



Redcliffe Red Dragons Dragon Boat Racing Club

Newsletter

LIFE IS BETTER WHEN YOU PADDLE.

JULY, 2020

A Note from Our President

By Cheryl Rigby

Hi all,

I would like to introduce myself for those of you who don't know me, my name is Cheryl Rigby and I will be the Club President for the 2020/21 season.

I would like to take this opportunity to thank the outgoing committee for all the hard work they have done, especially the implementation of the Covid-19 Safety Plan, the construction of the mezzanine floor and all the other renovations in the shed.

To my new committee, I look forward to a great year ahead, it is certainly going to be very different!

Due to the imposed restrictions to "on water" training, different options have been introduced to keep us as fit and social as possible. Remember there is a fitness session on Mondays, 5 to 6pm run by Deon from Fitclub. It is proving to be more popular each week. The cost is \$10.00 and you can register via revolutioniseSPORT or bring cash on the night.

I look forward to seeing everyone at Saturday morning training sessions. We will also ask members to have a go at sweeping. It will be a great time to learn while we are in this downtime for regattas. You never know you may be a natural.

CU on the water.

Team Manager's Report

By Iciar Argus



CLUB FEES

At the club's last general meeting, members were made aware of the 2020/2021 membership fees. It was decided that due to the current COVID 19 environment, club fees for members would be suspended till 31st December. DBQ fees (discounted) are still payable on registration.



DBQ plans to revisit the paddler levy later in the year depending on when the sport resumes possibly resulting in members having to pay further fees, as will the Club Committee regarding Redcliffe fees. Members will be advised what the club fees will be for the last 6 months of the season.

ALL members are to complete the appropriate DBQ and Redcliffe Red Dragons membership forms as well as read the DBQ Code of Conduct and return the forms to the Team Registrar either via email or bring to training.

Thank you to those who have returned their respective forms.

For further details regarding fees and membership forms, visit the club website
<https://www.redcliffedragonboatclub.com.au/>

Just a friendly reminder...

Everyone is doing a great job registering for Saturday training and Monday Group Fitness sessions. Keep up the great work.

<https://www.redcliffedragonboatclub.com.au/training/>

Saturday Training

If members could register **BY THE FRIDAY 5pm**, prior to their selected Saturday sessions to enable Charlene to set the boat, rather than leaving it till the last minute, it would be very much appreciated. This is very considerate and will create less work leading up to and on the day. Please remember to let club know, if once registered, you are unable to attend.

Monday Group Fitness

Members registering for these sessions are asked to do so **BY THE RESPECTIVE MONDAY SESSION** and pay fees upon registration to enable transfer of payment to Deon by mid-week.

As always, your co-operation is very much appreciated



Pink Snapdragons Update

By Debra Hall



It is with sadness in our hearts that we announce the passing of our Pink Sister, Christine Law. 🌸

Christine was a much-loved member of our club, a dedicated fundraiser, former club President and social butterfly always with a smile and excited to be out on the water with her Pink Sisters. ❤️

We send our heartfelt condolences to her husband Ivan and sons Matthew and Stuart. She will be greatly missed ❤️

Birthday Wishes for August

Lisa Dunne	-	03rd
Barb Flynn	-	04th
Iciar Argus	-	09th
Marian Raleigh	-	19th



New Members

By Norma Kelly

We had one new member join the club in July.

We would like to give a warm welcome to:

❖ Lani Dando



We also have to give a warm welcome back to two previous members who have missed us immensely and have decided to rejoin our club.

❖ Jill Aplin

❖ John Braithwaite



Joke of the Month

A man goes into a pet shop to buy a parrot. The shop owner points to three identical looking parrots on a perch and says, "The parrot on the left costs \$500 dollars."

"Why does the parrot cost so much?" asks the man. The owner says "Well the parrot knows how to use a computer."

The man then asks about the next parrot and learns that it costs \$1,000 dollars because it can do everything the first parrot can do plus it knows how to use the UNIX operating system.

Naturally, the increasingly startled man asks about the third parrot, only to be told that it costs \$2,000 dollars.



Needless to say, this begs the question, "What can it do?"

To which the owner replies,

"To be honest I have never seen it do anything but the other two call him boss!"

RRD Northern Chapter

By Josie Lategan

We had the blessing and naming ceremony for our new 10's boat on Sunday 26th July.

It was a wonderful heartfelt ceremony and I can say that a few of us had a little bit of extra moisture in our eyes. The venerable Tenzin Namdag had written prayers and healing mantras for the ceremony focusing on the theme Courage.

So, it was a delightful surprise to her (and for us the blessing prayers) to realise that we had named our boat *COURAGE*, a trait reflective of the strength in our hearts.

The ceremony took place at Lake Kawana, however with so few of us present we could not place it in the water at that time. Rose petals and blessed rice were scattered on the boat during the ceremony and then collected and stored to be dispersed again when we place the boat on the water and have the first paddle.

Let our dragon boat *COURAGE* represent our choice to confront adversity and our choice to support those who face challenges.



Paddlers Journey

By Josie Lategan



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 grew up in Mozambique, spent quite a number of years in South Africa and have been living in Australia for the last 25 years – the last 4.5 years in Hervey Bay. Without counting my lovely husband (we met at school), I feel so privileged in having two major passions in my life. Being a perpetual student and....dragon boating!

I first came across the sport whilst living in Sydney and I felt immediately connected to and aligned with it. However, my job as a research scientist and academic at University combined with lengthy traffic issues in Sydney made it impossible to attend training and participate in the sport. Moving to Hervey Bay changed all that and I joined the local dragon boat club.

Someone once asked me "what do you love about dragon boating?" My immediate answer was "I love it". However, I realised it was deeper than just loving it. So here it is..... As a paddler I love the physical activity, the opportunity to lose myself and zone out completely for deep reflection during endurance paddling. I love the competitiveness of the sport and the fact that there is always opportunity for me to improve.

As a scientist I delight in the physics and dynamics of a well-executed stroke and the resulting effect on the boat; I thrive in understanding how the most miniscule movement can compromise boat glide and naturally I like to share such knowledge with the group (lots of eye rolling here from paddlers) for a better understanding of performance.

As a coach, I love to empower paddlers, encourage them to go further and recognise their efforts. Most rewarding is when with minor guidance a paddler discovers their ability on their own.

Finally, I love the camaraderie of the group that reflects that we as unique individuals somehow found a way to feel deeply connected.

Unfortunately, things did not work out with the local DB club in Hervey Bay. Their club values and culture had changed overtime and I found it no longer aligned with my own values and moral principles. After meeting members of the Redcliffe Red Dragons at the 2019 Nationals in Canberra, seeing them compete and seeing the support Redcliffe provided the Central QLD regional state representatives, I knew I wanted to be part of this club.

Josie Lategan

Recipe Page

By Iciar Argus

ENSALADILLA RUSA

Spanish Potato Salad - a meal on its own



INGREDIENTS

6 – 8 Potatoes (large)
 4 – 5 Eggs
 Tuna in oil drained 425g (Serina brand best) -roughly chopped
 Can of Asparagus - chopped
 Can of Sliced Beans
 Can of Peas (small can)
 Jar of Capsicums (roasted) - sliced
 Jar of Olives (stuffed with peppers) - chopped
 Tomatoes - (diced) 2 to 3 depending on size
 1 Onion (big) - chopped



SERVING SIZES

6 or more people. If you were wanting to make a smaller amount use smaller cans of ingredients if possible and half the number of potatoes and eggs. A bit of trial and error.

METHOD

Cook potatoes on stove in boiling water until soft. Hard boil the eggs.

Once cooked let potatoes cool and then peel skin. Same with eggs.

Roughly chop potatoes and eggs into dish (Make sure this is big enough to enable all ingredients can be mixed thoroughly).

Add all other ingredients. Gently mix all ingredients

MAYONNAISE

2 eggs (room temperature)

Salt

$\frac{3}{4}$ cup oil

Vinegar (white)



METHOD

Separate egg yolk and egg white into two bowls.

Sprinkle dash of salt onto egg yolks. With electric beater or wooden spoon, beat eggs while **SLOWLY** pouring in the oil. Make sure to continually beat eggs while adding oil until finished. (**DO NOT STOP**)

If the egg mixture does not thicken within the first 1 to 2 minutes, disregard and start again.

Once finished adding oil, add vinegar whilst still beating until the oily taste is no longer present. The amount of vinegar will depend on the results of the taste testing.



Beat the egg whites in a bowl until peaks form. Once done slowly fold spoonful's into the egg mixture.

The quantity will depend on how much mixture you require for the potato salad. This is personal preference.

Pour the mayonnaise over potato salad and mix until well coated.

Keep refrigerated until required.

BUEN PROVECHO!!!

Calendar of Upcoming Events



Date	Time	Details	Location
<i>August</i>			
Sat 08th & Sun 09th		Rainbow Regatta	Ballina - Cancelled
Sat 29th	9.00am	President's Breakfast	Clubhouse, Talobilla Park - TBC
<i>September</i>			
Sat 26th	9.00am	President's Breakfast	Clubhouse, Talobilla Park - TBC
<i>October</i>			
Sat 10th	10.00am	Come n Try	Clubhouse, Talobilla Park
Sat 31st	9.00am	President's Breakfast	Clubhouse, Talobilla Park - TBC