



Redcliffe Red Dragons Dragon Boat Racing Club

Newsletter

ONLY DEAD FISH GO WITH THE FLOW.

APRIL, 2020

A Note from Our President

By Bob Rapley

Guten tag,

I hope everyone had a Happy Easter. I'm sure everyone experienced a different Easter this year.

Easter is the only time when you can put all your eggs in one basket and get away with it. 😊

What a month it has been!

We find ourselves in a brave new world with the advent of Covid-19. This virus is having an impact on everyone, either through loss of employment, having to self-isolate, cancelling travel plans, embracing the new norm of social distancing, empty supermarket shelves, and just having to avoid people in general. We need to take the necessary steps to flatten the curve.

While the economic impact of this pandemic is significant, so is the mental health aspect of dealing with this threat and changing our way of living, for an indeterminate time.

Please look out for each other, check in on those you know to be vulnerable, maintain contact, offer help where you can, but most importantly stay safe and well. We will get through this and return to our paddling and social activities with enthusiasm.

Coach's Notes

By Charlene Povey



Hi Everyone,

COVID 19 isolation is a big adjustment to our active lives.

Who would have guessed that we are now virtually in lockdown? Staying home, practising social distancing, the 1.5 metre separation is now the normal. No more coffee dates, lunch dates, going to work, training and no more dragon boating. The experts say that this could go on for at least 6 months.

What has been happening with me?

Since last week I am now working from home and have worked hard to curb my wants or needs to leave the house. This has been a major effort for me as now my on-water sessions have now reduced from 6 times on water to simply just Saturday and Sunday mornings.

The big issue for me each day has been the "I'm going to go mad if I don't do something, I need to get on the water" attitude. I have become a HERMIT!

So, if you are experiencing this type of anguish, becoming a TURTLE just living in your shell! Below are some of my solutions to combat it.

1. If you need direction with your training at home sign on to one of the many online training apps. They provide a good range of fitness classes (yoga, Pilates, weight, cross fit and functional style training) for all various levels of fitness. The good thing is that you do not need a home gym at home simply some space.

Examples:

- Les Mills (www.lesmills.com) – lots of classes in this app
 - CENTR Chris Hemsworth fitness app, I like this one (www.centri.com), and there are many, many more via facebook.
2. We are allowed out to exercise. Make it a point every day, to get out and go for a run or walk. Some suggestions to add some variety is every 200m do something like a few sit ups or push-ups, or just jiggle (I mean dance).
 3. Go for a bike ride, hoon around the roads.
 4. Turn the music up and dance. If you do not know how to dance the Sydney Dance Company provide online dance sessions.
 5. Get out on the water - Make use of the OC1 and TK1 that is available at the club. Contact the club about getting key access to the shed during our down time.
 6. Join one of the many online challenges that are currently floating through the FB pages.
 - o Try the push up challenge.
 - o Vesna's 30-day paddle challenge is a good one - Search for this one through face book. The good thing about this challenge is that you do not need to be on the water or have a single craft to do this one. All you need is some space.
 - o Learn how to do a handstand in 30 days. This is a good one as it's all about the core.
 7. If you need motivation to move, publicise it to the world your goal for the next 30 days, then you have to do it.

As you see there are many things you can do to get moving and the good thing about it is that you really do not need a lot of equipment.

So now that there is time there is no excuse to get active. Just remember that you only need just 15 minutes to get yourself moving. Get moving, it is good for your health.

Team Manager's Report

By Iciar Argus



NATIONALS



This year's AusChamps, scheduled to be held at the Sydney International Rowing Centre, unfortunately had to be cancelled due to the restrictions enforced under the Corona Virus Pandemic.

Racing was to be held over the 7 days starting Thursday 9th April and ending Monday 14th April with the State V State racing scheduled for Saturday 11th April.

Although Redcliffe, as a club, were not participating at these championships, we did have 14 club members representing Queensland.

These consisted of 11 paddlers, 2 team managers and 1 coach.

PADDLERS

SENIOR C

Ann Matthysen

Bob Rapley

Doug Trott

Paul Hogg

Phil Matthysen

Tina Van Kuyl



SENIOR A

Jason Pukallus

Kelly Monds



PREMIER

Evy Refshauge

UNDER 18's

Kaete Afonso

Tahlia Harle



TEAM MANAGERS AND COACH

Coach (Under 18's)

Charlene Povey

Team Manager (Senior A)

Kay Roper

Team Manager (Senior B)

Iciar Argus



It is great to see such a big representation from the club with every age group being covered. It was a shame the championships did not go ahead as everyone was ready to show all the other states just what us Queenslanders are made of.

QUEENSLANDER!!!



Pink Snapdragons Update

By Christine Johnston



So, what have you all been doing to keep sane while staying safe at home?

Our Pink Snapdragon members have been keeping busy with gardening, catching up on reading, arts and crafts, a bit of dress ups for taking the bin out and most importantly, exercising.

While each of us are dealing with the restrictions in different ways, some better than others, we need to continue to stay safe and well and look out for each other. This too will pass, and we will be back to paddling and socialising with renewed vigor as soon as we can. No doubt with a greater appreciation of living a 'normal' life. We are certainly missing those Snapdragon hugs.



Photos:

1. Christine and Helen getting their arts and crafts on with colouring in and tie-dying.
2. Fran enjoying a bit of gardening and relaxing catching up on a good book.
3. Julie and Joan getting out into the fresh air tending their beautiful garden.
4. Ann showing us how to maintain our fitness, getting out on the water in the outrigger.
5. Jill also enjoying gardening, planting some Snapdragons, Petunias, Marigolds, and Verbenas.
6. Sonia dressing up for putting the bin out ala bin isolation outing.

New Members

By Paul Hogg

Due to Covid-19, all training and Come N Try's have been cancelled until further notice.



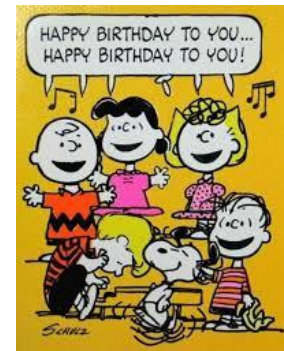
We are always looking for new paddlers.

Dragon Boating is an exciting water sport that puts 22 people through a decent workout. It's great fun for all ages and a good way to meet new people.

Once we are back on the water, it would be great to see everyone back at the clubhouse and it would be even better to see everyone bring along a friend and introduce them to our great sport.

Birthday Wishes for May

Karen Rolfe	-	03rd
Kevin Fulford	-	12th
Deb Watson	-	14th
Rosetta Lynis	-	17th
Sonia Anger	-	18th
Del Martin	-	30th



Joke of the Month

Jesus was hanging from the cross and he called out to Peter.

"Peter, I need to see you."

Peter tried to get to the cross but the Roman soldiers fought him back.

Jesus again said, "Peter, please come here. I want to tell you something."

Again, Peter tries to fight his way through the guards but once again they stop him.

One more time, Jesus says, "Peter, please, I need to tell you something.

This time, Peter musters up all of his strength, manages to get past the guards, goes up to the cross and says, "Yes my lord, what do you want to tell me."

Jesus replies, "I can see your house from up here."



A 70 year old man asked his wife, "Do you feel sad when you see me running after young girls?"

Wife replied, "No, not at all. Even dogs chase cars they can't drive!"

RRD Northern Chapter

By Josie Lategan

We are so very pleased that in early April we took delivery of our brand spanking new 10's boat and aluminium trailer. We are so ever grateful to our sponsor. I think we are all looking forward to (when we return to paddling) no more last-minute cancellation of sessions because one or two paddlers have been retained at work preventing us from training. Hey, we ran endurance sessions and mini races with 6 paddlers and 4 sandbags in a 20's boat. Imagine what we will be able to do in a 10's boat!! So, looking forward to it!



Peter from Spitfire trailers in Coomera has been building dragon boat trailers for a couple of clubs in Brisbane/Gold coast and constantly improves on the design. The trailer is designed to carry both a 10's and a 20's boat side by side or be adjusted for two 20's boats. The best part is that we can now launch the boat anywhere in the Bay for a training session. So, if a southerly blow, we can launch in the waters of Hervey Bay that run along the northern part of the esplanade, where the population of Hervey bay congregates at the hipster cafés. Can you imagine what this will do for the exposure of the club in region? Or if a northerly blow we launch into the marina waters. A win- win!

In the COVID 19 times the RRDNC has been kept in contact with each other via Zoom. We talked for 1.5 hours. There was so much to say- particularly what each one is doing exercise wise to maintain our fitness. Rhonda dusted her Wii and ended up with sore calves. Jenny and Nigel use their home gym and Lorna, Kevin, John and I use our bikes and do weight training in our backyards.

Paddlers Journey

By Kay Roper



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.

In 2014 I decided I needed to get fit but wanted to do something around water. I looked at the Moreton Bay Regional Council come'n'try options, and decided to give kayaking, canoeing, rowing, outrigging and dragon boating a go.

I loved kayaking, but didn't have a kayak then so that was out; didn't mind canoeing, but again, a big investment to buy one, and transporting it looked like a pain; rowing – well, who wants to travel backwards?? Outrigging was great, and so was dragon boating, but the balance tipped for dragon boating as it was closer, the training times were more suitable, and the members seemed like a really nice group of people.

Back then, the club had a "training" boat, with a coach and sweep who looked after the new paddlers. It eased me in gently, and it wasn't long before I decided to advance to the racing boat. The first regatta was a bit scary, especially when they talked about doing a 2k race – that seemed ridiculously long!

Funny to look back now, and think of some of the great events I have done as a club member – the 17k Maroochy River Paddle, the 10k Mullum to Bruns paddle and the 12.5k Brisbane River Challenge paddle some of the more memorable ones!

Dragon boating has proven to be a great sport, and has given me many hours of enjoyment - well worth the hard work and blisters – fortunately I have never experienced the dreaded backside "dragon bite"! 😊



Club members out on the water -:- Practicing social distancing :-:



8 Reasons to Be Part of a Sports Team

By Norma Kelly

Team sports have so many physical and emotional benefits, from keeping you active and healthy, to feeling a greater sense of belonging.

I've put together a list of eight reasons why you should be part of a team sport. Check them out below!

1. It feels good to be a part of a team – This is a no brainer! Feeling a part of a group and having a sense of community is something we all strive for because it makes us feel good!
2. It will increase your overall fitness – Anything that increases your activity level is a positive so exercising with a team is a great way to work out because it makes it more fun!
3. Team sports improve mental health – A number of research studies have revealed that regularly participating in a team sport lowers levels of stress. With so many facets of our lives causing stress, why wouldn't you do the things that calm you?
4. It's a great way to make friends – Joining a sports team is a fantastic way to make new friends.
5. It improves motivation levels – With other people relying on you, you're more likely to show up to training. It's easy to skip a gym session because of an appointment or being too tired whereas it's much more difficult to tell your teammates that you can't make it to training.
6. Team sports make you a better person – Learning to compromise and work with other people is a great skill team sports will teach you. You will learn about how to handle victory as well as defeat. This is a priceless skill that will be applied in many situations in life.
7. Team sports increase long term happiness – The positive social interaction that team sports enable help to create strong feelings of self-identity, which in turn increase happiness.
8. You'll have fun – As cliché as it is, playing sport with a big group of people is a whole lot of fun. To keep you sane, taking a break from work or studying is important...that's where team sports come in! They take your mind off things for a couple of hours and leave you refreshed!

Recipe Page

By Barb Flynn



Swiss Chicken

Ingredients:

4 Whole Chicken Breasts
 4 Tbsp Flour
 Salt and Pepper to taste
 90g Butter
 4 Gloves Crushed Garlic
 ¾ Cup Dry White Wine
 1 Tsp French Mustard
 ½ Cup Cream
 3 Shallots
 8 Slices Ham
 8 Slices Swiss Cheese



Method:

- ✓ Dust 8 individual pieces of chicken with seasoned flour.
- ✓ Heat butter in pan, add crushed garlic and chicken.
- ✓ Sauté until golden brown.
- ✓ Add wine, bring to boil then reduce heat.
- ✓ Simmer covered 20 minutes, remove chicken from pan.
- ✓ Put a slice of ham on each piece of chicken then top with a slice of cheese.
- ✓ Put in a heat proof serving dish.
- ✓ Cook in a moderate oven 180 C for 10 minutes.
- ✓ Bring the chicken stock liquid in the pan to a boil, keep uncovered.
- ✓ Reduce stock until a cup of liquid remains.
- ✓ Reduce heat, add cream, chopped shallots and mustard.
- ✓ Stir until combined.
- ✓ Season with salt and pepper.
- ✓ Pour sauce over chicken and service.

Calendar of Upcoming Events



Date	Time	Details	Location
<i>May</i>			
Sat 09 th & Sun 10 th		1770 – 250 th Anniversary Regatta	Cancelled
Sun 17 th	10.00am	Come 'N' Try	Cancelled
Sat 30 th Provisional date only	6.00pm	Presentation Evening (No President's Breakfast this month)	Postponed - TBA
<i>June</i>			
Sat 06 th	9.00am	Annual General Meeting	Clubhouse, Talobilla Park -TBC
Sat 27 th	9.00am	President's Breakfast	Clubhouse, Talobilla Park - TBC
<i>July</i>			
Sat 18 th & Sun 19 th		Mt Warning Regatta	Murwillumbah - TBC
Sat 25 th & Sun 26 th		Tin Can Bay Regatta	Tin Can Bay - TBC