

November Edition



REDCLIFFE RED DRAGONS NEWSLETTER



SOUTHERN STAR WATER WARRIORS



REGATTA NEWS

November 2nd – 4th saw the Pan Pac Masters Games held at Varisty Lakes Gold Coast. The event was held over three days with Standard Boats (20') 500m, 200m and inaugural 4.8km ROUND THE ISLAND races being held on Friday, Saturday and Sunday respectively. There were 26 clubs in attendance from across the country as well as from New Zealand and Singapore.



2018 saw paddlers from **Lakers, Redcliffe, Red Dragons, Mackay, 1770** and **BRD** combining together to participate in a 53 member squad under the name of

SOUTHERN STAR WATER WARRIORS (aka SSWW)

With the team uniform being camouflage shirts.....

They didn't see us coming.

The first day saw 500m distance races held. The paddlers took part in the Senior A and Senior B Women, Mixed and Opens categories.

Senior A Mixed and Senior A Open (13 and 11 entries in both categories respectively) made it to the Grand Final where the Mixed team came 4th and Open 5th. The Senior A and Senior B Women categories had 14 teams competing in both. Our two women crews progressed to the Semi's before being knocked out. Senior B Mixed and Open (10 entries in both categories) only progressed through to the repechage

The second day saw 200m races. The squad was more successful on this day with the **Senior A Open** and **Senior B Women** both scoring **3rd** position in the Grand final from fields of 11 and 15 crews respectively. Senior A Open crew, (**0.48.80**), was only 0.01.30 behind winners Sunshine Coast and Senior B Women, (**0.56.01**) only 0.01.370 behind first place winners Motley Crew.



Senior B Opens made the Grand Final and came 6th whereas our Senior A Mixed and Women progressed through to the Semi finals before being knocked out. The Senior B Mixed only made it as far as the repechage.

The third day of racing saw the Inaugural 4.8km '**Around the Island**' Race. All the sweeps for all the teams were taken out on the course in the morning, via the safety boats, so they would know the course ahead of time.

There were three divisions in this race – Mixed, Women and Opens. **SSWW** entered crews in the Women and Opens divisions. **SSWW** women's crew came a close **4th** from a field of 16 teams, in a time of **25.48.12** only 00.01.49 behind 3rd place winners HAURAKI BLUES and **0.15.32** behind first place HIGH FLYERS.



The OPEN division with 12 crews competing saw **SSWW** come **3rd** (**24.28.06**), only 0.18.52secs second place, Motley Crew (**24.08.54**).

SOUTHERN STAR WATER WARRIORS paddlers did well over the 3 days of racing considering the paddlers had never paddled as a team before.



Category for **ALL CANCER SURVIVORS** was on the program over the first two days of racing. There were two crews entered – **MOTLEY CREW** and **CANCERVIVE**.

CANCERVIVE was made up of club paddlers from 8 different clubs - **Redcliffe Pink Snapdragons, Lakers, Ipswich, Sunshine Coast Dragons Abreast, NQ Phoenix, Townsville Spitfires, Cairns and Tasmania.**

There were two heats and a final for the teams. **CANCERVIVE** came second in both their heats in the 500m and 200m races. They completed the trifecta on both days with a **2nd** second place in the finals for both distances.

The paddlers were very happy with their performances over the two days of racing considering they were from different clubs and had not paddled as a team before.





18th November saw 27 Redcliffe paddlers attend **Burleigh Regatta** held at Varsity Lakes. Race divisions on the day were the 2km Mixed 20's, Mixed, Women and Open 20's and 10's category and the races distance was 500m.

There were 17 clubs in attendance and Redcliffe submitted crews in all divisions. We had 8 members from the *Scarborough Outriggers Canoe Club* join us for the 2km, Mixed 20's and Open 10's crews.

From a field of 18 clubs in the Mixed 20's 2km race, Redcliffe came a well fought **4th** position in a time of **11.18.90** only 0.00.34 behind third place **CURRUMBIN**. In the Mixed 20's division (20 crews submitted) Redcliffe were fortunate enough to have 2 crews competing – **REDCLIFFE 1** and **REDCLIFFE 2**. **REDCLIFFE 1** made it to the final and came **4th** in a time of **2.15mins**.

Our Women's crew, in a field of 13 came **3rd** and **2nd** in their two heats but unfortunately the times were not fast enough to make the finals.

The Open 10's category saw a total of 22 teams competing and Redcliffe entered 2 teams under the names of **REDCLIFFE 1** and **REDCLIFFE 2**.



REDCLIFFE 1 came **1st** in both their heats thereby heading into the Finals and **REDCLIFFE 2**, **2nd** and **3rd** in their heats but insufficient times to partake in the finals.

The Open 10's raced against five other clubs in the final and made it three from three in achieving **1st** place in a time of **2.13.12** ahead of Maroochy Black (**2.14.22**) and Gold Coast Dragons (**2.15.90**)



CONGRATULATIONS



....Our Provisional Sweep, **CHRISTINE JOHNSTON** who swept the club's Women 20's team. Although nervous at first, Christine gained her confidence and was all smiles and ready for her second race. Her two races, completed without any dramas, contributed to the four races needed for her accreditation. Christine plans to sweep the remaining two races towards her accreditation at the combined REDCLIFFE/LAKERS REGATTA on 2nd December.

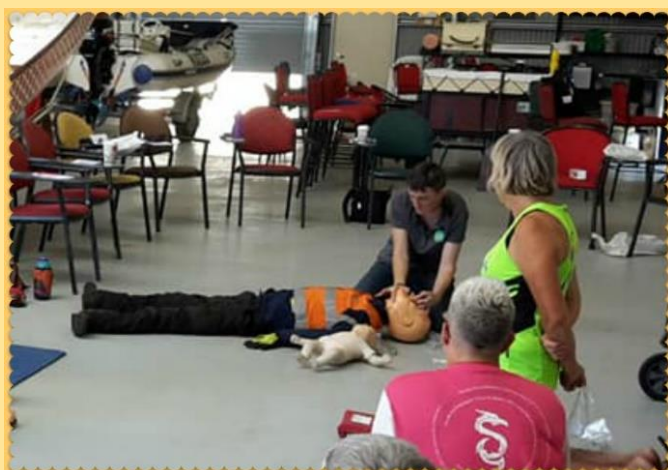


Some of our pinkies joined forces with *Mt Warning* and **DA Gold Coast (DAGC)** under the name of **DAGC** to paddle in the Breast Cancer Survivors 20's. There were only two teams in the category with **BRD Pink MBT** being the other crew. **DAGC** came **2nd** in a time of **2.36.31** behind BRD (**2.43.03**) in the final.

Red Dragons held their annual update for First Aid/CPR during November.

FLUID LEARNING was once again the preferred education provider due to their high standard of practice and efficient management.

The session for **First Aid** was held at Sibley St campus, North Lakes where **Michael** was an outstanding instructor particularly for those involved in water sports.



CPR was held at the **Paddlers' Den** with instructor **LOUISE** an experienced paramedic and 'Jaunty Jack' manikin.



CONGRATULATIONS and **THANK YOU** to those 10 participants who gave their time to update, providing First Aid/ CPR for their Dragon Boating Family.

Courtesy of Lyn Stainlay

FOOD CORNER

CARROT CAKE

Ingredients

For the Carrot Cake

- 2 cups SR flour
- 2 cups granulated sugar
- ½ teaspoon salt
- 2 teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- 3 large eggs
- 1 ½ cups vegetable oil
- 2 cups carrots (grated, about 3 to 4 medium carrots)
- 2 teaspoons vanilla extract
- 1 (400 gr) can crushed pineapple (well drained)
- 1 cup flaked or shredded coconut
- Optional to add 1 cup chopped pecans or walnuts



For the Cream Cheese Frosting

- 4 tablespoons butter (room temperature)
- 1 packet Philadelphia cream cheese (softened)
- 3 ½ cups icing sugar
- 1 ½ teaspoons vanilla extract (or replace with some lemon juice instead)

Steps to Make It

Make the Cake

1. Heat the oven to 180 C / 350 F. Grease and flour a 9-by-13-by-2-inch cake tin.
2. In a mixing bowl, combine the flour, granulated sugar, salt, cinnamon, and nutmeg; stir to blend thoroughly.
3. Add the eggs, vegetable oil, shredded carrots, and 2 teaspoons of vanilla; beat until well blended.
4. Stir in the well-drained pineapple, coconut plus walnuts if using.
5. Pour the batter into the prepared baking pan.
6. Bake in the preheated oven for 45 to 55 minutes, or until a knife inserted in centre comes out clean.
7. Place the pan on a rack to cool completely.

Make the Frosting

1. In a mixing bowl with an electric mixer, beat the butter and cream cheese together until smooth and creamy.
2. With the mixer on low speed, gradually beat in the powdered sugar.
3. Add the vanilla and beat on high speed until smooth and creamy.
4. Frost the cooled cake with cream cheese frosting and sprinkle with chopped nuts if desired.

NB. Cake can be halved and cream cheese put into the middle

YUMMY !!!!!

Courtesy of Gillian Robinson



DECEMBER

Mauri Morkaraka

Bob Rapley

Nerida Howell

Linda Bachmann

Bruce Brewster



JANUARY

Jane Kennedy

Sue Drinkwater

Wendy Lane

Karen Hitchcock

Kelly Monds

Paul Hogg

Erlinda May

Charlene Povey

Gaye Thomson

Paul Den Ronden

UPCOMING EVENTS

DECEMBER 2018

Saturday 15th

Joint training with Lakers
@ Redcliffe compound

Wednesday 19th

Last day of training for 2018
Training resumes
Saturday 5th January 2019

JANUARY 2019

Saturday 5th

Club training resumes

FEBRUARY 2019

Saturday 2nd

Council **COME n TRY**

Sunday 3rd

Regatta – **BROADWATER**
@ Emerald Lakes

FEBRUARY 2019

Sunday 17th

Regatta – **BRD@ Kawana Waters**

MARCH 2019

Sunday 10th

Regatta – **TEWAKA**
@ Kawana Waters

Saturday 23rd - 24th

STATE CHAMPIONSHIPS

@ Lake Kawana

APRIL 2019

Wednesday 17th – Monday 22nd

NATIONAL CHAMPIONSHIPS

@ Rowing Course, Weston Park,
Yarralumla, ACT

MAY 2019

Saturday 11th

Council **COME n TRY**