



# Red Dragons Redcliffe Dragon Boat Racing Club Inc

## Newsletter

KEEP CALM AND PADDLE ON.

MAY, 2020

### A Note from Our President

By Bob Rapley

Kon'nichiwa,

I hope everyone has been able to make it through another month of being off the water.

The restrictions are slowly being lifted however we still have a long way to go before normality returns. Social distancing, hygiene and travel restrictions are still vital and will continue for some time to come.

We have to follow Queensland's three phase roadmap for easing restrictions. Stage one started this month, stage two will commence 13 June and stage three will begin on 11 July.

Currently we are unable to resume sporting activities under Stage one. Stage two allows for commencement in a limited form but due to the social distancing requirements we can only use single crafts in training.

Our club will continue to follow the advice of DBQ and advise members of any updates when they occur.

Stay safe.

# Team Manager's Report

By Iciar Argus



## REDCLIFFE RED DRAGONS 2020/2021 MEMBERSHIP FEES

Renewal of club memberships are in process for the upcoming 2020/2021 DBQ regatta season.

To continue to operate as a club, Redcliffe Red Dragons needed to renew its club membership with DBQ for the upcoming 2020/2021 regatta season. The club was required to have a minimum of **18** members renew their membership and the club pay the annual club membership fee of \$200 by **30 JUNE 2020**.

# THANK YOU

To all those members who have re-signed and made the registration of the club for the upcoming season possible.

Membership Fees consist of two parts:



### 1. DBQ PADDLER LEVY

DBQ Board has set the paddler levy for the season due to the circumstances which we are currently facing at the moment.

- **\$45 Adult paddler levy**
- **\$20 Junior paddler levy**

The DBQ Board is planning to revisit this paddler levy later in the year, depending on when the sport resumes, so you **MAY** need to pay extra.

Members have been asked to go onto club website and renew their membership by paying the respective DBQ paddler fee. This levy will provide insurance coverage under DBQ for members engaging in dragon boating activities. DBQ Membership Form and DBQ Code of Conduct can be found on the club's website and members are asked to download these forms with the DBQ Membership Form being completed and returned to the club register for their records.

Please check that all your details are correct and if you are wanting to change your photo ID you can replace it with a new photo - **NO HAT** or **SUNGLASSES** are to be worn in photo.

### 2. CLUB MEMBERSHIP FEES

Club fees are yet to be determined. Members will be advised as to their relevant fee payments and the procedure required in paying this amount to the club. Please take note that, as per DBQ, the club committee will revisit the club fee later in the year, depending on when the sport resumes, so you **MAY** have to pay extra.



# *-:- Our Wonder Years -:-*

## COMPETITION

We haven't been seeing each other very much of late. Lets see who can match the photos to the names listed below

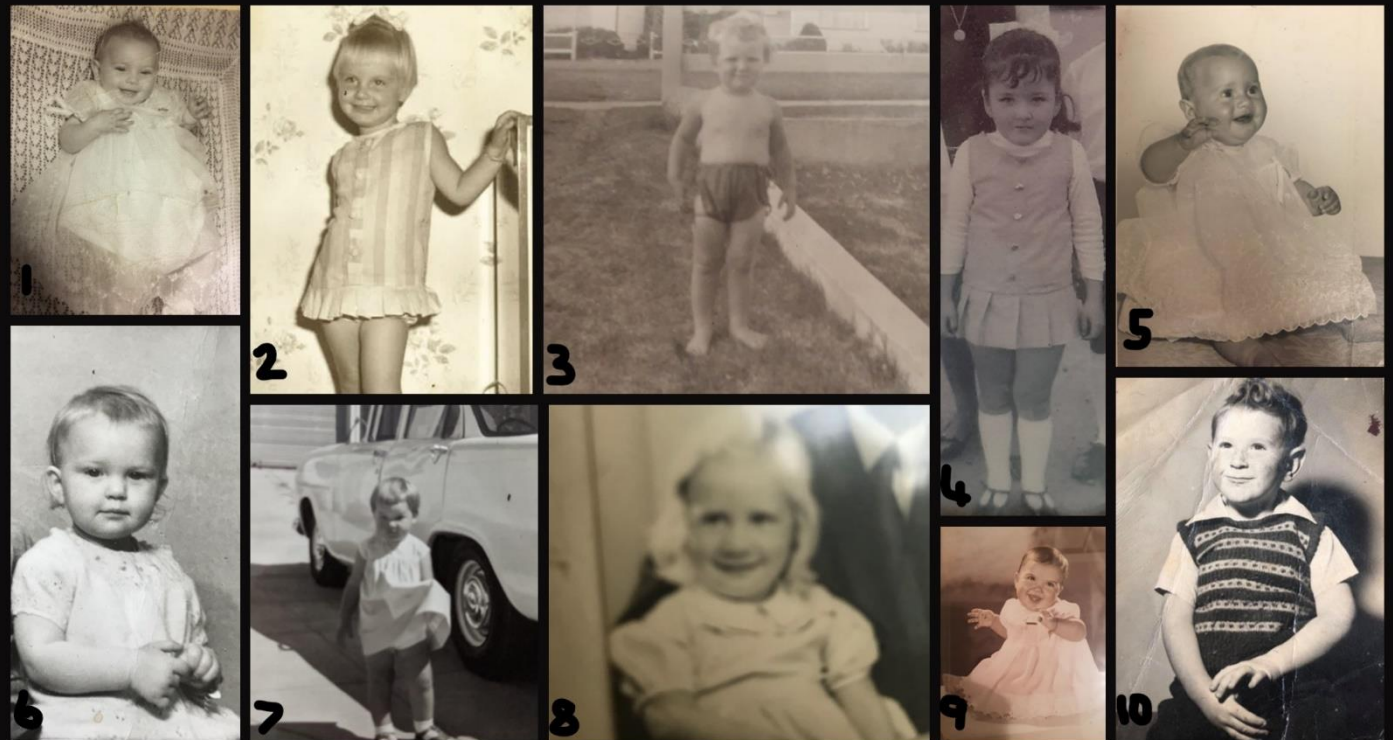
Each photo is numbered, write a name corresponding against each one.

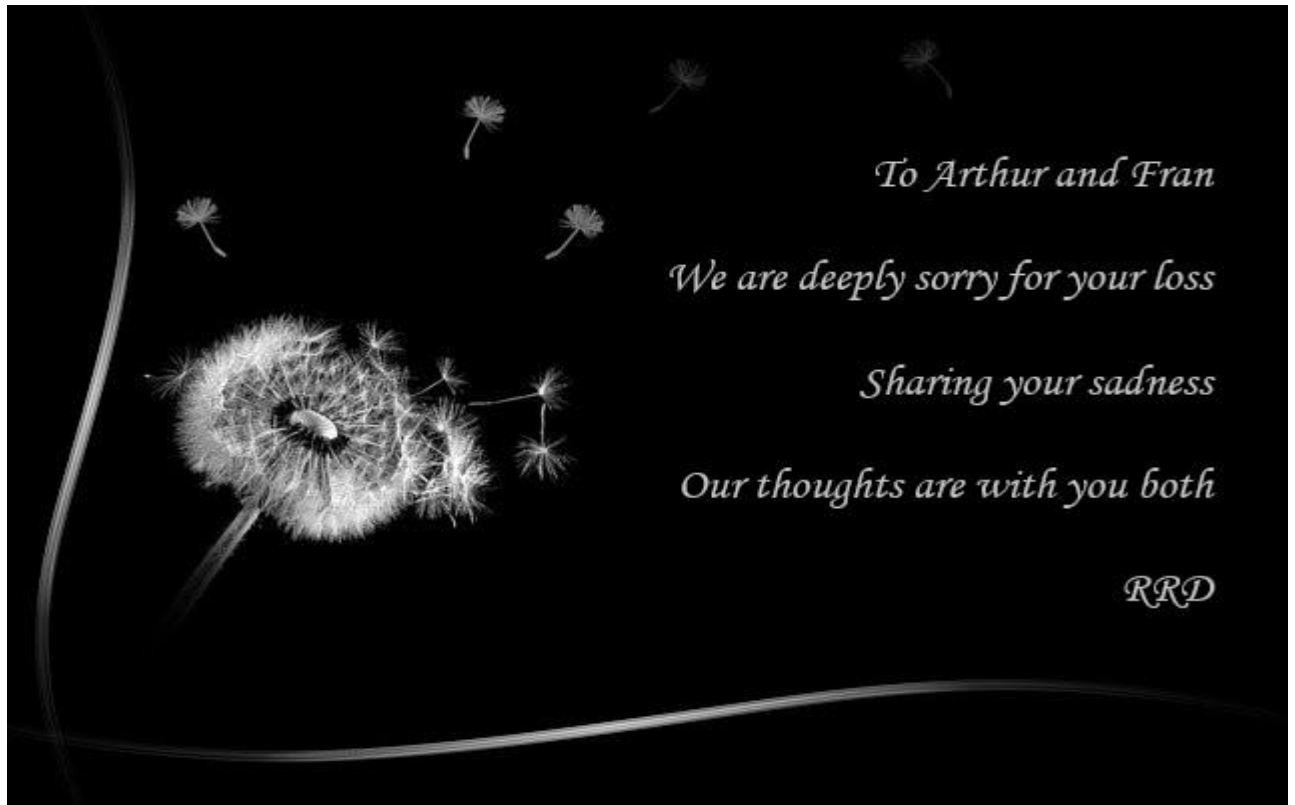
Forward your answers either by email directly to me – [norma\\_kelly@bigpond.com](mailto:norma_kelly@bigpond.com) or PM or text by the 15th June.

A bottle of wine will be given to the first three members drawn who has all 10 correct.

Winners will be announced in June's newsletter.

Kay Roper, Jane Kennedy, Barb Flynn, Bob Rapley, Natalie Bliesner, Iciar Argus, Del Martin, Donna Pascoe, Cheryl Rigby, Norma Kelly





## Birthday Wishes for June

Andrea Coe	-	04th
Nita Cox	-	05th
Lyn Stainlay	-	24th



## Joke of the Month

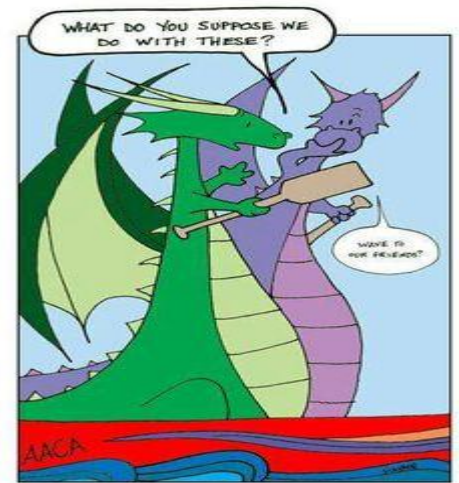
A blonde and a red head are walking in the woods when the red head has a heart attack and falls to the ground.

Shocked, the blonde takes out her phone and calls the police and she shouts "I think my friend is dead, what do I do?"

The policeman on the phone says, "Calm down and listen to me. First make sure that she really is dead."

There is silence, then a loud gunshot.

The blonde gets back on the phone and says; "Okay, now what?"





# RRD Northern Chapter

By Josie Lategan

RRD in Hervey bay has been exceptionally quiet this month as we continue the business of maintaining social isolation.

We do try to keep up via zoom and invariably the conversation is centered on preparing for when we are allowed back on the boats as a club.

We are sad to find out that John Gibson will no longer be able to paddle with us in the future as a result to past injuries he suffered as an avid dragon boater.

John was member of the South Australian State team for a number of years.

Unfortunately, he has also had to give up outrigging.

We wish him all the best and we know the boat will never be the same without him on seat 6. Many a times John's incredibly powerful stroke got us out of trouble when we were paddling as 6 paddlers on a 20's boat with a southerly blowing.



# Paddlers Journey

By Rhonda O'Brien



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.

*I've always loved the water – anything to do with the water – on it, in it, under it. When I left school, I joined the Navy and I did a scuba diving course when my children left home.*

*In 2005 I moved to Darwin and lived in a unit at Cullen Bay. I would see the dragon boat club practicing there and was drawn to it but I know what lives in the water there so wasn't keen to be so close to the water. My work took me to a community in Arnhem Land (fly in/fly out) and I lived with my partner on a sailing catamaran when I was in the community. A few years later I moved to Cairns and once again I thought about dragon boating but once again, I wasn't happy being so "close" to the water so didn't pursue it. We still had the sailing catamaran so were out on the water a lot and saw many "snapping handbags".*

*I moved to Hervey Bay in 2013 for family reasons and once again I thought about paddling. This time I did something about it and joined the Hervey Bay club at the end of 2013. I loved the camaraderie and made a lot of new friends. I eventually trained to be a sweep "because I could" and have held that accreditation for over 3 years. Clubs can never have too many sweeps so I was happy to help with training etc. When I had the opportunity to transfer to Redcliffe Red Dragons last year I jumped at the chance. Redcliffe really lives the spirit of the sport and I value that. The Northern Chapter doesn't have big numbers yet but it has grown since we took to the water, and without advertising. Our paddlers are fun to be with but I'm sure I can speak for all of us when I say I can't wait to get back on the water.*

*A little bit more about Rhonda that was not included in her account: Rhonda went to University to do a Bachelor of Commerce in her 40's whilst working full time and graduated in her 50's. She also has a Training and Assessment qualification. We benefit immensely from her skills and demeanor as a trainer since Rhonda as a sweep supports both our training sessions and in the training of those interested in learning how to sweep.*



# Recipe Page

By Gillian Robinson



## GINGER SLUSH

Quick and easy dessert

### Ingredients

600 ml cream

1 packet ginger nut biscuits

1 tin mandarin segments

(sugar to make sweet cream)



### Method

1. Whip cream to thick consistency (can add sugar to make it sweet whilst whipping, if desired)
2. Open packet of biscuits
3. Drain mandarins – juice into a bowl and segments into another bowl
4. Place whipped cream into a third bowl
5. Serving plate
6. Place a little cream on the serving plate in centre
7. Submerge gingernut biscuit in juice, remove immediately, dab some cream on it and place on plate. Submerge second biscuit, dab with cream and attach to first biscuit on plate





8. Repeat with entire packet of biscuits (do not allow biscuits to soak, just wholly submerge and take out)
9. Make any shape you want – a line, two lines, a circle – with the biscuits and cream. I made a cross. Ensure there is enough cream left over to cover biscuits



10. Cover the biscuits in cream and then decorate with the mandarin segments



11. Can be stored in refrigerator for a few hours, so easily prepared prior to meal

12. Serve



-- Yummy --

## Calendar of Upcoming Events



Date	Time	Details	Location
<i>June</i>			
Sat 06th	9.00am	Annual General Meeting	Clubhouse, Talobilla Park -Postponed until July
<i>July</i>			
Sat 18 <sup>th</sup> & Sun 19th		Mt Warning Regatta	Murwillumbah - Cancelled
Sat 25 <sup>th</sup> & Sun 26th		Tin Can Bay Regatta	Tin Can Bay - Cancelled
<i>August</i>			
Sat 29th	9.00am	President's Breakfast	Clubhouse, Talobilla Park - TBC





Click Ctrl + Scroll to view the photo's ☺