

S E P T E M B E R

RECLIFFE RED DRAGON BOAT CLUB

Mt Warning Regatta

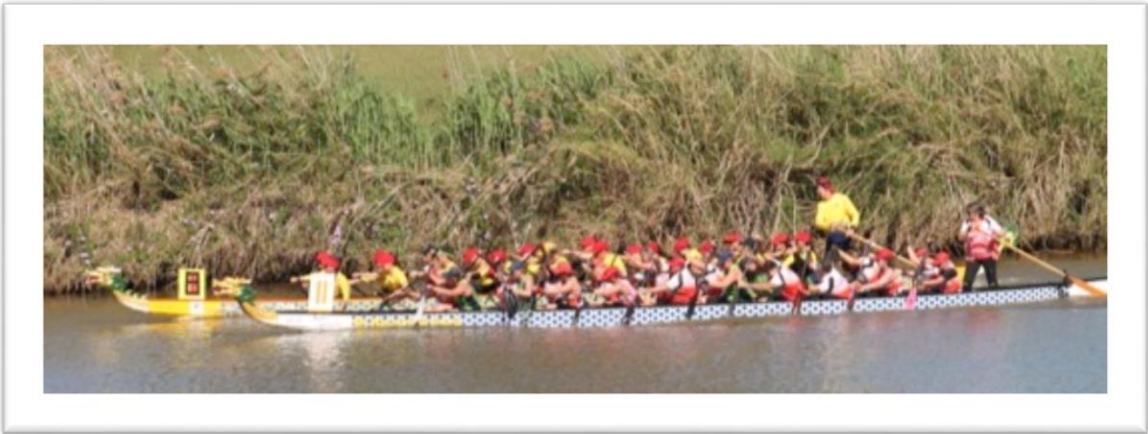
On the weekend of 3rd and 4th September Redcliffe was joined with 7 Mackay Stingers paddlers and attended Mt Warning Regatta held on the Murwillumbah River. On the Saturday there were long distance races 7km for 10's boat and 10km for 20's boat. 21 (17 Redcliffe paddlers and 4 Mackay paddlers) participated in the 10km race. We paddled under the name of Red Stingers. 8 teams competed in 10km race, Redcliffe were third off start line, we held 2nd place till last 1.5km when we could hear Maroochy Sea Serpents. We held our own and made Maroochy work hard, with a great battle between the paddlers and the sweeps! Only towards the end of the finish line did Maroochy get ahead of Red Stingers and pip us at the post. Overall results were Redcliffe third, Maroochy second, Tewaka first.

On the Sunday the 200m sprints were held. Redcliffe had 17 paddlers along with the 7 Mackay Stingers in the crew. Redcliffe entered into the Women 20's and Mixed 20's crew while our 4 men teamed up with TeWaka to paddle in the Open 10's boat. In the Women's category there were only 5 teams competing. Redcliffe managed 2 1st and 1 2nd all the time only winning or losing by a very small margin (.66, .25 and .18sec)

We claimed victory with a time of 1.00.47 with Maroochy hot on our tails with 1.00.53 (.00.06) followed closely behind by Burleigh 1.01.22 and Tweed with 1.01.34. There was only a difference of .00.87sec between first and fourth. Very close racing indeed. The Mixed 20's was contested by 7 teams. Red Stingers came 3rd 6th and 6th in their three heats. Again it was close racing between the teams with only a difference of 4.46 secs in the first heat, 5.7sec in the second and 6.78sec in third heat. Unfortunately, Red Stingers did not make it to the finals.

Our four men paddlers paddled with Te Waka in the Open's 10's. They managed to achieve a 3rd 2nd and 4th place in their heats but that was not good enough to make it through to the finals. The racing on both days proved very exciting and entertaining for all the spectators as well as the paddlers involved







COFFS COAST REGATTA

Our next regatta attended was that of our sister club's Coffs Coast which is situated across the border in NSW at Mylestom. A great excuse for a 6 hour bus ride to bond as a team and have a great time along the way. 24 club paddlers along with 2 paddlers from Lakers participated in the two days of racing. Saturday was a 3km race around Tucker's Island and Sunday consisted of 200m races in Women 20's, Mixed 20's and Open 10's category. Due to our lack of men it was arranged to have paddlers from other clubs paddle with us.

Thanks to the Grafton, Manning and Lakers Club we were able to field an Open 10's all male crew except for the drummer and sweep who were females. Again it was close racing

The Open's was the first race for the day. There were 6 teams contesting this division. Redcliffe came second and third in their heats missing first place .00.31sec and 3.16sec respectively

The mens made the finals and were only .84sec behind first place. When the trophies were being awarded they mistakenly gave third place to Flamin' Dragons. We were a bit confused as we thought that our men had made third position. Thankfully one of the Grafton members double checked the results and we were awarded our third place trophy.

In the Women's category, there were 9 teams contesting. Redcliffe placed 2nd in their heats (.74 sec and .67sec behind the winning boats in each heat) The women's crew made it into the finals and were up against three other teams. We were only 0.43sec off the pace and managed a third place in a time of 48.58 sec. There was only 0.67sec difference between first and fourth place.

12 teams contested the Mixed division. Redcliffe managed 2nd in our heats and made the finals where we missed third place by only 0.19sec. We were only 0.57secs off the winning time.

So as I said before you can see from the results that both days were filled with very close racing which made it very entertaining and enjoyable not only for the paddlers but for the spectators as well.



ST GEORGE – MAY DAY LONG WEEKEND



The club's most recent regatta was at the St George Multicultural Festival that was held over the May day long weekend starting on the Friday with the Opening ceremony to the Festival. 14 club paddlers attended the festival along with some of the paddlers' partners.

After participating in the festival activities the two days before – wine tasting at the local winery on the Friday and the Colour Run along the Balonne River on the Saturday morning, street parade in the afternoon and activities in the park, the paddlers were all ready for some racing on the river. We were glad to hear that the racing was going to go ahead as plan as there was a bit of uncertainty leading up to the festival as to whether this would be the case due to the flow of the river.

Overall there were 8 teams competing on the day 6 of these were community clubs. It was lucky there were so many teams on the day as some of the teams entered had pulled out. Redcliffe had two teams entered, our mixed team and a men's team which consisted of our 2 seasoned paddlers, 5 partners of some of our paddlers and five from the community team. The local club of St George River Dragons and Redcliffe were the only recognised clubs on the day.

The teams were made up of 12 paddlers a sweep and a drummer. After checking out one of the 2 boats that were going to be use the day before in the street parade we were all a bit nervous and anxious when it came to paddling. All fears were allayed once we were in the boat. Apart from the gunwhale being made of metal, a bit higher than normal and having nowhere to place your feet, the boats were fine as we were assured that the bungs had been put in and no water would get in.

A visitor to St George (Jane) was on the river bank waiting for the Dragon Boat event to start. She was near one team of entrants, named "Freedom". They were a bunch of gym-trained, muscular young men.

Redcliffe were asked by St George to do a demonstration of Dragon boat paddling, to show the community teams what they were going to be doing. Upon seeing the our team come down to the boats, Jane overheard one of the Freedom men say to his mates: "well look at the age of those old ladies, this race will be a breeze" (or words to that effect). The team were all jovial, laughing and looking forward to the race.

We paddled out into the River Balonne and showed everyone how to paddle in a Dragon boat, 100 metres up river and 100 metres down river. All in time, at speed and with good technique. As we were coming down river, Jane overheard the conversation of one of the Freedom men (no longer jovial) with words to the effect: "OMG! We're F.....d!".



Jane had great delight in telling us this story when we were sitting relaxing in the Caravan Park later that day.

The days racing results were as follows:

Redcliffe 1 our mixed crew came first in both of our heats against St George 1.07.25 and 59.81 respectively. Redcliffe 2 our mens crew came first and second in their heats. At the end of the day the organisers decided that the finals race was to be the top two crews on the day and this just happened to be our mens crew and FREEDOM.

Now in the first heat we actually had a loan of 5 of the men from FREEDOM team in order to make a full time and vice versa in that 3 of our men paddled with FREEDOM in their first heat. Jason and Doug were up as strokes and everyone in our team were instructing these first time paddlers how to paddle and the importance of being in time.

Little did we know that that was going to come back and bite us in the proverbial.

Since Redcliffe and FREEDOM were racing against each other we could no longer rely on each other to make up the numbers. FREEDOM had 3 men from one of the other community teams and Redcliffe went with 5 of our women to make up the 12 needed for the race.

In the finals race between Redcliffe and FREEDOM, Lyn our drummer did what she had been doing all day and that was going for the underdog even though she was our drummer. She handed Barbie that role and decided to help out the men in the FREEDOM team

The members of FREEDOM were determined not to let us win so they were eyeing us off at the start line. From the moment the starter said go all we could hear in the FREEDOM boat beside us was 1, 2, 1, 2, the entire way. This was of course helping them keep in time. It was neck and neck right to the finish line where it was difficult to tell who had won. When the results were read out the FREEDOM boys were absolutely over the moon to discover that they had beat us to the line. It was only by a very small margin - .54secs.

We must have been good teachers and they must have been very good students as they did as they were told and took everything in that was said to them about paddling. It all paid off at the end of the day as they came first across the line. It couldn't have happened to a nicer bunch of guys who started the day being a bit standoffish to being part of the high fives and helping with the unloading of the boats. They were very appreciative of our help and the day and we of theirs.



FERNWOOD FITNESS FUN DAY

On Saturday 25th September, the club had another FUN DAY. This time gym members from Fernwood Fitness Rothwell came to try their hand at Dragon boat paddling. There were 16 who attended, so we took out 2 boats. Doug and Cheryl swept the boats while Vicki and Iciar were coaches on the two boats. As usual, some of our members stayed on land to prepare the food and refreshments for the paddlers when they came into shore. What the new paddlers 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 were shown race start techniques in order for them to be ready for the fun games ahead. The first of the games was a race to the shore to grab one of the two pinwheels located in amongst the rocks and stones. Since each pinwheel had allocated points it was a mad scramble to the shore. 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

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.

After a short break, it was back into the boats for some backward races. These were started from the shore and headed to a buoy situated a short distance out. It was a good test for the sweeps and the paddlers having to paddle backwards and then go forwards. The next race included retrieving a number of plastic balls and numbered rubber ducks with netted scoops. The winner was determined by who had collected the most in points. There was some clever maneuvering by our two sweeps in order to position their respective boats so the paddlers could catch the most in the scoops.

Lots of fun and laughter was had during this and paddlers made sure not to rock the boat while retrieving the balls and ducks. It was then decided to head back home. On the way back, the two boats engaged in some short races, each one wanting to outdo the other. The competitiveness of some of the gym members and club members was obvious throughout these races. Once back on shore, everyone commented on how much fun they had. All in all, it was a great afternoon thanks to everyone involved and as the old saying goes 'more hands make light work'.



JOKE OF THE MONTH

An elf, exhausted and famished and down on his lunch, came to a roadside inn with a sign reading “George and the Dragon”

He knocked and the inn keeper’s wife stuck her head out of the window.

“Could ye spare some victuals?” asked the elf. The woman glances at his shabby dirty clothes.

“NO!” she shouted. “Could I have a pint of ale” “NO!” The elf then said “might I please.....?”

“What Now?” the woman screeched, not allowing him to finish.

“D’ve suppose”, he asked, “that I might have word with George?”

COACH’S CORNER



CLUB FITNESS TESTING

The second round of Fitness testing for the paddlers who have expressed interest in paddling at the 2017 State and National Championships, is being conducted at the compound on **Saturday 10th December**.

A sign on schedule has been made available at training for paddlers to indicate their time preference.

The remaining fitness testing date is scheduled for:

Sunday 26th February

REMINDER

*If paddlers are not able to attend on set fitness dates they are to make alternative arrangements to have their testing done.



BIRTHDAYS

OCTOBER

Eva Anna-Marie
Karen Burns
Zharlea Lutherborow

NOVEMBER

Gillian Robinson
Tina Van Kuyl
Donna Pascoe

DECEMBER

Bob Rapley
Bruce Brewster
Loretta Pears

CINNAMON SUGAR BISCUITS

Ingredients

120g butter
1/2 cup (80g) pure icing sugar
1 teaspoon vanilla bean paste
1/2 teaspoon ground cinnamon
2 egg yolks
1 cup (150g) plain flour
1 cup (150g) self-raising flour
1 tablespoon caster sugar
1/2 teaspoon ground cinnamon, extra



Method

Step 1 Preheat oven to 180°C. Line 2 oven trays with baking paper.

Step 2 Use an electric mixer to beat the butter, icing sugar, vanilla bean paste and cinnamon until pale and creamy. Add the egg yolks and beat until well combined. Add the combined flours and stir to combine. Turn onto a lightly floured surface and gently knead until smooth.

Step 3 Divide dough into 2 portions. Roll 1 portion of dough out on a lightly floured surface to a 3mm-thick disc. Use a variety of 3-10cm diameter star-shaped pastry cutters to cut star shapes from disc, rerolling any excess dough. Place on the line tray. Repeat with remaining dough portion.

Step 4 Combine the caster sugar and cinnamon in a small bowl. Sprinkle sugar evenly over each biscuit. Bake in preheated oven for 10-12 minutes or until lightly golden. Set aside on trays to cool completely.

UPCOMING EVENTS:

**Burleigh Fire Dragons
Regatta @ Varsity Lakes**
Sunday 4th December

**Club Fitness Testing
Round 2**
Saturday 10th December

Blessing of the Boat
Sunday 11th December

**Scarborough Christmas
Carols**
Sunday 11th December

Lolly Run
Wednesday 14th December