



# Redcliffe Red Dragons Dragon Boat Racing Club

## Newsletter

LIFE'S SHORT, PADDLE HARD

JANUARY, 2020

### A Note from Our President

By Bob Rapley

Hi everyone.

I know it seems so long ago but I hope everyone had a relaxing and enjoyable Christmas break.

I welcome everyone back for another year of Dragon Boating.

It is unbelievable that January has already come and gone. February is here and so is the increased training schedule leading to the upcoming State Championships. Please refer to Charlene's 'Coach's Notes' to see what she has installed for all of us over the next few months.

This is the first in our new look newsletter. The aim of our newsletter is to include a report from each of our committee members so that you will obtain a broad overview of your clubs' activities.

If you have any articles which may be of interest to other members, please feel free to email Norma and it will be included in a coming issue. However, we reserve the right to veto anything which is contrary to our aims and contravenes of our Code of Conduct.

It was great to see that Redcliffe Red Dragons and Lakers Dragon Boat Club came together again on the 12<sup>th</sup> January and held a successful Regatta at Lake Kawana. I would like to thank everyone for putting in so much effort to ensure the day ran smoothly even though it had to be cut short due the wind conditions. Please read Iciar's full report on page 3.

I also would like to congratulate Charlene taking out the Moreton Bay Regional Council's 2020 Australia Day Sports Award. I'm sure everyone would agree that she deserves this recitation for her sporting achievements and the hard work she puts into our club. Well done, Charlene.

# Coach's Notes

By Charlene Povey



Hi Everyone.

Christmas is just a memory, partaking of cake and booze is now just a memory. Do not think about Easter Eggs or Hot Cross Buns! There are several regattas on the calendar finalizing with the State event in March. So, from now to then we are definitely going to be busy.

## Training

So be aware from now to States it is going to step up in intensity.

### Off Water Training

Dragon boating is relaxing, but it is also a cardio exercise and can place stress on your body and heart. If you are not already doing something, I would advise everyone to do some form of exercise that gets their heart rate elevated. A good one is to do 2km on the rowing machine under 10 minutes as the target.

### On Water Training – Club Training

Everyone who is intending to compete at these regattas need to start coming to all training sessions. It is very important that you get the on-water training. If you cannot attend, please let me know.

If you are doing alternative on water training, please let me know.

## Technique

The focus is on the CATCH, place the blade into the water, engage, and then press.

## Reminder Training Times

Monday and Wednesday Nights	-	6.30pm to 7.30pm
Saturday Morning	-	7.00am to 8.30am

Please note these are 'On the Water' times. It is recommended arrival time be ½ hour prior to training to help with the boats and complete warm up.

# Team Manager's / Event Co-Ordinator Report



By Iciar Argus

Redcliffe / Lakers Regatta – 12/01/20

After several months of preparing and arranging every detail as Event Co-Ordinator, the actual day for the Redcliffe/Lakers Regatta being held at Kawana Waters was here. With a forecast for possible rain and thunderstorms on the cards for the day, everyone was hoping that this would not eventuate so a full day of racing could be accomplished.

The volunteers from both clubs arrived early in order to help set up the site, unload and dress the boats etc. Once everything was in place, it was time to have the Team Managers and Sweeps meeting in order to inform all clubs of the expectations from everyone on the day with race categories of Mixed 20's 2km, 500m Mixed 20's and 10's followed by 200m Women 20's and 10's, Open 10's, Juniors Mixed 10's and Breast Cancer Survivors on the program. There were 14 clubs and 428 paddlers in attendance which was only 2 clubs less than last year's regatta.

With the start of the first race of the day, which was the first heat of 2km, the regatta was off and running. This was the first time the two clubs had run a regatta with 2 fleets of boats so after a slight hiccup with the first and second race of the day, the races started to run smoothly with the Marshalling and Boat Handling areas working great together and the paddlers co-operating when called to marshalling.

Redcliffe had entered a Mixed 10's 500m, Open 10's 200m and Breast Cancer Survivors 10's 200m crews at the regatta with some of our members helping out as sweeps, drummers and paddlers for other clubs who were low on numbers.

Everything was going well with the Mixed races running ahead of time (well done to everyone) and the catering and raffle tents doing a roaring trade. As the morning progressed the winds picked up so much so that the Chief Official, Janine Lette, decided to call a Team Managers and Coaches meeting to discuss cancelling the rest of the regatta due to a safety issue regarding paddling in high winds.

This was to be done after running the Mixed 20's and Mixed 10's 500m Finals. Redcliffe's Mixed 10's crew came 2<sup>nd</sup> and 3<sup>rd</sup> in their respective heats resulting in being 5<sup>th</sup> overall thus making the Finals where the team managed a 4<sup>th</sup> place behind Sunshine Coast, Maroochy and Currumbin.

At the Team Managers' and Coaches' meeting, Janine informed everyone that the winds were forecast to continue to pick up and under the rules of high winds and safety of paddlers, decided to cancel the remaining races much to the huge disappointment of all the clubs.

With the races being cancelled, it was time to get the boats ready to be loaded onto their respective club trailers. Once this was done, the raffles were drawn and trophies distributed to the 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> place winners of the Mixed 20's 2km, Mixed 20's and 10's races.

Once all the formalities were over, everyone headed towards the catering tent for a debrief, a celebratory drink and to receive a huge thanks to those who had volunteered in order to make the regatta a big success despite the early cancellation.

At the end of the day, everyone did their very best leading up to and on the actual day and both clubs will no doubt learn from the day's proceedings and look forward to working together again next time to produce another bigger and better regatta.

As Event Co-Ordinator for the event, I breathed a sigh of relief when the day came to a close. I was very pleased how well the day went and felt very proud and thankful of everyone's time, effort and co-operation making everything run smoothly on the day. It certainly made my job a lot easier and less stressful. Hopefully next time the Weather Gods will be more kind to us.

Two Regatta's are scheduled for February:

Saturday 08 <sup>th</sup>	-	Broadwater Regatta, Emerald Waters	-	EOI Closed
Sunday 16 <sup>th</sup>	-	BRD Regatta, Lake Kawana	-	EOI Closed

# Pink Snapdragons Update

By Christine Johnston



We had a very busy second half of 2019, with fundraising activities and social get togethers, culminating in the fun Pinkies Xmas party in December.

After a refreshing break we started 2020 with a bang with volunteering at the Redcliffe/Lakers Regatta. We were looking forward to racing in a BCS 10s race in the afternoon, unfortunately the weather gods were not on our side and the races were cancelled. Our two new BCS paddlers Lisa and Kim were excitedly looking forward to their first racing event but will have to contain their excitement until the next regatta.

We have also had a successful Bunnings sausage sizzle this month to further fill the fundraising coffers. We also continued the regular social get togethers for the club, with a dinner at the Ambassador of Redcliffe held on 18 January.

We continue to plan for the IBCPC in NZ in 2022. Another busy year ahead!

## New Members

By Paul Hogg

Over the last few months we have had a number of new members join the club.

We would like to give a warm welcome to:



- ❖ Andrea Coe
- ❖ Lisa Dunne
- ❖ Mary Henderson
- ❖ Vanessa Warbrook
- ❖ Kim Weller
- ❖ Clinton Storey
- ❖ Jane Storey
- ❖ Nita Cox

## Birthday Wishes for February

Jason Pukallus -	02nd
Gerry Stevens -	06th
Margery Barnes-	14th
David Atkinson -	23rd
Jenny Shapland -	24th

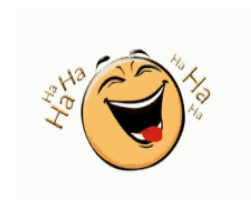



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## Joke of the Month



A teacher is teaching a class and she sees that Johnny isn't paying attention, so she asks him:

"If there are three ducks sitting on a fence, and you shoot one, how many are left?"

Johnny says, "None."

The teacher asks, "Why?"

Johnny says, "Because the shot scared them all off."

The teacher says, "No, two, but I like how you're thinking."

Johnny asks the teacher, "If you see three women walking out of an ice cream parlor, one is licking her ice cream, one is sucking her ice cream, and one is biting her ice cream, which one is married?"

The teacher says, "The one sucking her ice cream."

Johnny says, "No, the one with the wedding ring, but I like how you're thinking!"

# RRD Northern Chapter

By Josie Lategan

As most of you already know the RRDNC is up and running on the beautiful clear waters of Hervey Bay. The Northern Chapter is kindly supported by Volunteer Marine Rescue Hervey Bay who has allowed the use of their boat shed to store the dragon boat, the use of their boat ramp and pontoon for launching in the HB marina.

Presently there are 8 members (see pic). Some members have been paddling for quite some time (+/- 9 years) whilst others are at the beginning of their dragon boat journey.

At the moment we use a 20's boat so you can imagine what a great resistance workout this is, sometimes made even more difficult by strong tides and wind. So, whilst our muscles are getting a real work over and becoming strong, we are very mindful of not overdoing too much so that we don't get injuries. We follow the program prepared by our Head Coach, Charlene, modifying it to suit the number of paddlers in the group and their capabilities. We are working towards obtaining a 10's boat so that our training sessions are both more in line and in level with training that the Redcliffe home base follows.

In November, a group of 9 Redcliffe paddlers from the home base travelled up to Hervey Bay for a paddle. It was a great weekend as we got to meet everyone. Thank you, Jenny and Nigel Shapland for your hospitality. Plans are in progress to organize another one of these events as well as organizing for us to come down for a paddle at the Redcliffe home base.

In February we have the opportunity to promote the sport of Dragon Boating and the RRDNC at the 2020 Fraser Coast Sports Expo. We hope to attract a few more locals to the sport.

L to R: Front: Rhonda O'Brien; Lorna Hill; Josie Lategan; Jan Reuter  
Back: Kevin Lategan; Nigel & Jenny Shapland; John Gibson.



# Paddlers Journey

By Cheryl Rigby



This section called the 'Paddlers Journey' is where members are encouraged to send through details on how they got into the sport of dragon boating and became a member of Redcliffe Red Dragons.

The first member to kick off 2020 is Cheryl Rigby who we all know has been an integral member of our club.

*I have been asked to tell you a little about myself and how I ended up at the Redcliffe Dragon Boat Club.*

*I have always wanted to move to Queensland as I had a sister here. When my marriage broke up and my two children finished school, I thought it would be a good time. So, in December 2009 my partner at the time (soon to be my husband) and my daughter Rene'e moved to our new house at Clontarf.*

*My sister Lyn (Pinkies Team Manager) was a part of the Red Dragons and introduced us to the sport as I had always played sport and to help us meet people. Rene'e was lucky enough to be coached by Arthur (Fran's Husband) and receive medals in her first year of paddling.*

*My marriage broke up and then I was lucky enough through the Club to meet Jason, my current partner.*

*In my time at the Club I have been lucky to have represented my Club and the State (funny watching my parents cheer for Qld) and receive medals, become a sweep and an Assistant Coach.*

*I was also lucky enough to have a great Committee behind me in my time as President and we achieved a lot in that time. Thanks to my "squeaky wheel" Tina we attended grant workshops and were lucky enough to be selected for State and Council grants for the following:*

*The "Paddlers Den", the Den Sign, Mural on the Den Wall, Boat Stacker, Dragons Boats x 3, Paddles & Paddle Bag and more recently part of the Kitchenette.*

*I have only ever belonged to the Reds & Pink Snapdragons and feel very fortunate for the experiences I have had and the friendships I have made through becoming a Club member.*

Cheryl



# Recipe Page

By Norma Kelly



This is for everyone who enjoyed the dip at RDD Christmas Party in December.

## INGREDIENTS

For the Dip:

- ✓ 4 cups cream cheese, softened
- ✓ ½ cup sun-dried tomatoes, chopped
- ✓ ½ cup capsicum, diced
- ✓ ¼ cup dill pickles, finely diced (I substituted with Gherkin Relish)
- ✓ ¼ cup chives, chopped
- ✓ ¼ cup parsley, chopped
- ✓ 1 tablespoon onion powder
- ✓ 2 teaspoons garlic powder
- ✓ Salt to taste

For the Decorations:

- ✓ 1 ½ - 2 cups pitted mixed olives (black, green, kalamata) dried with paper towel
- ✓ ½ cup sun-dried tomatoes, chopped – dried with paper towel
- ✓ Rosemary leaves / sprigs to decorate
- ✓ Ritz, water crackers, for serving
- ✓ Salami slices, for serving
- ✓ Prosciutto slices, for serving

## INSTRUCTIONS

- In a bowl combine all the ingredients for the dip and mix until the ingredients are well combined.
- Place a piece of plastic wrap on the bench top. Scoop the cream cheese mixture out onto the plastic wrap and completely cover with another piece of wrap.
- Use your hands to mould the cream cheese into a tree shape. Then, carefully pick up the tree and peel off the plastic wrap off the tree. Place straight onto a serving plate.
- Use a cake spatula to smooth the edges. Decorate with olives, sun-dried tomatoes and rosemary leaves/sprigs, lightly pressing each element into the cream cheese to ensure they stay on. Brush with some sun-dried tomatoes oil from the jar (optional but adds even more flavor).
- Top with a star cut out of a yellow capsicum or a thick slice of cheese. ENJOY!



Pity mine didn't look like this 😞 - Maybe next time!



## Calendar of Upcoming Events



<b>Date</b>	<b>Time</b>	<b>Details</b>	<b>Location</b>
<i>February</i>			
Sat 08th		Broadwater Regatta	Emerald Lakes
Sun 16th		BRD Regatta	Lake Kawana
Sat 29th	9.30am	General Meeting Following the President's Breakfast	Clubhouse, Talobilla Park
<i>March</i>			
Sat 07 <sup>th</sup> & Sun 08th		State Championships	Lake Kawana
Sun 15th	9.30am	Come 'N' Try	Clubhouse, Talobilla Park
Sat 28th	9.00am	President's Breakfast	Clubhouse, Talobilla Park
<i>April</i>			
Wed 08 <sup>th</sup> to Mon 13th		National Championships	Penrith, NSW
Sat 25th	9.00am	President's Breakfast	Clubhouse, Talobilla Park

# Dragon boat coach wins Australia Day Sports Award

Published 16 January 2020



If you've not heard of dragon boating you've probably not heard of Charlene Povey - and that's something this powerhouse woman intends changing in 2020.

The Narangba local has taken out Moreton Bay Regional Council's 2020 Australia Day Sports Award and Acting Mayor Mike Charlton said she was most deserving.

"Charlene's rise from local to international sporting success is a reminder that anyone in Moreton Bay can achieve their dreams if they persevere in striving for greatness," said Cr Charlton.

"Not only does she compete, Charlene also volunteers as head coach of the Redcliffe Dragon Boat Club and she's an integral member of the Scarborough Outriggers.

"There was fierce competition for the top gong this year, so it was a pleasure to award such a community-minded athlete with this year's Australia Day Sports Award."

When asked about what she loved most about being involved in sport, Charlene put it down to personal growth.

"I like the people, from experiencing and developing their journey to push them to their greatest potential," said Charlene

Division 11 Councillor Darren Grimwade congratulated Charlene on the momentous award.

"Charlene's dedication to sport and living a healthy lifestyle is something everyone can strive towards," said Cr Grimwade.

"It's not every day you get the opportunity to acknowledge the extraordinary locals in Moreton Bay, it's an honour to pay tribute to the special people in our community like Charlene.

## Department of Transport and Main Roads 2020 Australia Day Achievement Awards

The ADAAs acknowledge and reward individuals who provide exemplary service to TMR and volunteer their time and expertise to helping their local community.

Australia Day is about celebrating what's great about our country and acknowledging the achievements of the people around us who have made a real difference to the community.

Nominees are outstanding role models, who have had a positive impact on many through their desire to make a difference.



Award winner Charlene Povey with the DG, Neil Scales

### **Charlene Povey, RoadTek**

Charlene has worked to unleash potential and provide an inclusive environment for adults and kids to get involved in dragon boating—raising the profile of the sport and raising money for various charities.

Throughout the past 10 years of dedicated community service, Charlene has worked to unleash potential and provide an inclusive environment for adults and kids to get involved in dragon boating, to raise the profile and raise funds for kids.

Charlene has always been an active community member, having been involved in volunteer roles in New Zealand such as the coach for a Special Olympics swim squad, part of an intensive rehabilitation therapy support team for a young person experiencing chronic seizures to attend mainstream schooling and people recovering after experiencing strokes.

What others may see as a challenge or adversity, Charlene uses as an opportunity to make a difference with the many different ages and abilities that she coaches. Her inclusive and accessible style of coaching has allowed a diverse range of kids and adults to enjoy dragon boating, whether they are vision impaired, recovering from cancer treatment or have never played sport previously.

Charlene leads by example, selflessly giving back her time and experience so that others can achieve and enjoy the sport she is passionate about. Charlene is simply inspirational giving everyone—regardless of age or ability—the opportunity to experience dragon boating.

## Fundraising for 2022 IBCPC Participatory Dragon Boat Festival



For anyone who missed out purchasing a Pinky's Stubby Cooler, there are only 10 left!

Once they're gone, they're gone. 😊

Cost: \$10.00 – all profits go towards the Pinky's paddling in New Zealand.