



REDCLIFFE RED DRAGONS DRAGON BOAT RACING CLUB
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BRIDGING NEWSLETTER No. 6

Come & Try Day, Fun Day, Snapdragons' 10th Year
& Barefoot Bowls



COME & TRY DAYS

One of the ways the club recruits new members is by having 'Come and Try' Days. These are in the form of **ADVENTURE WOMEN & ADRENALIN MEN**, and **OLDER & BOLDER**.

'Adventure' is a sport, fitness & recreation activity program introduced by Moreton Bay Regional Council for Adults 18 years and over who reside in the Moreton Bay region. It aims to challenge and provide new opportunities in fitness, sport and recreation for adults and link them with local clubs and organisations.

Participants can experience a variety of sporting and recreation activities in a friendly and supportive environment. Activities are designed for both men and women of all fitness levels and abilities unless otherwise stated.

Older & Bolder is an annual activity program presented by the Moreton Bay Regional Council for residents & ratepayers aged 50 years and over. It is held from September to November each year and gives individuals an opportunity to stay active and healthy and experience and enjoy passive, adventurous and cultural activities.



These events are usually very well attended. The club held an ADVENTURE WOMEN day recently. Redcliffe paddlers are scattered throughout the boat to provide assistance as the novice paddlers are taught the dragon boat stroke.



The club's next Come and Try Day will be an **OLDER & BOLDER DAY** being held on Saturday 19th September.

FUN DAY

In mid- May the club had a FUN DAY for the paddlers. This consisted of a series of fun games on the water. Games such as PINWHEEL RETRIEVAL, MILK RUN, SMALL BOAT RELAYS and TUG-0-WAR.

Two teams participated on the day TEAM RED and TEAM BLUE.



Although the *Pinwheel Retrieval* race felt more like a training run than fun, everyone enjoyed the competition.

Team Blue won the race but Team Red gained points also as they retrieved the special pin wheel leaving the teams tied after Round 1.

The *Small Boat Relay* in Round 2 proved to be a hit with the paddlers as they paddled in pairs in the time trial boats that are appropriately named *PAIN & AGONY*. It proved a challenge not only for the paddlers to manoeuvre the boats but also the sweeps.



RED

Team Red proved too strong despite Team Blue's sweep bending the rules ever so slightly. Therefore at the end of Round 2 Team Red was ahead.



BLUE

The *Milk Run* consisted of teams having to retrieve as many of the 30 half-filled milk containers, 3 rubber duckies and 1 squeaky mouse as they could within a specified time allowed. Each milk container was worth 1 point, each duck worth, 2 points and the mouse, 5 big points.



RED



BLUE

Although Team Red strategy was to collect the items with larger point value Team Blue won as they managed to pick up 21 containers scoring a total of 21. Team Red were only one point behind with 20 after retrieving the three ducks, one mouse and 9 milk containers.

At the end of Round 3, the scores were tied. The winning team on the day would be determined by which team won the final event - *TUG-O-WAR*. It was to be the best of three.

The *TUG-O-WAR* consisted of 8 paddlers from each team in the one boat. Each team had their backs to the other as they paddled against each other. Team Blue proved too strong in this event thereby being declared overall winner for the day.



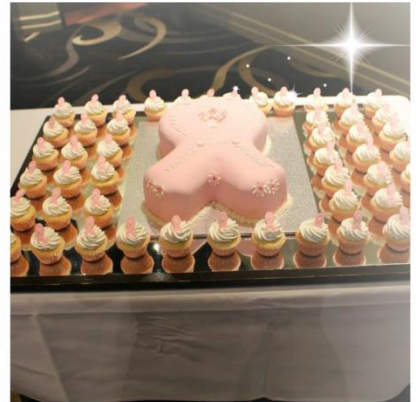
Overall, everyone who participated enjoyed themselves and are looking forward to the next Fun Day.



On May 16th our Pink Snapdragons celebrated their 10 year anniversary. Members expressed how happy and proud they were to see how the Pink Snappies had grown and flourished over the years. The club has made such a difference in the lives of those affected by breast cancer.



Over the past 10 years there have been many friendships made and through this, members have enjoyed the support they most definitely needed, as well as having loads of fun, memories and occasionally tears.



There will certainly be more friendships and memories to be made in the many years to come.



BAREFOOT BOWLS DAY

Congratulations to two of our juniors Brittnee and Courtney who have been fortunate to make the Australian Dragon Boat Team (AURORAS). The team will be participating in the World Championships being held in Welland Canada August 19th -23rd this year.

Being in the AURORAS involves a lot of time and effort on behalf of the paddlers. It can also prove to be expensive travelling to different countries to compete.



To help the girls on their way, the club held a BAREFOOT BOWLS day recently at the KALLANGUR BOWLS CLUB to help raise money towards expenses.



Some members had never played the sport before but seemed to master it quite quickly. There were glimpses of some shining star players (beginner's luck I think) throughout the day.



Everyone who attended enjoyed the experience and I am sure it will not be the last time we have such an event to raise money.

