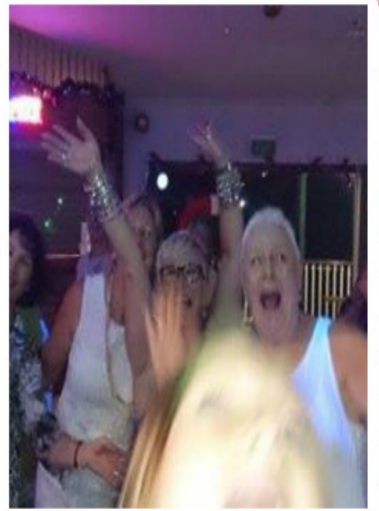
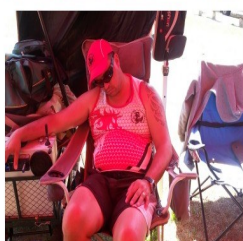


Redcliffe
Red Dragons
Dragon Boat Club
Newsletter
Xmas Edition
2013







President



Andrea

Fundraising
Trainee Sweep

Secretary



Sue

Treasurer



Loretta

Team Manager



Lyn

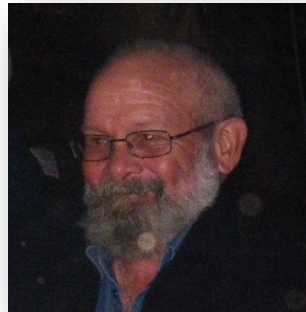
Web Co-ordinator
Assistant Coach

Head Coach



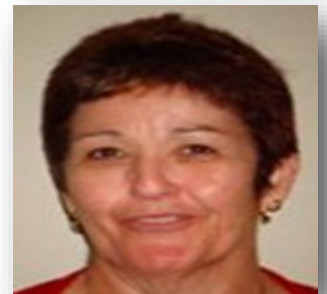
Cheryl

Head Sweep
Uniform Co-ordinator



Arthur

Accredited Sweep



Iciar (Shar)

Accredited Sweep



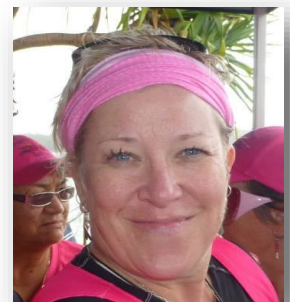
Del

Equipment Co-ordinator
Accredited Sweep



Marla

Accredited Sweep



Donna

Brads Lackie



Brad



Lawrence

Trainee Sweep



Shaun/"The Captain"

Danni
Trainee
Sweep
Photo to
come



Kaye



Hi everyone,

It has been some months since I have been able to put out a club newsletter—so what I would like to do is give you a bit of a run down of as many of the activities and events that the Red Dragons have participated in.

We have raced, raised money, had fun, worked hard and have grown in numbers and strength. We have laughed and cried but the best thing is “We are still the best dam Dragon Boat Club Ever”!!

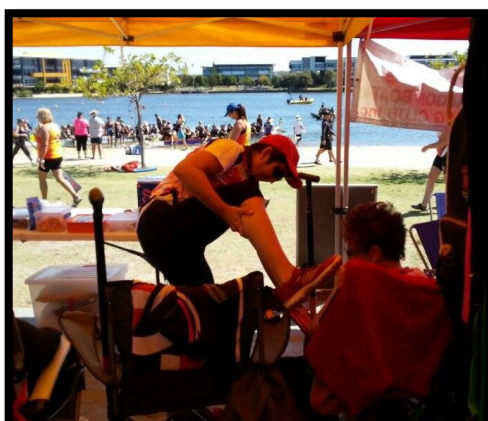
For all our new and wonderful club members, I hope you are enjoying the sport and companionship.

I also hope that most if not all our new members have been able to attend a regatta as we have just attended the last regatta for this year.

So....I hope I cover off on all of the activities and club events. As always, if anyone would like to contribute an article, or photos please do not hesitate to contact me on kmbelieve62@gmail.com.

Cheers everyone, I hope you all have a magical Xmas and stay safe and well.

Kaye





Hi All,

On Sunday 24th November thanks to Paul Brezac we were able to run the BBQ at Bracken Ridge for the Lions Club Train Day. A Big Thank You to Rod from McDonald's at

Bracken Ridge for supplying the sausages, onions & bread & the Lions Club for providing everything else we needed. We had a lot of helpers on the day and were even shouted a free train ride at the end of the day. As you can see from the photos we had a ball. We raised \$1,370.20. So please support McDonald's at Bracken Ridge if you ever out that way.

Saturday 30th November we had our Christmas Party at Peninsula Power Soccer Club and had a whopping 67 people attend. I had a great night and I hope most or all of you did as well, We know that it was a bit hard for the Caterer's with the wind outside but I think they did a great job with the conditions.

Saturday 7th December we held the BBQ at Scarborough Lights. I went off sales of goods sold last year but we weren't told they were bringing in a 3rd food vendor and also spreading out the festival. Last year it was a bit more compact. We have made approx. \$1,502.12. We still have the Raffle which we have decided to take to the Markets for the Pinks and the Reds Bunning's BBQ where it will be drawn,. So far we have raised \$243.00 from it and it will be split 50/50. The BBQ will be approx. split \$385.75 to the Reds and \$751.05 to the Pinks. We sold approx. 650 - 700 sausages, 330 Chicken Kebabs & 5kg of Cheerios. The difference in the split is due to left over stock of sausages, onions & drinks (\$365.32) and the Reds paying for it as we will be using it at the Bunning's BBQ on Saturday 21st December.

When you look at what we made compared to the Lions Club BBQ & what we make at Bunning's BBQ's we need to think and decide if it is worthwhile doing this event next year. Please let me know your opinion.

Please keep Saturday 21st December free as we will have finished training for the year and it would be great if everyone could give an hour or two to help at a Bunnings BBQ at the Rothwell store. This could be a big day as it is so close to Christmas and a Saturday. I will also need people to help with taking meat, onions, bread & drinks on the day as I only finish work on the Friday and won't be able to manage it all.

SUNDAY 26th January - PLEASE READ & REPLY - Council have asked if we are interested in doing a Market Stall or something at the Fish, Fun & Aussie Sun Festival at Suttons Beach in Margate on Sunday 26th January from 8am to 7pm. Keep in mind it is the Long Weekend. If we can get enough helpers I was thinking of doing a raffle, Pinks Selling Merchandise & Recruitment & Awareness, similar to the Kite Festival.

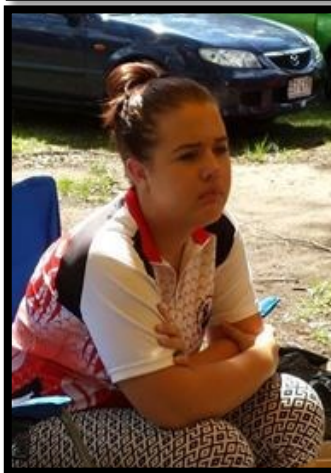
Come to Moreton Bay on Australia Day Fish, Fun & Aussie Sun is a key Australia Day event in the Moreton Bay region featuring free activities, rides, delicious food, delightful market stalls and lots of interactive entertainment.

Please let me know asap if you can help on this day & what you think we could do so I can book our spot with Council.

Lastly, Brad is organising a Funny Money Night for the Florida Fundraising Group with 20% percent of the Profit going to the Reds. It is on **Saturday 1st February** at Hercules Road State School, Kippa Ring. It will be Australia Day Theme. Tickets are \$20.00ea for \$100.00 of Funny Money to get you started and Supper. Mid Strength Beer, Wine & Soft Drinks will be available to purchase on the night. This will be a fun night out for 18+ only so please ask your friends & family to come along and have a great night out. It will run from 6pm - 10pm. Tickets available from Brad.

Thank You all for your support during the year. I really appreciate it and it makes my job so much easier. I wish you all a Merry Christmas and all the best for a great New Year.

From Cheryl xox
Fundraising Co-Ordinator



Having family fun at the Bracken Ridge Train Park



from the Team Manager's desk

It's unbelievable, how can it be this time of the year again....we must be having too much fun for the time to be flying by so quickly.

I hope all of the new members who have joined us during the first half of this season are enjoying their paddling and the friendship/family atmosphere that our club so prides itself on. Hopefully you are enjoying it so much that in the New Year you may wish to respond to one of my Expressions of Interest to attend one of our many regattas. I'm sure you'll find the day as exciting and addictive as the rest of us.

Thank you to those who have attended this season's regattas to date, it's a joy to have paddlers so willing and ready to participate.

I would like to wish everyone and their families a festive and safe Christmas, enjoy the short break our head coach will bestow upon you...you deserve it after all the hard work at training, the early Saturday mornings and the early starts at regattas.

I look forward to seeing you all in the New Year ready for the countdown towards States and Nationals.

cheers

Lyn G



Hi All

This Saturdays training will be the last Saturday for 2013. So we are going to change the format a little. The order of the day will be:

Training ALL PADDLERS 6.30am to 7.00am Technique only. There will be no SOCIAL BOAT

7.00am to 9.00am Other Activities (FUN) to be announced on the day. Those wanting to do fitness assessments can do so and return to the (FUN) activities.

9.00am to 9.30am Washing Boats and returning to the compound.

9.30am to 10.30am BBQ breakfast at the compound.

I will need volunteers to help with the FUN activities

Also anyone who can help with the BBQ breakfast please e-mail Cheryl Rigby on clw461@gmail.com

See y'all Saturday

Arthur

Best Christmas Cake

1 cup sugar

1 cup butter

4 large eggs

1 cup dried fruit

1 tsp baking powder

1 tsp soda

1 tsp salt

Lemon juice

1 cup brown sugar

Nuts

1 or 2 bottles Whiskey

Before you start, sample the whiskey to check for quality. Now go ahead. Select a large bowl, measuring cup etc. Check the whiskey again as it must be just right To be sure it is of the highest quality, pour one lebel cup into a glass and drink as fast as ou can. Savour the feeling.

Beat the butter until fluffy. Add sugar and make sure the whiskey is as good as before. Cry another tup. Open becond sottle if neshessary. Add eggs. Fried druit and beat until high. Shample the whiskey again to check it for consn....conshish...sonshishtensy.

Next sift the salt or anything—it really doesn't matter. Check the whiskey. Grind half a pint of lemon juice, fold in chopped butter and strained nuts. Add brown sugar or any other color you can find. Wix mell. Grease the oven and turn the cake pan to 350 c. Pour the lot into the empty biskey wottle, stir it into the oven and bake. Winish the friskey an bo top ged.

An oldie but still a goodie—thank you Sonia—Merry Xmas all.



Girls just wanna have fun





From the President

Hi all

What an up and down couple of months our club has endured but I am confident in saying that our club is back on track and we welcome the return of our Head Coach Arthur Heales.

Iciar has been doing an excellent job in his absence and she continues to do an excellent job as assistant coach. Well done Iciar J

A big thank you to all those who participated in our club survey. I was happy to see so many members participate in this as it was an excellent way for you to have a say with regards to the direction of our club. So thank you.

I would like to congratulate Brad and Lawrence on receiving their full sweep accreditation at the last regatta. Well done boys. We look forward to you sweeping for us at the coming regatta this weekend.

On the weekend on the 23 November, Del, Brad, Lawrence and I attended the one day AusDBF level 1 official's course. This was an excellent course and we look forward to participating as an official at coming regattas.

What a great Christmas party we had last Saturday 30 November. Thank you to all those magic fairies like Cheryl and all her lackeys who made this night come together. It was a very enjoyable night and fun was had by all. Thank you.

Just a reminder that Wednesday night training 18 December is our Christmas Canal Lolly run which we run each year. It would be good to have as many of you as possible at this night with

Caramel Fudge

Ingredients:

150g unsalted butter

250 Grams of nestle white choc melts (if you want to make chocolate fudge use milk choc melts)

500gr bag of brown sugar

Tin of condensed milk

Instructions:

In a microwave jug, combine butter, sugar and condensed milk, stir through.

Microwave for 2 min.

Stir again

Microwave 2 min

Beat again with wooden spoon

Microwave 2 min

Beat again

Microwave last 2 min (8 min in total) and then beat. Then add choc melts and stir through. Once combined and chocolate has melted, pour into baking paper lined tray and spread evenly over tray. Smooth over with a egg slice to make it all even.

When still just warm, cut into squares. When cool break pieces off and keep in air tight container. Can be stored in refrigerator.

Enjoy J

your singing voices ready and you all decked out in your Christmas gear. I know you all have wonderful Christmas outfits after our Christmas party the other night.

Brad, Brook and I will be away on our cruise from Tuesday 17 December and we return on the 28 December. I would like to have everyone stay back after training on Saturday 14th December just so we can do our goodbyes before we leave the following week.

Welcome to all those new members and I hope that you continue to come to training and get as hooked with Dragon Boat racing as what I am. You can always contact me on 0433254977 if you have any questions.

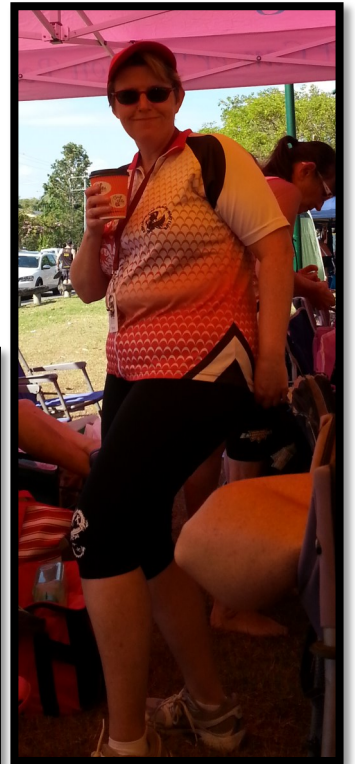
Paddles up J

I hope you all enjoy my fudge recipe.Yummy

Cheers

Andrea Douglas

Club President





CLUB FITNESS ASSESSMENTS



There are still a number of sessions available for members to do their fitness testing.

Saturday 14th December (after training til 12pm)

Monday 16th December and 18th December (before training 4.00pm)

Sunday 22nd December (8am – 12pm)

(Depending on numbers per session, assistance may be needed in recording results etc. Please be aware, if this is the case, help will be requested)



It has been mentioned at training, what the requirements are, if members are wanting to compete in the State and National Championships next year in March and April. **First consideration will be given to those who have completed fitness testing and ERG work.**



For those of you considering the States and Nationals next year, but as of yet have not completed your fitness test or Erg work, it is strongly advised that you do so, if you are wanting to be in the mix when teams are selected for the respective championships.

Please remember that the fitness testing is a guide as to where you are as an individual in regards to your fitness. It is certainly not a competition between paddlers, as to their fitness level, BUT MERELY a guide for us as coaches as to your fitness.

To members who have completed their assessments, we would like to express our thanks for their co-operation and help on the days these assessments were carried out. It surely made the sessions run smoothly and made our job easier. These members proved to themselves what they, individually, are capable of when they believe in themselves. and have some-one, who also believes in them, providing encouragement.

We would like to wish all members a very Merry Xmas and a happy and safe New Year. Don't eat and drink too much and let's all come back in 2014 with a desire to improve ourselves and do our best at the States and Nationals.



Iciar Argus
(Assistant coach)



Arthur (Head Coach)

