

August Edition



REDCLIFFE RED DRAGONS NEWSLETTER



COME 'n' TRY



The month of August saw the club busy with two **Come 'n' Try's** on the calendar.

One being through the *Moreton Bay Council Healthy and Active Program* and the other a *Fun Day* for the members of **North Lakes Snap Fitness**. Luckily for club members there was a weekend in between each event.



After the customary technique instruction and warm up taken by Kay, it was down to the water to load the boats and put some of the instructions given into play.



Rita and Paul H were sweeps for the two boats while Gillian and Doug, Ann and Debra H, Donna and Ann, Theresa and Jane the strokes for the boats on the two occasions.

Luckily the weather Gods were on our side on both weekends and the paddlers were able to venture out onto the Bay where they were shown where the club paddlers



do their training, weather permitting, as well as shown some of the landmarks in the distance eg. Glass House Mountains, Deception Bay, Bribie Island etc.

The paddlers always look forward to participating in some races on the day. After learning some races starts and race strokes everyone is keen to see who will have bragging rights on the day. As always everyone gives their 100% and is determined to cross the finish line first.

Everyone always comes off the water with smiles on their faces having enjoyed a paddle out on to the Bay and some healthy competition on the way home.



As always, there were members available to not only paddle in the boats but help on land in preparing some healthy treats and refreshments once everyone came off the water.

A **BIG THANKS** to everyone who helped over the two weekends of the Come 'n' Try's as they would not be the success that they have been and hope to continue to be without your co-operation.





PADDLERS' DEN MURAL

With our grand new "Paddlers Den" complete it was suggested about a way to deter graffiti on the big blank canvas wall might be to try and have a mural painted on it as usually they don't tag someone else's work. It was thought this would also be a good way to display our sport and what we do and maybe attract some new members while showing off a bit of the scenery in the area.

I googled 'graffiti artists' and found a couple of people whom I emailed with our request. I have since found out they are called MURAL ARTISTS ☺. JREllis (James) replied to say he was interested in doing the mural and sent some photos of ideas as he works from photos.

After our second attempt at a grant towards the cost of having the mural painted was successful, I gave James the good news and asked if he was still interested. Lucky for us he was.

James told me it would be a little while until he was available which was perfect as photos of the Glasshouse Mountains and paddlers in the boats in the bay had yet to be taken. Not long after this was arranged and done, James phoned and asked if he could meet with me to discuss the photos selected as the current job he was on were changing their design and wouldn't be ready for a few more days. After looking through the photos that had been taken, he selected the ones he thought would be suitable for the look we wanted.



I would like to thank Norma and Joe K and Christine J for giving up their time to go out and take some photos of the Bay and the paddlers, for the photos of us in the boats in the canal.

James arrived at the compound that afternoon and painted the background. He returned the following Monday night and, in the dark of the night, he projected the photos selected onto the wall via his phone (clever eh) and drew the outlines. He was then to come back another time and paint the details during the day.





The photos selected didn't have the drummers sitting up the front of the boat and it was suggested we needed to have them. James said he would add them in. As the photos with the drummers up the front were on a different angle to the ones selected of the paddlers in the boats, James was struggling a little to make it work. Luckily for us Lyn Stainlay happened to drive past, just at that moment, to

check the progress of the mural, and spoke to James who told her of the troubles he was having.

'No problems' says our most experienced drummer and went, as you do, and grabbed a drummer's seat and drum and came and posed for him. PROBLEM SOLVED 😊. Thank You Lyn for helping out and being James' 'muse'

The wall has an Anti-Graffiti coating and only needs to be gurneyed if it is tagged. I would like to thank all the members who came early to allow us to take the photos and to the Committee who trusted me with the project. I hope everyone enjoys the mural for years to come and the public appreciate it also, I know it is the envy of some other dragon boat clubs.



Courtesy of Cheryl Rigby

PADDLER'S JOURNEY

Our second paddler, kind enough to send through her paddler's journey is **FRAN HEALES** who has been a member since 2006.



'In 2006, when I was going through treatment, I picked up a pamphlet on Dragon Boating For Breast Cancer Survivors. I rang the number and spoke to a woman by the name of Jayne Coe. Little did I know where that phone call would lead me.

I started paddling in September and before the end of the year there was an *International Regatta in Caloundra for Breast Cancer Survivors*. Before we lined up for the parade down the Main Street of Caloundra, **Tom and Barb Tolhurst** turned up with massive bunches of Snapdragons for everyone to carry. We were also carrying pink parasols - we looked rather spiffy even if I do say so myself. I distinctly remember **Marla Harris** (a former Snapdragon member) on a regular basis asking a male in the crowd if they were checking their partners breasts. That certainly bought a smile to a few faces.



Before the end of the year, our boat was towed down to Woody Point to be blessed. Jayne was talking to Arthur, telling him the club needed sweeps, so that was the start of his adventure, but that is another story.

In **2007**, we travelled to Hong Kong with paddlers from south east Queensland. There were two women's teams and I was paddling in the B team. My luggage got lost along the way, so I had to wear Arthur's underpants for a couple of

days. We made it to the grand final and when we were around 100 meters from the finish line Arthur yelled out "if you want this, **LIFT YOUR ASS!**".

Well, we exploded out of the water and took out first place.



In **2010**, we were training hard for the **International Regatta in Canada**. A woman by the name of **Joanne Hennessy**, who is a Clinical Hypnotist, was spending time with us each Saturday making sure our minds were in a good space.

I will never forget the last session we had before we flew out. We were sitting under the tree in front of The Paddlers Den with our eyes closed. Joanne was walking amongst us, talking in a very calming voice, telling us we were all together in the plane ready to take off for our flight to Canada. 'The engines are roaring, the plane is rolling along the tarmac and all of a sudden, the plane takes off and you sink bank into your seat and that feeling is much better than sex'. Of course, over 30 of us broke out in raucous laughter. Needless to say we had a great time and did the club proud.

In **2016**, we travelled to **Florida** for **The International Regatta**. We had put in lots of hard work beforehand and it paid off as we paddled well again and once more doing the club proud.



When I look back at how far Redcliffe Dragon Boat Club has come, starting off with a borrowed boat and not much more, progressing to one shed and then another one to follow. The boats sat out in the weather for years. It was so much fun bailing them out after a downpour.

That reminds me, we towed one of our boats up to Tin Can Bay for a Juniors Regatta, up and back in one day. It was pouring on the way home. We dropped off the kids we had with us and headed for our place with a boat full of water.

Arthur put his foot on the brake going down a hill and water splashed out everywhere. It's not worth repeating what I said. It scared the insides out of me.

All the years that I have been paddling, I have enjoyed every minute of it - making lots of wonderful friends along the way. I never missed a training session and paddled in every regatta but the old grey mare ain't what she used to be. I am happy to paddle on a Saturday mornings now, for many years to come hopefully. After all, we need to keep Jayne's vision alive and well.'



Courtesy of Fran Heales

Stay tuned for the next issue's paddler's journey



WELCOME TO NEW MEMBERS

Redcliffe Red Dragons would like to welcome the following new 2018/2019 members:

Peter Bambery

Melissa Bates

Paul Den Ronden

Wendy Lane



Janice McDougal

Gaye Thomson

Charlene Povey

Robyn Simpson



SEPTEMBER

Sam Serginson

Karin Wagner

Ann Matthysen

Debra Hall

Soo Ming Alderton

Norman Kelly

Christine Johnstone

Peggy Rapley

OCTOBER

Karen Burns

Robyn Simpson

Eva Anna-Marie

Carolyn Woodhouse



UPCOMING EVENTS

SEPTEMBER

Saturday 29th

Monthly Club BBQ
@PADDLERS'S DEN

OCTOBER

Fitness testing for State
Selections - TBC

Sunday 7th

Regatta - GC CHINESE
FESTIVAL

Saturday 13th

COME 'n' TRY - Moreton Bay
Council

Sunday 14th

Regatta - MANLY
@ Lake Kawana

Saturday 27th

Monthly Club BBQ
@PADDLERS' DEN

OCTOBER

Saturday 28th

Regatta - KIDS IN NEED
Jack Evans Bay Tweed Heads

NOVEMBER

Friday 2nd - Sunday 4th

PAN PAC MASTER GAMES

Sunday 18th

Regatta - BURLEIGH FIRE
DRAGONS

@ Varsity Lakes

DECEMBER

Sunday 2nd

Regatta - REDCLIFFE/LAKERS

@ Kawana Waters

Wednesday 17th OR

Saturday 22nd TBC

Club Break up for Xmas