitness Ladies came to try their hands at Dragon boat paddling. There were 42 who attended, so we took out 3 boats. I usually stay on land and prepare the food (where there is food that is where you will find me!). We were short of paddlers so Eva and myself were strokes in one of the boats with Dougie sweeping and I must say Dougie did a mighty job of encouraging everyone. What they lacked in paddling technique they certainly made up for in enthusiasm.

We poked our nose out into the bay to show them our beautiful playground that they were suitably impressed with. On our way back to the far canal they had a scavenger hunt to complete which consisted of 10 questions to answer. Once the last question was answered it was then a race to the shore to grab one of the three pinwheels located in amongst the rocks and stones. Since each pinwheel had allocated points it was a mad scramble to the shore.

Up on the banks of the lake in the far canal, some of our paddlers had set up our tent and tables laden with lots of fruit and lovely cool water for everyone to enjoy. There were also bowls of lollies on the table, (my complaint of not getting enough lollies fell on deaf ears I might add.)

After a short break, it was back into the boats for some short races to give the gym members a taste of dragon boat racing. A designated paddler had to jump out of the boat once it reached the shore and grab a pinwheel thus determining the winner. The competitiveness of some of our paddlers shone in these races when it came to retrieving the solitary pinwheel. Time got the better of us and we had to head for home with everyone commenting on how they had a great time but would have liked to do more novelty races. All in all, it was a great afternoon thanks to everyone involved and as the old saying goes 'more hands make light work'.





Celebrating a Life and a Birthday

May 15th 2016, Jayney's 59th birthday turned out to be a glorious sunny Sunday. Four Dragon boats paddled out into the Bay to celebrate and let Jayney be in her final resting place.

A lead boat, with Stephen holding proudly onto Jayney's ashes, paddled in flat calm water, blue skies, surrounded by family and friends and the VERY Pink Snapdragons in all their finery. Jayney would be so proud!

Beautiful words were spoken, many tears shed and Jayney slipped into the bay there forever.

The paddle back was so beautiful with the four boats able to paddle "Side by Side" back to our lagoon where a "Flowers on the Water" Ceremony took place. Pink Snapdragons, rose petals and other flowers settled on the water in celebration of the special life of an amazing lady.





Then it was on with the birthday celebrations! Balloons, banners, cake and an amazing spread was enjoyed by everyone. Champagne was shared and the birthday cake cut by Stephen.

What a wonderful send off to an amazing Lady –
We love You Jayney xx

Courtesy of Sarah Firman







3rd V E N I C E 13-14 May 2016

— canoe & dragon boat — Festival

Recently Jill Aplin and I attended the 3rd Venice Dragon Boat Festival and the 42nd Vogalonga in Venice Italy.

The 3rd Venice Dragon Boat Festival involved a parade on Friday 13th May followed by racing on Saturday 14th May. Ten teams from around the world participated in the festival, including teams from Dubai, UK, USA, France, Italy and of course Australia.

On Friday the 13th (if it wasn't for the Spritz I am sure the alarm bells would have sounded) the teams registered for the festival were invited to partake in the 'parade'. This involved a hair-raising introduction to dragon boat paddling on the Grand Canal in Venice during peak hour chaos. The Down Under Dragons are a composite team from around Australia and this was our first time paddling together. Thankfully our sweep kept her wits about her and skillfully navigated us through enormous wakes from speeding water taxis & ferries while managing to avoid actual vessels themselves. All of this while having an exceptionally rowdy crew who were making as much noise as they could. Aussie, Aussie Aussie – Oi, Oi, Oi!



Saturday the 14th saw the Down Under Dragons partake in the regatta, but only in the Social 200m sprint which we won convincingly with the best time of the day. In hindsight most of us wished we had entered into more races as we proved to be quite competitive, however, we saved ourselves for the Vogalonga.



Monday and it was time for this load of Aussies to do a Pub Crawl, Venice style.....OMG who knew paddling could be such fun! We had a blast paddling around the canals, stopping here and there for drinks. Sometimes getting out of the boat and other times having the drinks delivered. If our capacity for drinking and having a good time left any doubt with the locals as to whom we were, we soon let them know. Aussie, Aussie Aussie – Oi, Oi, Oi!





Sunday – Vogalonga day. We made our way up the Grand Canal to the starting point at opposite San Marco and joined the masses. There was all manner of water craft on display and it was a feast for the senses with 1,800 craft and about 4,000 crew creating a riot of colour. The sun was shining and the excitement was building as we waited patiently for the start. At 9am the church bells started ringing followed by the boom of canon fire and the 42nd Vogalonga was underway.



The course was 30km long and involved a run up to and around Burano which is famous for its brightly coloured houses and handmade lace, then down to and through Murano Island which is famous for hand blown glass and finishing in the Grand Canal opposite San Marco. With 1,800 craft on the water the start was quite congested but once out into the lagoon there was more space and we could relax into our paddle. Some of the corners around the islands resulted in spectacular traffic jams with boats and paddles all over the place. These however paled into insignificance as in the final leg of the race involved cramming those 1,800 craft down the very narrow Canale di Canneregio! Still – so much fun!



To honour Jayne Coe, Jill and I wore our Pink Snapdragons uniforms. We had a Flowers on the Water ceremony just off Burano Island and sang the Pink Snapdragons song as we paddled back down the Grand Canal.



Courtesy of Wendy Weeks

SOLOMON ISLAND BIG

Thank
you!



Arthur and I have just spent 9 days at Mavo Ego Lodge, Ramata Island in The Solomon Islands Group. The Island is 4 km long and 500m wide and backs onto the largest fridge lagoon in the world. We were up at 5am every morning and on the water by 6am, the sunrises were just spectacular. We were back in by 11am and a mighty feast was set up for us for lunch. Back on the water by 2pm till 4pm, then straight to the bar to brag about the day's catch. There were 8 of us altogether and we all caught our share of deep sea reef fish. We were fishing in 250 to 300mts of water so I must admit the deckies helped with pulling in my haul. We

caught Solomon Islands version of Snapper, Pearl Perch and a variety of Coral Cod.

The bras that I took over took up one of our suitcases. There would have been over 100, so the local ladies were so excited when they saw them. They were all handed out and put to good use straight away. Whenever the ladies saw us they would lift their shirts and proudly show us their bras giving us a big hug. I told them all where the bras came from and they asked me to thank everyone very much.

On market day ladies from other Islands came to our Island to sell their wares, the grape vine was working well as they asked if they could have some bras next time we come over, so keep 'em coming girls.



Courtesy of Fran Heales

Redcliffe Red Dragons

2016 Presentation

On Saturday, 28th May, 60 members, including partners, gathered at the President's Room at the Dolphins Leagues Club to celebrate the Redcliffe Red Dragons Presentation night for 2015/16.

The presentation night came to life last year when we had an unofficial Awards/Retirement shindig for retiring Head Coach Arthur Heales. The night was a success and as awards had been handed out sporadically in the past, the management committee agreed it was good for club spirit and morale to continue with a few awards annually at a Presentation night, to recognise efforts and encourage members.



After an amazing buffet meal was devoured and enjoyed by all, the Reds awards got under way.

President Cheryl gave her '**Presidents award**' to Lyn Stainlay for her unwavering commitment to the club and her inspiration and mentoring to other members.

Vice President Tina presented the management committee's '**Encouragement award**', to John Braithwaite in appreciation of his value as a club member and his long-term commitment and assistance to the club.

Coach Iciar presented her '**Coaches award**' to Vicki Harding in recognition of her willingness to do anything asked of her, doing so with enthusiasm, positivity and her all round great attitude.

Pinkies Team Manager Lyn had the arduous task of collating and tallying the votes for the '**Paddlers' paddler**' award. This award was presented to outright winner and tirelessly committed club member, Jason Pukallus.

After a bit of a musical break from the amazingly equipped Juke box, the Pinkies awards were next.

President Maureen presented life memberships to the following people in recognition of each of them achieving milestones of between 9 - 11 years commitment and service to the club - Del Martin, Barb Flynn, Sonia Anger, Arthur Heales, Jill Heuving, Marla Harris and Fran Heales. A very deserving and dedicated bunch of Pinkies indeed!



Before the revelers were unleashed onto the dance floor there were more awards to come. Club members Sue, Jane and Karen B, with permission from the management committee, presented their version of awards, officially known as the **'Seriously Silly awards'** for 'Special' club members.

The idea for these awards was conceived when the girls decided there was room for a bit of fun, and to light heartedly present awards to members in recognition of some of their talents or experiences.

Karen announced the awards and the two stooges, oops sorry, I mean, Sue and Jane, assisted with plenty of animation and sincere congratulations to the award winners.

The awards presented were-

The **'Float your Boat'** award went to Donna Stein - in recognition of her copious accessories and how they are factored into the balancing of the boat - awarded a floatation ring.

The **'Puppy'** award went to Sarah Firman - in recognition of her new 'puppies' and was awarded one of Karen's tried but true bra's, because Sarah's puppies deserve nothing but the best.

The **'Strapper'** award went to Lyn Stainlay - in recognition of her tireless work as our first aid officer and official club 'strapper' - awarded some much needed stock - a stethoscope and Cutlass to further assist Lyn in the course of her duties.

The **'Coin in the Slot'** award went to Tom McGrath - in recognition of his ever present 'coin slot' when paddling. Tom was awarded a pair of suspenders, for the sake of everyone who has to sit behind him.



The '**Forget me Not**' award went to John Braithwaite - in recognition of the loss of his beloved bestie, Kia, the Rottweiler, now that we don't race home at the end of training - awarded a rottie plaque to wear so that he can 'never forget'.

The '**Christmas Spirit**' award went to Donna Pascoe - in recognition of her love of all things Christmas and anything 'spirit' - awarded a Christmas bauble from the Bundaberg Rum Distillery.

The '**Retaliation**' award went to Eva Anna-Marie - in recognition of her uncanny ability to attract water from everywhere in the boat. Awarded a water gun - good luck to the next person who splashes this woman!

Sue and Karen surprised Jane with an award, the '**Paparazzi**' award - in recognition of Jane's unofficial status as the club photographer and her amazing selfie skills. Jane was awarded an 'Official Redcliffe Photographer' identification pass.

Well John and Lyn S scooped the pool with two awards each on the night. Well done to all club members who picked up a gong. Everyone else, don't worry there is always next year and word has it all awards are open to bribery!

Finally, the Juke box was cranked up and the wild bunch were unleashed to the dance floor where a good time was had by all. Surprisingly, the unofficial award of the night went to Bob Rapley who won the karaoke competition uncontested! Well done Bob :-). There were a few weary stayers on the dance floor until the lights went out at midnight.

The night was a great success and was obviously enjoyed by all.

A big THANK YOU goes to Michelle Ferriday for her hard work in bringing the Presentation night all together and great decorating prowess on the night. Thanks also to Cheryl who initially kicked off the organising of the event.



Courtesy of Karen Burns

VISIT BY ZAC KELSEY – Exercise Scientist

For those of you who know me, will know that after our trip to Florida for our International IBCP Regatta I came home with a sore shoulder - to the point I almost gave paddling away & took many months off as I had Cortisone Injections both into my bursa and directly into my shoulder (x4), consulted an Orthopedic Surgeon who would not operate due to my age, and not to give me a prosthetic shoulder to keep me paddling.

I was almost at the end of my options when I came across Zac Kelsey at the gym I attend. I have been seeing Zac for some 3-4 months, who is helping me with exercise, to strengthen my shoulder muscles in order to protect my shoulder and also my core strength to protect my hips & back.

We, as a club, have been offered a rare opportunity of a visit from Inspire Health's Exercise/Science Consultant, Zac Kelsey, and Dietician, Taylor Ryan, to give us some pointers on how to protect our shoulders, hips and backs, in order to continue as long as possible with the sport of Dragon Boat Paddling which we all love, along with dietary advice for fueling our bodies.

On 2nd July, the Pink Crew will come in half an hour early to pick up Zac and take him out for him to observe our stroke, then after training at 8.30am Zac & Taylor, give us a short presentation on what they can, for you, as paddler's.

If you are interested, please take a small amount of time out of your day to listen to what Zac & Taylor have to say, and to thank them for getting up so early on a day off.

Courtesy of Donna Stein

Zac's work focus includes:

- Analysis and intervention for movement dysfunction
- Strength programming for amateur and elite level sport
- Cooperative rehabilitation protocols
- Body composition and weight loss

Special Interests

- Musculoskeletal adaptations and compensatory strategies for poor or impaired movement and the role this can play in acute and chronic injury
- Resistance training methodologies for notable quality of life outcomes, including bone density, connective tissue resilience and balance
- High-end strength sports and subsequent physiological demands

Zac's work experience is as follows:-

- 2 year's experience as an exercise science consultant, working collaboratively with chiropractic and physiotherapy practitioners on various joint-specific cases,
- 4 years in the broader fitness industry as a self-employed personal trainer
- 7 years as a school teacher (grade Prep through Grade 10), coaching local, district and state level junior swimmers and touch football players

For further information please check website <http://inspirehealthservices.com.au/>



COACHING CORNER



Please write these dates in your calendar so you are fully aware as to when you will be required if you are wanting to attend any of the seasons regattas. These are all sports regattas and DBQ encourages all clubs to attend.

DATE	VENUE	HOST CLUB
10 July	Tin Can Bay	Cooloola
4 September	Murwillumbah Rowing Club	Mt Warning
18 September	TBA	TBA
2 October	Broadwater - Southport	GC Chinese
30 October	Kawana	Manly
11-12 November	Varsity Lakes	Pan Pacifics Masters
4 December	Varsity Lakes	Burleigh
29 January	Emerald Lakes	Broadwater
12 February	Kawana	BRD
5 March	Kawana	Te Waka
25 -26 March	Kawana	State Titles – DBQ

12th February and 5th March regattas at Kawana will be 500m and 200m distance racing (respectively) in preparation for the States

The 2017 National Championships are being held at Gateway Lakes Wodonga, Victoria 18-24 April 2017 (the week after Easter).

Energy for Sport and Exercise (Pt 2)

Last month we explained Carbohydrate, this month we will explore Protein

Protein

Proteins are made up of chains of smaller chemicals called amino acids which are the building blocks of our muscles. The key role of protein for active people is to repair and rebuild muscle after exercise. Protein can also be used during exercise when carbohydrate reserves are very low. While protein is important for active people, you don't need a lot. Those who need larger amounts of protein include young athletes who are still growing and have a high training load, and athletes training for endurance sports or strength-based sports. The protein needs of most active people can be met by a well-balanced diet.

High quality protein can be found in lean meat, fish, poultry, eggs and dairy foods such as milk, cheese and yoghurt. * 'High quality' means the protein in these foods contains all the essential amino acids our bodies need. Most plant sources of protein such as legumes, cereals, nuts and seeds are considered incomplete proteins because they lack one or more of the essential amino acids.

*Young VR and Borghona A (2000) Journal of Nutrition 130:1841S – 1849S

Want some motivation to improve your health and/or fitness?

VicHealth did a survey of various health apps for smart phones, covering Healthy Eating, Physical Activity and Sport, Mental Wellbeing and other health topics. This link takes you to the Healthy Living Apps Guide: <https://www.vichealth.vic.gov.au/media-and-resources/vichealth-apps/healthy-living-apps>

Courtesy of Kay Roper



FOODIE CORNER

QUINOA, CHICKEN AND FETA SALAD

Serves 4 (Makes 16)

Preparation Time: 25 minutes

Cooking Time: 30 minutes

Ingredients

2 tbs chopped flat leaf parsley
2 tbs chopped mint
1/3 cup lemon juice
1 tbs olive oil
Freshly ground black pepper, to taste
500g skinless chicken tenderloins or thigh fillets
200g quinoa, rinsed, drained
Olive oil spray
1 bunch broccolini or asparagus, cut into 4cm lengths
250g reduced fat feta, crumbled
4 spring onions, thinly sliced
50g baby rocket leaves
1 pomegranate, seeds removed.



Method:

1. Whisk together parsley, mint, lemon juice and oil; season to taste. Pour half of the dressing over the chicken and allow to marinate while cooking quinoa. Reserve remaining dressing for salad.
2. Boil quinoa for 10 – 12 minutes or until just tender but still firm to the bite. Drain and transfer to large bowl. Set aside to cool.
3. Spray chicken and broccolini or asparagus lightly with oil, BBQ or char-grill over high heat until cooked through and tender. Rest for 5 minutes and slice.
4. Add the sliced chicken, broccolini or asparagus, feta, spring onions, rocket and pomegranate seeds to the quinoa and drizzle with reserved dressing. Toss to combine and arrange in a serving platter.

Notes: If preparing this salad ahead of time for a work lunch, omit the rocket and refrigerate, then only toss through at the last minute, to prevent it from wilting.

Nutrients per serve:

Energy (kj) 1943

Protein (g) 52.6

Total Fat (g) 18.1

Saturated Fat (g) 9.6

Carbohydrate (g) 42.3

Dietary Fibre (g) 8.6

Sodium (mg) 775

Calcium (mg) 280

Iron (mg) 2.3

Sugars (g) 10.1

(Article and recipe courtesy of "Powering Active Adults" – produced by Dairy Australia and Sports Dietitians Australia)

Courtesy of Kay Roper

JOKE OF THE MONTH

A man came home from work and found his five children outside, still in their pyjamas playing in the mud, with empty take-away food boxes strewn around the garden.

Walking in the door, he found.....and even bigger mess. The family room was strewn with toys; in the kitchen, dishes filled the sink. He headed up the stairs, stepping over the piles of dirty clothes. As he rushed to the bedroom, he found his wife still curled up in the bed in her pyjamas, reading a novel.

She looked up at him and smiled and asked how his day went. He looked at her bewildered and asked. "What happened here today?" She again smiled and answered, "you know every day when you come home from work and you ask me what in the world I do all day?"
"Yes," was his incredulous reply.

She answered, "well today I didn't do it".

Courtesy of Courier Mail





Birthdays for June

Leanne Speller

Arthur Heales

Gordon McKenzie

Mark Thacker

Lyn Stainlay

Julie Sommerfeld

Birthdays for July

Fran Heales

Sandra Flessner-Wotton

Stephanie Mann

Jodie Fields

Upcoming Events

JUNE

Friday 17th & Saturday 18th

DAA National Regatta – Lake Kawana

Saturday July 25th

Management Meeting – Redcliffe Reds

JULY

Saturday 2nd

Talk by Zac Kelsey (Exercise Scientist)

At compound after training

Saturday 9th & Sunday 10th

TIN CAN BAY regatta

Sunday 17th

Jetty to Jetty (Pinkies might have to do water stations)

Saturday 30th

DBQ Presidents/Coaches Meeting

AUGUST

Saturday 27th

DBQ Presidents/Coaches Meeting