



October Edition

REDCLIFFE RED DRAGONS NEWSLETTER



Come 'n' Try

13th October, the club had a come n try where we had approx. 18 new paddlers rock up to experience the sport of dragon boating.



Majority of these paddlers were children. Kay was there to take the obligatory warm up, technique discussion and talk a little bit about the sport of dragon boating itself.

Two boats were taken out with **Donna** and **Tahlia** and **Jane** and **Deb W** as strokes. **Doug** and **Paul** were the sweeps on the day. Once the two boats were loaded, our coach, **Charlene** took them through the paces of paddling in a dragon boat.

Once the paddlers were comfortable with the technique, they were introduced to doing race starts ready for when the two boats would be racing each other on the way home.

As always everyone enjoyed the races and tried to outdo each other. Food and refreshments were offered once the boats were brought up washed and stored away.

It was great to see so many people come out and give our sport a try.

Thanks to all members who helped out on the day.



REGATTA NEWS



14th October saw 28 club paddlers travel up to Kawana Waters Sunshine Coast to participate in Manly regatta. We also had 4 male members from the *Scarborough Outrigger Canoe Club* joining us so we could enter a full contingent of males in the Mixed and Open 10's crew and have them experience paddling in a dragon boat.

We partook in 1km (Mixed and Women), Mixed and Women 20's and Open 10's 200m races. The start of racing saw a huge downpour which resulted in the 2km being shortened to 1km. The weather was off and on during the duration of the regatta and as a result of predicted storms the racing program had to be cut short.

Redcliffe was successful in both the women's categories achieving *2nd* place, with a time of *5.45.19*, only .12 secs behind the first place *Currumbin* crew in the 1km Women's crew (which saw Rita sweeping her first long distance race at a regatta and she did a marvellous job) and *3rd* across the line for the Women 20's crew - time of *56.41sec* - only *1.22sec* behind the winning crew *Sunshine Coast* crew.



Our coach, Charlene, was very happy with the results and she could see a lot of prospects in all of our categories. Everyone enjoyed the paddling and were looking forward to the upcoming regattas.



BOAT ROLL OVER



During one of our Saturday training sessions, one of our boats was unfortunate enough to have a roll over while paddling out to the Bay due to a huge wash being caused by one of the local boats not obeying the water rules when exiting the canals out onto the bay.

Luckily for paddlers in the other 2 club boats and the quick thinking of our Coach Charlene, everyone was accounted for, the boat righted and paddled back to shore. The paddlers may have been disembarked soaking wet and a little bit shaken up but at least they were safe and sound.



Huge thanks to our president, Bob Rapley's son - **Steven**, Steven's daughter **Charlie** and friends who were coming back in from the bay and offered to help get the paddlers in the overturned boat back into the dragon boat safe and sound.

GRANT NEWS

At a meeting for the Redcliffe Pink Snapdragons, Bob the president of Redcliffe Red Dragons was presented with the **Heartsine AED** (automated electronic defibrillator) **SAMARITAN 360P Defibrillator Value Pack** to Red Dragons' President, Bob, for installation in the Paddlers' Den.



Our Pink Breast Cancer Survivors and their supporters - many of whom are cancer survivors themselves or whom have had family and friends touched by breast cancer - are particularly vulnerable to concerns in relation to their health and well being generally - and more specifically so after attending the Burleigh Fire Dragons Regatta @ Varsity Lakes in November 2017 where a paddler had a sudden cardiac arrest and was unable to access a defibrillator until the arrival of an ambulance.

Following on from a suggestion by Reds' President, Bob, now that both Clubs share a permanent home in Talobilla Park, the Pinks felt it was timely to focus on supplementing our emergency rapid response resources by installing the right equipment, including an automatic external defibrillator (AED), to manage a variety of emergencies.



The Pinks also felt that the installation of a defibrillator unit in the Paddlers' Den had the potential to positively impact the well-being of a much broader cross section of our local community, including members of our affiliated Club, Redcliffe Red Dragons, and through both Clubs regular hosting of social paddling, memorial and 'Come and Try' events.

This Defibrillator package was purchased using a \$2,000 grant received from the **MBRC Mayor's Regional & Councillor's Support Fund**. The Snapdragons' application was generously supported by our Mayor, **Allan Sutherland**, as well as by Division 5 Councillor, **James Houghton**, and Division 6 Councillor, **Koliana Winchester**.

Courtesy of Debra Hall



NOVEMBER

Gillian Robinson

Tina Van Kuyl

Donna Pascoe

Janice McDougal

Melissa Bate

DECEMBER

Mauri Morkaraka

Bob Rapley

Nerida Howell

Linda Bachmann

Bruce Brewster



UPCOMING EVENTS

NOVEMBER

Friday 2nd – Sunday 4th

PAN PAC MASTER GAMES

Sunday 18th

Regatta – **BURLEIGH FIRE
DRAGONS**

@ Varsity Lakes

DECEMBER

Sunday 2nd

Regatta –
REDCLIFFE/LAKERS

Hosting @

KAWANA WATERS

Wednesday 19th or
Saturday 22nd

Last session before Xmas