

November

# REDCLIFFE RED DRAGONS NEWSLETTER





# PINK SOCIAL PADDLE

Our 3rd Pink Social Paddle and Mini Field of Women coincided with Remembrance Day on Sat 11th Nov.



One dragon boat, adorned with poppies, full of pink clad people, including many old members, set off up our home canal. It was a bit choppy to go out into the Bay, so the far canal became our destination for some words of remembrance to remind us we are all conquerors.

A minute silence was also acknowledged.

We then paddled back to base, with a tap drill down the home canal. Our remaining



Pinkies were on the shore as we dropped snapdragons from Jayney's garden onto the water. Our mini field of women was laid out with fond memories of loved ones and Pink angels. Morning tea was shared by all.



*Mini Field of Women*

*Courtesy of Sarah Firman*



# *Come 'n' Try*



On the 18<sup>th</sup> November, we held a Come and Try '**Older and Bolder**' through the Moreton Bay Council. We were lucky enough to have 14 paddlers come and give the sport of dragon boating a try. It couldn't have been a worse day for this to take place.

We kept hoping that the weather would take a break.....but unfortunately it didn't. Kaye took the warm up in the shed hoping for it to clear up, which it did for a little while. So, we took 2 boats out, Kaye coaching on one and myself, assisting on the other boat. All the paddlers had a fun time even though we were all very wet and cold by the end of it.



My friend Julie, from the morning as she Boating as she has for so long. Even Melbourne she didn't conditions and she quite mad going out in raining and cold.

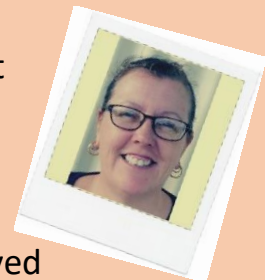


Melbourne, also participated in wanted to experience Dragon heard me talking about it though Julie is from enjoy the cold and wet thought that we were all the boat when it was

It just goes to show, what a great club we have and how committed we are to sharing our experience with all of those who want to give it a go. She did say what a wonderful group of people we all are, and it was fun, but not something she would consider doing herself.



Two of the paddlers, who came to this cold and wet morning session - Helen and Beven Bernardin - have since joined the club and it's great to have them on board. Glad that Helen and Beven saw past the cold and wet and enjoyed the fun of paddling on the water with great people.



*Courtesy of Tina Van Kuyl*



# AUSDBF COACHING COURSE



On the weekend of the 18/19 November 17, Iciar and myself had the opportunity to attend a weekend coaching course held at BRD club house at Colmslie which was run by **Maggie Boyce** from **BRD**. The inclement weather on that weekend didn't bruise the enthusiasm of the attendees.



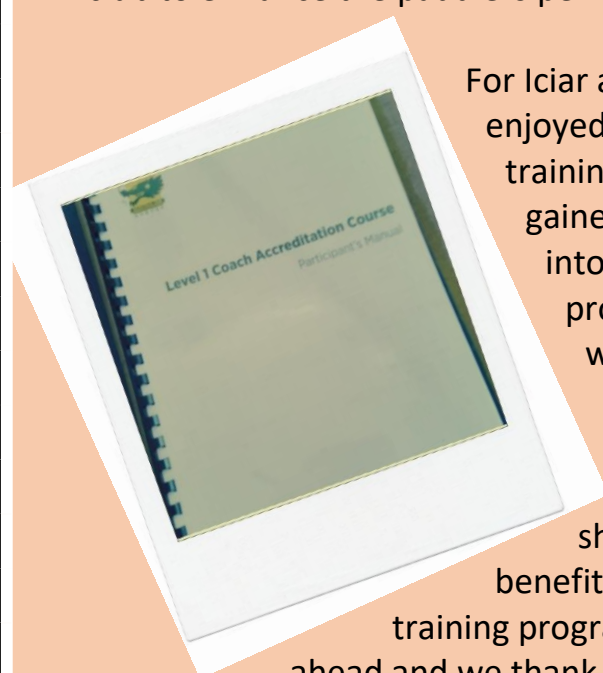
There was a good cross section of clubs represented...North Queensland - **NQ PHOENIX** and **CAIRNS**, Wide Bay region - **HERVEY BAY**, **COOLOOLA**, and the local area – **MANLY**, **MT WARNING**, **TEWAKA** and of course **REDCLIFFE**.

The course re enforced confidence in our training abilities, styles, whilst supporting your coaching skills with theory and practical work sessions Each attendee also gained new skills from each other, to bring back to their club to enhance the paddlers performance.

For Iciar and myself, we enjoyed the two day training program and gained great insight into training programming writing.

Club paddlers should see the benefits for them in the training programming presented in the weeks ahead and we thank you all for the opportunity.

*Courtesy of Linda Riedel*







On 25<sup>th</sup> November, 14 club members attended CPR and FIRST AID training. This was held at our club house and facilitated by **Gayle Guthrie** from **FLUID**

**LEARNING.** Gayle presented the program in a friendly and relaxed manner, and made the program enjoyable and informative. We all had some laughs along the way.

We learned how to respond in an emergency situation, perform CPR on adults, as well as babies, and how to communicate details of the incident.



Some of us stayed on for the first aid course. Again, this was quite a lot of fun as well as being educational. We learned a lot of first aid for a variety of situations and also how to apply bandages and support limbs.

We all came away much more knowledgeable and confident about having to perform CPR or apply first aid. The course is extremely beneficial as we never know when we may have to use our knowledge on our own loved ones and friends, as well as the general public. If we can keep somebody viable until help arrives, we may have saved a life. It's only a few hours out of your own time, but could make the world of difference to somebody else and their families.

**THANK YOU** to Gayle for giving up her time and making the trip out to the compound in order to take the session. It was very much appreciated.

*Courtesy of Deb Watson*



As a major fundraiser, we normally do a BBQ at Scarborough Lights. This year, we were unable to attend as it coincided with a regatta so, it was suggested we look at one of the other venues held by Moreton Bay Council and it was agreed to apply for Pine Rivers Park, Strathpine.



We were only successful in getting a 3 x 3m site and were a bit sceptical about being able to function from such a restricted space. We were pleasantly surprised when we arrived and they were very well organised and directed us to our site, which we were relieved to see was a nice shady spot. We were next to a garden and this allowed us to spread out a little more outside the marquee, which was good for the BBQ, Eskies etc.



We had to be operational from 2.30pm and as quickly as we started cooking, the inquiries started if we were ready to sell yet. We were the only food vendor on our side of the oval and this proved to be very beneficial, as the other operators had

vans etc. on the other side and long queues, so we had to capitalise on this.

We sold **687** sausages, **5kg** cheerios, **250** (approx) cans of soft drink and **90** (approx) bottles of water.



**PROFIT** of the **DAY** **\$1,500** for our club. I think it was well worth it and will be encouraging the club to apply again next year.

I would like to give a **BIG THANK YOU** to everyone who volunteered for all your hard work from start to finish.

*Courtesy of Cheryl Rigby*



# REGATTA NEWS



**Saturday NOVEMBER 12st**

Redcliffe attended the Burleigh regatta held at Varisty Lakes. The usual crew entries of Mixed 20's 2km, Mixed 20's 500m and Women 20's 500 were submitted.

Tent spaced was at a premium, so Redcliffe had to erect their tent away from the major contingent of tents. This was to prove a bit difficult in hearing the speaker system but the members managed.

The first category of races held was the 2km. 18 crews paddled in 3 heats for the distance. Redcliffe paddled in the first heat and managed a 16<sup>th</sup> place overall with a time of **12.33.94**. The winning time was 11.05.91 set by Maroochy 3.

**Kelly Monds** (**NAMBUCCA DRAGONS**) from across the border made the trip up over the weekend to paddle with Redcliffe, after she enjoyed the experience of paddling with Redcliffe at the Grafton regatta at the end of October. Unfortunately, due to a medical issue that occurred after the end of the last 2km heat, the rest of the regatta was cancelled. It was an early finish for everyone.





Our two newest fully accredited Level 3 sweeps are **JASON PUKALLUS** and **PAUL HOGG**. They swept their last race, to achieve their accreditation, at the Grafton Jacaranada Festival Regatta, that was held over the weekend of October 28<sup>th</sup> and October 29<sup>th</sup>.



Our club president Cheryl, presented Jason and Paul with their Level 3 sweeping certificate at one of the club's training sessions.



Great achievement by the boys! 😊





## **DECEMBER**

*Nerida Howell*

*Bob Rapley*

*Bruce Brewster*

*Debbie Kemish*

*Linda Bachmann*

## **JANUARY**

*Sue Drinkwater*

*Karen Hitchcock*

*Paul Hogg*

*Jane Kennedy*

*Andrea Meade*

*Erlinda May*



# **UPCOMING EVENTS**

## **DECEMBER**

*Saturday 23<sup>rd</sup> - Friday 5<sup>th</sup> January*

## **NO TRAINING**

*Sunday 31<sup>st</sup>* New Year's Eve Party  
@ Tina and Rob's

## **JANUARY**

*Saturday 6<sup>th</sup>* Training resumes

*Sunday 28<sup>th</sup>* BROADWATER  
regatta@ Emerald Lakes

## **FEBRUARY**

*Saturday 17<sup>th</sup> & Sunday 18<sup>th</sup>*

## **STATE CHAMPIONSHIPS**

@ KAWANA WATERS

## **MARCH**

*Saturday 3<sup>rd</sup> – Thursday 8<sup>th</sup>*

## **NATIONAL CHAMPIONSHIPS**

@ KAWANA WATERS