



# Redcliffe Red Dragons Dragon Boat Racing Club

## Newsletter

PADDLE LIKE YOU STOLE IT.

FEBRUARY, 2020

### A Note from Our President

By Bob Rapley

Howdy,

During the month of February, the last two local regattas were due to be held for the season, however – Broadwater was cancelled due to rain and BRD was cancelled due to sudden and tragic passing of their Club President, Peter Knight.

We have now come to the pointy end of the season. The State Championships will be held at Lake Kawana over the weekend of the 07<sup>th</sup> and 08<sup>th</sup> of March. Over the two days, we will have 37 paddlers competing over the different categories. Good luck to everyone – Paddle Hard!

It is great to see that Redcliffe has 11 representatives who made the Queensland squad. Congratulations to Tahlia Harle, Kaete Afonso (U18's), Yvonne Refshauge (Premiers), Jason Pukallus and Kelly Monds (Senior A's), Doug Trott, Tina Van Kuyl, Ann Matthysen, Phil Matthysen, Paul Hogg and myself 😊 (Senior C's).

Everyone has been training hard and the club wishes them all the best at the National Championships in April.

Also heading to Nationals will be Charlene Povey (U18's Coach), Kay Roper (Team Manager Senior A's) and Iciar Argus (Team Manager Senior B's).

# Team Manager’s Report

By Iciar Argus



This month of February, 2 DBQ sports regattas were scheduled to be held.

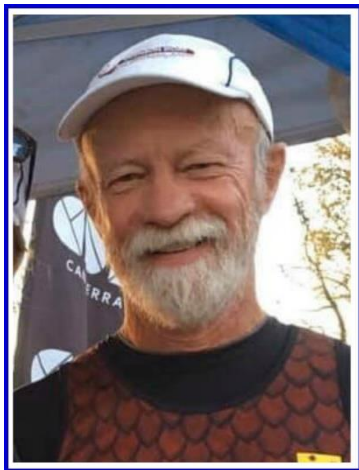


First one at Emerald Lakes hosted by **BROADWATER DRAGONS** on 8<sup>th</sup> February and the other at Kawana Waters hosted by **BRD** on 16<sup>th</sup> February.



Unfortunately, due to the bad weather experienced during the first two weeks of February, the regatta at Broadwater had to be cancelled. This regatta has now been rescheduled to Sunday 29<sup>th</sup> March.

The BRD regatta was also cancelled but this time not due to bad weather.



The day before the regatta was to be held, it was with great sadness and heavy hearts that BRD had to advise all clubs of the tragic passing of their Club President, **PETER KNIGHT**, during the BRD Dragon Boat training session Saturday morning.

Pete collapsed in the boat and despite the very best efforts of their doctors within the club, other assistants and specialist paramedics, he could not be revived.

Pete's passing is a huge loss to Janet and his family most importantly, but also to BRD as a club and all its members.

Pete was a much-loved member of BRD, their President and friend to all who knew him. He has represented at club level, State and National level as a paddler giving everything, he had to give in support of his team mates.

The next regatta will be the DBQ State Championships being held on 7<sup>th</sup> & 8<sup>th</sup> March at KAWANA WATERS.

This is where all the hard work and commitment throughout the year will come into effect as Redcliffe Red Dragons set out to bring home some bling for the club.



**PADDLE HARD**  
**&**  
**PADDLE STRONG**



# Pink Snapdragons Update

By Christine Johnston



We have had another busy social month starting with having a table of Pink Snapdragons at the Zonta trivia night. This night was to raise funds for the very worthy cause of research into ovarian cancer. There was much fun and laughter as well as our table winning a prize or two. We didn't win but we didn't come last either. It's important to us that we support Zonta as they helped the Pink Snapdragons get started all those years ago.

Several Pink Snapdragons attended a High Tea Party and Fashion Parade supporting our sister breast cancer survivor club, Dragons Abreast Sunshine Coast. Everyone had a marvellous time, getting dressed up, relaxing in the beautiful beachside environment of Alexandra Headland Surf Club, catching up with friends, meeting new people, and of course indulging in sweet treats and champagne. A wonderful and successful afternoon.

You may have noticed that we have had our new Pink boat emblazoned with her name of 'Silver Linings'. The meaning underpinning this name comes from the common expression 'every cloud has a silver lining' meaning that even the worst events or situations have some positive aspect. For breast cancer survivors and supporters, dragon boating has become our 'silver lining'. Getting out on the water is our way of momentarily escaping and forgetting whatever bad things have happened in our lives. From adversity we have found a supportive, like-minded group of people who work together as a team for a common goal, whilst keeping physically and mentally fit. We plan to hold a naming ceremony soon.

## New Members

By Paul Hogg

As we all know, Dragon Boating is a sport that can be pursued by everyone, whatever fitness level you may be, whatever age you are, from juniors up to seniors. It is a sport that will get you on the water to simply enjoy the social activity and camaraderie to a sport that will challenge and push you to the extremes of your fitness and endurance in teamwork and competition.



If anyone has any family and friends who may be interested in trying a new sport, don't hesitate to bring them along to a training session.

## Birthday Wishes for March

Helen Foster	-	11th
Bruce Musgrove	-	11th
Kay Roper	-	16th
Rita Beadsmoore	-	18th
Doug Trout	-	20th




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## Joke of the Month



A lady comes home from her doctor's appointment grinning from ear to ear.

Her husband asks, "Why are you so happy?"

The wife says, "The doctor told me that for a forty-five-year-old woman, I have the breasts of an eighteen-year-old."

"Oh yeah?" quipped her husband, "What did he say about your forty-five-year-old ass?"

She said, "Your name never came up in the conversation."

# RRD Northern Chapter

By Josie Lategan

February has been a busy month for the RRDNC. Early in the month we named our dragon boat. A few names were proposed and it was unanimously agreed that the boat be named *RESPECT* which pretty much it reflects our core value as a dragon boat team.



A clear statement to all paddlers in regards to the RRDNC dragon boat:

*Respect- if one does not have it, one does not get in it.*

A few outriggers from the Fraser Coast Outrigger Canoe Club have expressed an interest in paddling with us for fitness. We hope that in time they will associate with the Northern Chapter to create a similar set up that Redcliffe has with the Scarborough Outriggers. We have started to explore the possibility with the local council to have one of the dragon boats kept in front of the Outriggers compound to give us accessibility to paddle in the bay when the weather is calm and provide easy access for the outriggers to join us. The area is made for launching and retrieving mostly non-powered water craft. It will also give the sport and club far more public exposure.

We have had a few members of the public who approached us and told us they would like to try the sport. So, we have had 3 people have a go and they have returned for another two paddles with us. Hopefully they will join Redcliffe Red Dragons in Hervey Bay.

# Paddlers Journey

By Rosetta Lynis



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.

Rosetta has been kind enough to share her story...

*In 2008 I was diagnosed with breast cancer. After 2 surgeries I received chemotherapy and radiation. Life then revolved around work, constant checkups and trying to recover and get on with my life.*

*My work was with QLD Health and while working at Redcliffe Hospital I met the Pinkie's new member liaison, Sarah. Sarah had joined the Pink Snapdragons and kept saying what a great, supportive bunch of women they were.*

*I kept making excuses as to why I couldn't go but finally relented and went to a Come N Try followed by the Mini Field of Women.*

*I was hooked. Family commitments meant that my Saturdays weren't free until the week before Christmas but I was invited to go on a Lolly Run which was amazing.*

*I finally joined the club in 2015 and haven't looked back.*

Rosetta

# Fundraising

By Theresa Lymbury

In September 2019 Red Dragons successfully applied for a 50% grant through the Stronger Communities Program. The aim of this application was to bring attention to our club's involvement with council and their Adventure Program (Come N Try) and the need to provide equipment that is suitable for all ages.

We are grateful to receive a total of \$2,500 towards club paddles and life jackets. Paddles have now been ordered and we await their arrival.

Our Bunnings Sausage Sizzle in December went off without a hitch, thank you to all that attended and made this event a success.

Our first fundraiser of 2020 will be the Easter Chocolate drive. Please feel free to grab a box of Easter Eggs to sell to family and friends. The more we sell the greater the returns!



# Recipe Page

By Margery Barnes



## Lemon Slice

### INGREDIENTS

- ✓ 250g sweet plain biscuits
- ✓ 125g butter melted
- ✓ ¾ cup coconut
- ✓ ½ can condensed milk
- ✓ 1 lemon zested
- ✓ 2 cups icing sugar
- ✓ 1 ½ tabs butter melted
- ✓ ¼ cup lemon juice \* to taste

### INSTRUCTIONS

- Step 1 – Crush biscuits and mix in coconut.
- Step 2 – Add finely grate lemon rind and mix.
- Step 3 – Combine melted butter and condensed milk and add to dry mixture. Stir well.
- Step 4 – Press into a lined slice cake tin and set in fridge.
- Step 5 – Icing: Mix icing sugar, melted butter and lemon juice and ice when cooled.



## How It All began.....

For anyone who missed the Club's Christmas Party, I have included the history of our club. The committee is currently in the process of organizing an event in June to celebrate 15 years. Watch this space...

In February 2004, Bruce Eckersley, a former member had the opportunity to borrow a boat from Currumbin Dragon Boat Club to see if there would be any interest on the Peninsula. Initially 24 people came along and the club was formally registered with DBQ on the 28<sup>th</sup> June, 2005. At this stage, the club was based at Woody Point and by 2007 the registered members had grown to 101.

The growth in numbers increased with the formation of the Breast Cancer Survivor Team and this is how the Redcliffe Pink Snapdragons began. Jayne Coe was diagnosed with Breast Cancer in September 2004 and during her chemotherapy treatment her mother read a magazine article about Dragon Boat paddling and the benefits for Breast Cancer survivors. Jayne loved the idea and after her second chemotherapy session she joined the Redcliffe Red Dragon Boat Racing Club and began paddling with them as their first Breast Cancer survivor member.

In May 2005, it was decided by Jayne and Linda Riedel to create a Breast Cancer Survivor team as part of the club, Jayne chose the name 'Pink Snapdragons' for something pretty and feminine for herself and for future member to really feel like women. Pink snapdragons flowers are also strong and long lasting.

The club continued to grow and became one of the largest in the Brisbane area. It was also very competitive, with the club attended National and International Regattas. In 2008, the club attended the Hong Kong International Regatta with the Women's B team winning Gold. Approximately 50 club members represented Queensland at this Regatta and the Open's team consisting mostly of Redcliffe paddlers won Silver medals.

The club has continued to attend Regattas intrastate, nationally and overseas. We have produced some elite athletes and steerers who have represented Redcliffe as part of the State and National teams and also Australia at International level. Our Pink Snapdragons attend the International Participatory Regattas held every 4 years at various situations around the world. Great fun and celebrations are had by all.

In 2017 thanks to a great team led by Cheryl Rigby and Tina Van Kuyl the club was successful in obtaining a grant toward construction of our clubhouse with Get Playing Places & Spaces. The Moreton Bay Regional Council also confirmed that they would contribute towards the project. Sadly, Jayne lost her battle, but in typical Jayne style left a gift to the club towards the completion of our magnificent clubhouse. A garden was made in Jayne's honour and can be found in the front of our 'Paddlers Den'.

*A Special Thank You to:*

### **Past & Present Presidents –**

Bruce Ekersley  
Kane Woolmer  
Sue Gledhill  
Gary Ellis  
Charlene Povey  
Andrea Douglas  
Brad Stephenson  
Tina Van Kuyl  
Cheryl Rigby  
Bob Rapley

### **Coaches -**

Bruce Ekersley  
Arthur Heales  
Iciar Argus  
Lynda Riedel  
Charlene Povey

### **Junior Coaches -**

Arthur Heales  
Donna Stein  
Charlene Povey



# Time Capsule 2005 – 2020



## Calendar of Upcoming Events



<b>Date</b>	<b>Time</b>	<b>Details</b>	<b>Location</b>
<i>March</i>			
Sat 07 <sup>th</sup> & Sun 08 <sup>th</sup>		State Championships	Lake Kawana
Sun 15 <sup>th</sup>	9.30am	Come 'N' Try	Clubhouse, Talobilla Park
Sat 28 <sup>th</sup>	9.00am	President's Breakfast	Clubhouse, Talobilla Park
<i>April</i>			
Wed 08 <sup>th</sup> to Mon 13 <sup>th</sup>		National Championships	Penrith, NSW
Sat 25 <sup>th</sup>	9.00am	President's Breakfast	Clubhouse, Talobilla Park
<i>May</i>			
Sat 09 <sup>th</sup> & Sun 10 <sup>th</sup>		1770 – 250 <sup>th</sup> Anniversary Regatta	Agnes Waters
Sun 17 <sup>th</sup>	10.00am	Come 'N' Try	Clubhouse, Talobilla Park
Sat 30 <sup>th</sup>	6pm	Presentation Evening (No President's Breakfast this month)	Dolphins Leagues Club, Redcliffe

## Thought of the Month



Live your life.

Take Chances.

Be Crazy.

Don't Wait.

Because right now is the oldest you've ever been and  
the youngest you'll ever be again.

-Suzanne Collins-