

REDCLIFFE RED DRAGONS NEWSLETTER





On Friday 11th and Saturday 12th November, saw Redcliffe Red Dragons competing at the Jupiter's Pan Pacific Master Games which were held at the Gold Coast. The event of dragon boating being held at Varsity Lakes consisted of 500m races on Friday and 200m on Saturday.



Due to the lack of paddlers, Redcliffe were only able to field two teams - Senior A (40+) Women and Senior B (50+) Women. There was a total of 24 eager women willing to paddle at the Games.

As a result, two of our male paddlers, Jason and John were not able to paddle with Redcliffe so they teamed up with MANLY RANDOMS to paddle in Senior A and Senior B teams respectively.

There was also a category for Cancer Survivors over the two days. Members from our club, Townsville, Cairns, Sunshine Coast and Tasmania combined to race under the team name of CANCELVIVE. There were 26 paddlers in total.

Although they did not get a top 3 placing either day, the team paddled to the best of their ability considering they had never paddled together before. CANCELVIVE certainly could not be missed due to their multi-coloured fluoro shirts. Everyone commented on how good the colours look on the water.



Our two sports women's teams both made it to the semi-finals but due to the storms competition had to be stopped. It was decided that medals were to be awarded on times recorded in the repechages. Unfortunately, Redcliffe did not make it to the dais.

All paddlers from Redcliffe gave it 110% over the two days of racing. They should be proud of their effort and their performance both on and off the water.

Since most of the Redcliffe paddlers apart from Michelle and Rosemary were paddling in the Senior B Women's teams, paddlers from **NQ PHOENIX DRAGON BOAT CLUB** (Townsville club) who were beside us in the tents, were asked if some of them would cheer us on from the shore when we were out racing.

We were not expecting the fantastic and overwhelming cheer we received as we paddled up to the start line. It was such a special moment for all the paddlers in the boat.



THANK YOU must go out to Dayel (coach of NQ PHOENIX) and her paddlers for providing us with such tremendous support and camaraderie on the day and making us feel special on both days of racing.

It was great to have some-one cheering us on and from the first day of racing we were calling the combination of the two clubs RED PHOENIX.



The theme for the After Party held on Saturday night 12th, was 1980's. As always some of the Redcliffe paddlers got into the spirit of the night and dressed up accordingly. There were some very imaginative outfits to be seen on the night. Everyone enjoyed themselves knowing that they were done competing at the Pan Pacs for another year.

BRING ON PAN PACS 2016



CONGRATULATIONS and WELL DONE



Great work by Jason and John in their medal haul over the two days of racing for **MANLY RANDOMS**



JASON

BRONZE - Senior A Open 20's 500m
Senior A Open 20's 200m

JOHN

GOLD - Senior B Open 20's 200m
SILVER - Senior B Open 20's 500m
BRONZE - Senior A Mixed 500m
Senior A Open 500m
Senior A Open 200m

GREAT BIG THANK YOU

Michelle F for doing a great job in organising the accommodation for everyone who attended the Games. It was in a fantastic location that made it easy for us all to socialise & celebrate, and enjoy the beautiful Gold Coast



COME 'n' TRY

On Saturday 19th November, the club held a **COME n TRY** day. There were 12 newcomers who attended. Two boats were taken out with Cheryl and Bruce sweeping and Iciar and Vicki coaching. Jason and John were following in the safety boat ensuring everyone was okay.



The weather was fine enough for us to poke 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, the paddlers were taught some race starts to let them have a taste dragon boat racing.

Everyone enjoyed being out on the water and commented on how much fun it was especially the short races between the two boats where, as always, everyone's competitive side comes out.

All in all, it was a great morning with plenty of Redcliffe paddlers helping out in the boats and up on the shore setting up some fruit and drinks for the thirsty paddlers. Big thanks to everyone involved and as the old saying goes 'more hands make light work'.





CLUB XMAS PARTY



Due to the bad weather on Saturday 26th November, the club Xmas party which was to be held at Endeavour Park in Scarborough had to be cancelled.

This was a shame as members were looking forward to it after the big success of last year's party. Hopefully next year the weather Gods will look more favourably upon us.

FOOD CORNER

HEALTHY CACAO, COCONUT AND DATE BALLS

A quick, healthy snack that you can make in advance and freeze. Start this recipe a day in advance. Makes around 16.

Ingredients:

12 Medjool dates

1 cup almond meal

½ cup shredded coconut, plus ⅓ cup extra for rolling

⅓ cup coconut oil

⅓ cup cacao powder

1 tablespoon chia seeds



Method:

1. Place dates in a medium bowl and cover with water. Stand for 1 hour. Drain and discard seeds.
2. Process dates, almond meal, shredded coconut, coconut oil, cacao powder and chia seeds until mixture comes together. Transfer to a bowl and stand for 20 minutes for the chia seeds to soften.
3. Place remaining coconut in a shallow dish.
4. Roll level tablespoons of mixture into balls. Roll in coconut to coat.

JOKE OF THE MONTH

The doctor who had been seeing an 80 year old women for most of her life finally retired. At her next checkup, the new doctor told her to bring a list of all her medicines that had been prescribed for her. As the doctor was looking through these, his eyes grew wide as he realised Grandma had a prescription for birth control pills.

'Mrs Smith, do you realise these are BIRTH CONTROL pills?'

'Yes, they help me sleep at night.'

"Mrs Smith, I assure you there is absolutely NOTHING in these that could possibly help you sleep".

The old lady reached out and patted the young Doctor's knee.

'Yes dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 18 year old granddaughter drinks and believe me it definitely helps me sleep at night'.

YOU GOTTA LOVE GRANDMAS





BIRTHDAYS

DECEMBER

Bob Rapley

Bruce Brewster

Loretta Pears

JANUARY

Catherine Brewster

Sue Drinkwater

John Braithwaite

Karen Hitchcock

Paul Hogg

Bradley Harding

Jane Kennedy

Andrea Meade

Laine Davidson

UPCOMING EVENTS

DECEMBER

Wednesday 14th Lolly Run

Sunday 18th Xmas on the Creek
@CURRUMBIN

Wednesday 21st Last day of 2016 training

JANUARY

Saturday 7th Start of 2017 training

Saturday 14th State and National training
(to be confirmed)

Saturday 21st State and National training
(to be confirmed)

Sunday 29th Broadwater Regatta
@ EMERALD LAKES