



September Edition

# Redcliffe Red Dragons Newsletter



## VISITORS

At the beginning of the month, two trainee coaches

**JENNY SHAPLAND** and **JANICE REUTER** from **COOLOOLA DRAGON BOAT CLUB** paid us a visit as part of their Level 1 accreditation. Jenny and Janice were taken out for a normal training session with the club and then in the last 15 mins of the session, they took turns in taking the paddlers through a technique session.

The paddlers made the ladies feel at home and comfortable when delivering their session. Jenny and Janice were very much appreciative of the opportunity to conduct their session in order to complete their assessment.

They were wished the best of luck in attaining their goal and were welcomed back in the future for another paddle with the club.





Sunday 3rd  
September 2017



Father's day in September saw Redcliffe paddlers team up with paddlers from **Burleigh, Illawara, 1770** and **Cooloola** to compete in the 17km Maroochy River Challenge.

It is opened for all styles of water craft and there were 116 entries in the different classifications. In the dragon boat section there were two entries –

**REDCLIFFE RED DRAGONS** and **JADE DRAGONS**.

Redcliffe had 17 paddlers whereas JADE paddle with 9 (one of those being a very young paddler) in 10's boat.



The race is on the Maroochy River starting upstream at the **Dunethin Rock Scout Camp** and travelling downstream with the out-going tide to finish 17 Km later in Eudlo Creek at the **Sunshine Coast Paddlesports Club**. Our sweep on the day was Del Martin who brought us home all safe and sound while encouraging us along the way.

In order to give paddlers an idea of how far they had paddled and how much further to the finish, certain landmarks - Lift Bridge, abandoned cane fields, 2 mangrove islands, David Low Way Bridge and Bradman Avenue Bridge - were brought to their attention. This was done by having laminated information sheets stationed at each seat. The finish was marked by an orange fluoro buoy in the water & a Maroochy SLSC banner on the beach in front of the Sunshine Coast Paddlesports Club .



**Redcliffe Red Dragons**

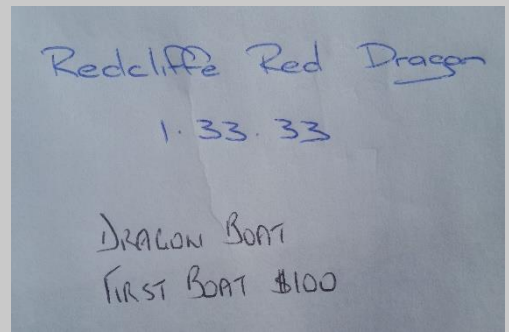


**Jade Dragons**

Once the crew saw the last bridge to cross under ahead, they decided to pick up the power and bring it home as there was only 300m to the finish. **Redcliffe** crossed the finish line in a time of 1:33:33 with **Jade Dragons** not that far behind - 1.42.27



Everyone enjoyed the experience and were proud of their achievement which resulted in first prize money of \$100.



# THANK YOU

## JASON and CHERYL

- bringing the club's dragon boat on the trailer in order for us to have a boat to paddle in.

## SIMON

- ferrying those paddlers who had parked their cars at the start line.

**SILVIE, SHANE, SANDRA** (Cooloola), **PAUL** , **SUE** (Illawara), **KATHY** (1770) and **EDEL** (Burleigh)

- joining us to make a crew in order to paddle in the event.

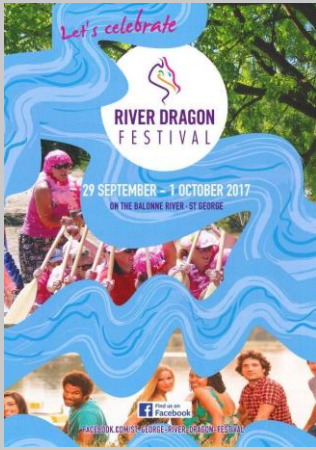
## SUNSHINE COAST PADDLESPORTS CLUB

## MARCOOLA SURF LIFESAVING CLUB

- organising a great event



Without the help and co-operation by everyone on the day it would not have been such an enjoyable and successful event.



On the long weekend of 29 September to 2 October, the Red Dragons travelled to St George for their annual River Dragon Festival. St George is about 550km south west of Redcliffe and is on the Balonne River. Each year, as part of the festival, the local dragon boat team, *St George River Dragons* host a Dragon Boat Regatta to encourage community groups to put in a dragon boat team and compete for prizes. This would be the second year that Redcliffe has participated in the festival, enjoying the community spirit and the many other activities which are part of the Festival.

We travelled up on Friday, and on Friday night we went to the **Riversands Winery**

<https://www.riversandswines.com/> for the

official opening of the Festival, an art exhibition

and an Indigenous welcome to country with

Indigenous music and dance display. The winery

provided tastings of their wines with light refreshments. A talented musician, *Michelle Plozza*, provided an evening of songs which had people up dancing (nothing to do with the great wines!!)



On Saturday morning most of the Redcliffe team participated in the 2.7km colour run. We were provided with white t-shirts and were bombarded by water and coloured paint powder as we ran/walked. The run was co-ordinated by the local Care Balonne team and raised awareness of child abuse. Some of the local police and community members happily threw paint at all the runners, some of whom became living works of art!!

The next event was the Street Parade, with a Chinese Dragon leading the parade. The parade showcased some of the local businesses as well as a "Classic Car" display. After the parade, *ABBA LIVE* played a free concert in the amphitheatre located next to the Balonne River. The entertainment was fantastic.





To top off a great day, most of the Red Dragons attended the Long Table Dinner, with guest chef **Matt Golinski**. The table was set out in the street, and was hosted by the **DeliCate Café** [www.facebook.com/DeliCate-Gourmet-Foods](http://www.facebook.com/DeliCate-Gourmet-Foods). The meal was fabulous, but by this time the weather was changing from a balmy day to a very cool evening. That night it started to rain heavily, fortunately after the dinner, and the rain set in for the rest of the weekend.

Sunday morning was going to be the local Dragon Country markets and the Dragon Boat Regatta. Redcliffe arrived in their finery – red tutus, red wigs and other items of glamour, but due to the rain no other teams turned up. We went out in the St George boats for a short paddle on the Balonne with two locals who arrived, and were able to have a short race (mainly to try to warm up!), thanks to the St George River Dragons who provided a sweep for one boat. A very damp group of paddlers then headed back to their accommodation to shower and thaw out.



As the day's activities were cancelled, we headed to a local hotel for lunch, then celebrated the birthday of Simon, Iciar's husband. That night was football finals night, so we went to the **St George Hotel** to watch the game and enjoy a fabulous \$5 dinner.

On Monday we headed home, with very different driving conditions from Friday – constant rain the whole way. While it was disappointing not to have the Dragon Boat Regatta, the organisers of the Festival were great hosts and the events we attended were well worth the visit.

Thank you to the **Care Balonne** team for the great welcome we received and the wonderful activities. We all had a great time, and look forward to participating again next year.

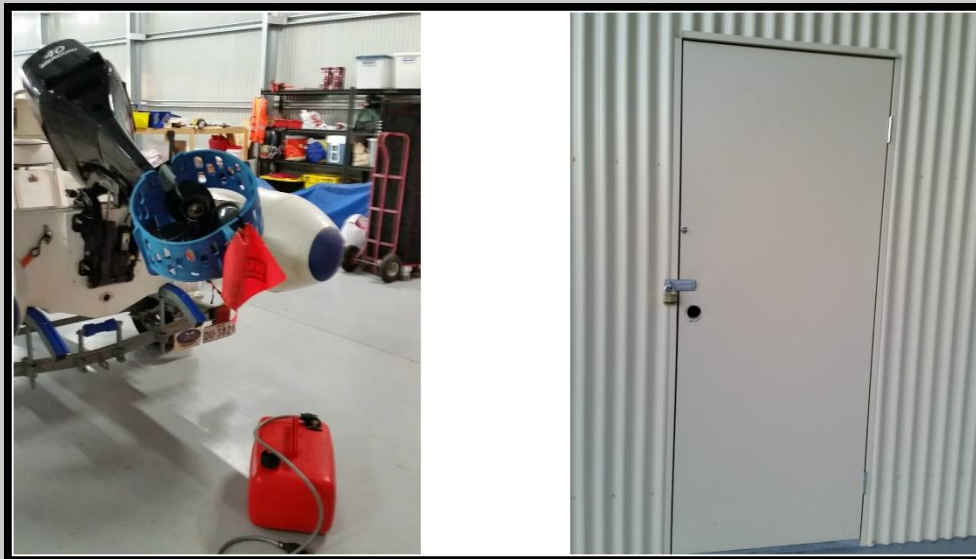
*Courtesy of Kay Roper*

# OTHER NEWS

- **BREAK IN** It is sad to report that early in the month there was another break in at the shed and this time there was an attempt to steal the outboard motor off the back of the safety boat.

'I received a phone call from Jill, the lady that cleans the amenities, saying that someone told her they thought they saw someone breaking into our shed and they both thought they could hear some noises still inside so didn't want to enter or look inside. She told me she would wait outside if I could phone the Police and ask them to come and check it out. I phoned Lyn Stainlay to see if she could go to the Police Station as I kept getting the recorded messages when I phoned.

Lyn said she would go straight to the Compound so that Jill, the cleaner, could leave and she would ask Sara to go to the Police Station and let them know what had happened. The Police arrived and, with their guns drawn, they entered the shed. The shed was empty, so they wrote their report and left.



I phoned Doug and asked if he could please go and put something on the PA door to lock it as the handle lock had to be removed for the Police to enter.

When Doug arrived, and entered the Shed he noticed there were a couple of bolts on the ground behind the motor of the safety boat and the third one half undone. Luckily the intruders were disturbed and didn't get a chance to fully remove it. Doug put a hasp and staple on the door to seal it until it could be repaired properly by Moreton Bay Council.'

*Courtesy of Cheryl Rigby*

## • COME 'n' TRY

At the end of the month saw first of our Moreton Bay Council 'Older and Bolder' events. Two boats were taken out to accommodate the 15 interested paddlers, with Rita and Doug as sweeps and Kay and Iciar as coaches on the boats. Thanks to all those members who helped out in any way, be it paddling in the boats or providing the food and refreshments at the end of the session.



## • REGATTA



End of the month, 20 Redcliffe paddlers attend the Manly regatta where we entered teams in 2km, Mixed 20's Women 10's categories. 6 of our men and 3 female paddlers joined with LAKERS to paddle in a Open 20's crew. The team was successful in achieving 3<sup>rd</sup> position behind Maroochy Sea Serpents and Sunshine Coast.

Although Redcliffe were not successful in any of the entered categories, Kay Roper was successful on the day winning one of the raffle prizes.



# INTERESTING FACTS

## Food and Appetite (Courtesy of Monash University) (Part 2)

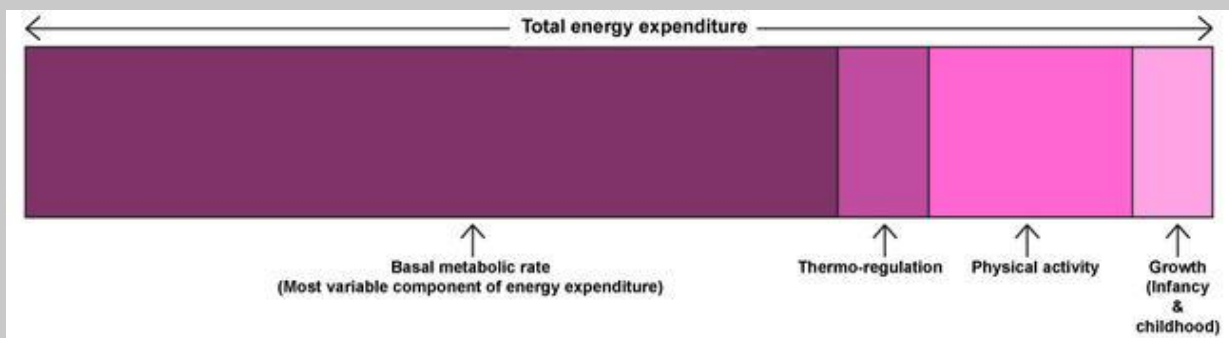
Understanding how food works in the body in relation to appetite, satiety and energy expenditure can be a useful mechanism to harness when thinking about using 'Food as Medicine' in the context of weight loss and health

### Components of Energy Expenditure

Energy expenditure is how much energy you use up. It is composed of **three** major components:

- **Resting Metabolic Rate** (energy needed for body functioning) contributes 60% to 70% of your total Energy Expenditure.
- **Physical Activity** (energy for body movement) can be quite variable but often makes up 20% to 30% of your total Energy Expenditure.
- **Thermic Effect of Food** (energy required to digest meals) uses up around 10% of energy expenditure.

Additional energy is also required for growth. The rate of growth is the highest during infancy, then by early childhood growth velocity slows right down until a marked growth spurt occurs during adolescence. This again leads to higher energy needs, but by 20 years of age the additional energy needed for growth has dropped to zero so any excess energy that is not expended in activity will be stored as body fat.



Courtesy of Kay Roper



# BIRTHDAY WISHES

## OCTOBER

*Karen Burns*

*Sandra Wight*

*Eva Anna-Marie*

*Carol Woodhouse*

## NOVEMBER

*Gillian Robinson*

*Tina Van Kuyl*

*Donna Pascoe*

## DECEMBER

*Bob Rapley*

*Nerida Howell*

*Linda Bachmann*

*Bruce Brewster*

***Debbie Kemish***

# UPCOMING EVENTS

## NOVEMBER

***Saturday 11<sup>th</sup>***

Pinks Social paddle

***Sunday 12<sup>th</sup>***

REGATTA - Burleigh @ Varisty Lakes

***Saturday 18<sup>th</sup>***

Council Come 'n' Try

***Sunday 26<sup>th</sup>***

Stall at Pine Rivers Xmas Carols

## DECEMBER

***Saturday 2<sup>nd</sup>***

Club Xmas party @ The Paddlers' Den

***Saturday 9<sup>th</sup>***

**Snapdragons** General Meeting @ The Paddlers' Den 10a.m.

***Sunday 10<sup>th</sup>***

REGATTA – Tewaka @ Kawana Waters

***Saturday 16<sup>th</sup>***

**Reds** General Meeting

@ The Paddlers' Den 10 a.m.