



Redcliffe Red  
Dragons  
Dragon Boat  
Racing Club

Newsletter

HARDER. FASTER. DEEPER.

JUNE, 2020

## A Note from Our President

By Bob Rapley

Ciao,

It is now June and the 2019/20 session has come to an end. The good news is 2020/21 session starts in July.

Back in May Iciar sent out an email explaining how the club needed to renew its membership with DBQ and partial fees were required to enable the club to pay the annual membership fee by the end of June. This has now been done and I thank everyone who paid. The remaining 2020/21 club fees will be discussed at the upcoming Annual General Meeting scheduled for Saturday, 18th July.

Everyone should have received an email regarding the return to training. Please ensure that you read the email carefully and understand the conditions in which we can train. Further to Iciar's 'Back to Training' on the next page. Kay has completed the COVID19 Safety Plan and all members must ensure that they follow the requirements set out in the plan.

Hope to see you on the water.

# Team Manager's Report

By Iciar Argus



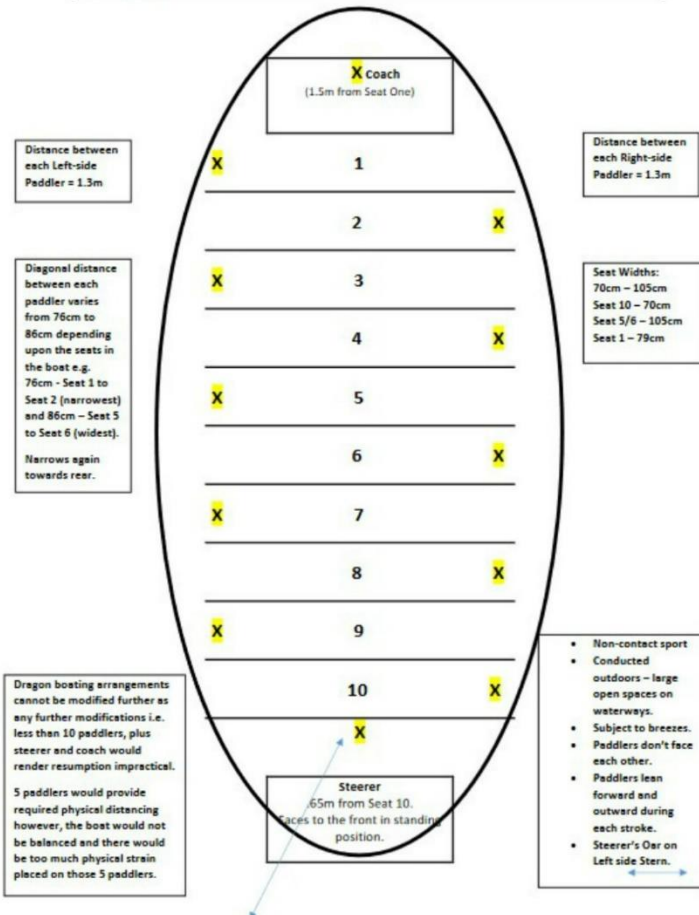
On Friday 5 June, the QLD Chief Health Officer approved the COVID Industry Plan for Aquatic Sports to return to training. This includes Dragon Boating and Outrigging. DBQ submitted a COVID 19 plan in order to get Queensland dragon boat clubs back on the water.

Although a return to sport has been approved, there are some things that need to happen before clubs can go out on the water. The minimum requirements are as follows:

- DBQ to revise and disseminate its Covid-Safe Plan to all clubs.
- All clubs to review the DBQ Covid-Safe Plan and submit their own Covid-Safe Plans for approval by DBQ.



**Standard Dragon Boat – Qld Stage 2 and 3**  
 (Optimal minimum modified plan for Dragon Boating to safely resume as a sport in both training and competition.....10 paddlers plus steerer and coach as depicted below on each boat. Boat Weight approx.: 280kg)



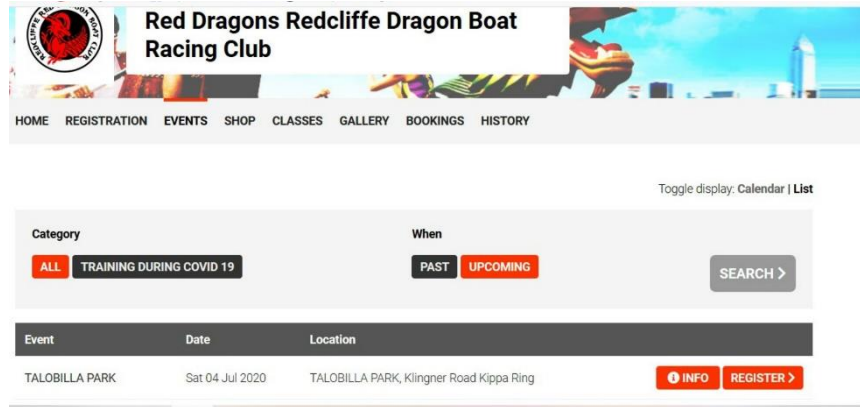
Essentially, for Dragon Boating, this means approval for 10 paddlers, steerer and a coach on the drummer's seat (if necessary) in a 20's boat for Stage 2, and Stage 3 at this point. There is an approved seating plan (see left) in a standard dragon boat which we **must** comply with.

Please note that Left side paddlers **must** be positioned on odd numbered seats only, and Right side paddlers **must** be positioned on right side seats only. No other configuration is permitted which means swapping sides during a session is also **NOT** permitted.

DBQ is currently in the process of negotiating further concessions for dragon boating as part of Stage 3 which is due to commence on 10 July and they are very hopeful of approval for a return to full boats at that time, so fingers crossed that eventuates.

All members must ensure they comply with all the current requirements including the seating plan to ensure we don't inadvertently jeopardise our chances of further concessions being approved for dragon boating by the Chief Health Officer and government.

Redcliffe Red Dragons has been given approval for our submitted Stage 2 COVID plan from DBQ and therefore training, will re-commence on the basis of one weekly session (Saturdays), for now, from this coming Saturday 4<sup>th</sup> July. Members will receive an email providing information regarding details and procedures that need to be followed for attendance at upcoming club training sessions via the **TRAINING PAGE** on Redcliffe Red Dragons Website (<https://www.redcliffedragonboatclub.com.au/training/>).



When registering, you will be asked to enter your **LOG IN** details.

If you do not know these details, click on **Forgot login details?** button.

## TALOBILLA PARK

Sat 04 Jul 2020  
 07:00 - 08:30  
 TALOBILLA PARK, Klingner Road Kippa Ring

**Are you a current member?** If so, please log in. Or, you can register as a guest below.

Username:

Password:

**LOG IN >**

[Forgot login details?](#)

If you have any questions regarding registering for club training sessions,

please email [redcliffedragons@gmail.com](mailto:redcliffedragons@gmail.com)

**HAPPY PADDLING**

# Pink Snapdragons Update

By Debra Hall



## University of Queensland Breast Cancer Research

The Pink Snapdragons Club adopted the Brisbane Breast Bank/UQ Cancer Research Team as our targeted charity for 2019/2020 so as to support our Club's aim to always be searching for a cure for breast cancer.

It was the generosity of the family of Rosie Bozzi, one of our Pink Snapdragon Angels, that was the catalyst for the Club's association with the University of Queensland's Breast Cancer Research team.

Mid-2018, after hosting another successful Kalbar Sausage Festival to raise funds in the memory of Rosie, Joe Bozzi and Nonna contacted the Club to ask our advice about where could they allocate the proceeds of \$13,500.00 so that it directly supported the fight against breast cancer, particularly to find a cure for this disease.

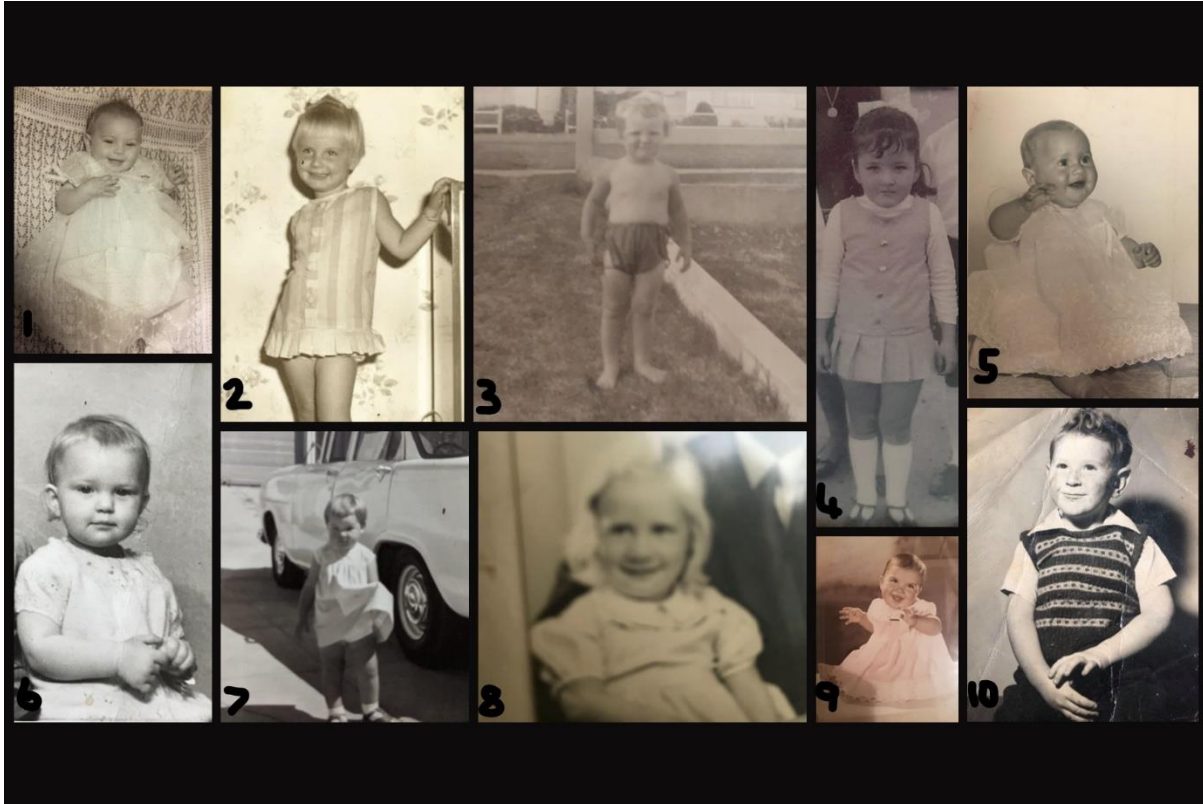
By an incredible coincidence, one of our Life Members, Donna Stein, had learnt about the amazing work being done by researchers at UQ's Centre for Clinical Research and the Faculty of Medicine's Brisbane Breast Bank. Donna made contact with one of their researchers, Dr Jodi Saunus, who was studying the clinical management of aggressive breast cancer with a focus on metastatic brain disease.

Whilst mortality from breast cancer has decreased over the last few decades, unfortunately around 10% of patients still succumb to their disease within 5 years - with most of these early breast cancer deaths involving the spread of metastasis to the brain. The development of brain metastases is a very serious complication that affects more than 2000 Australian breast cancer patients each year. Unfortunately, these statistics included some of our own Pink Snapdragon Angels.

The Bozzi family and the Club members were in agreement that Dr Jodi Saunus' project should receive the total of Rosie's legacy funding and a cheque was presented by representatives of the Pink Snapdragons to the Research Team at the Brisbane Breast Bank Community Representatives Annual Showcase on 4th October 2018.

Our association with the UQ Breast Cancer Team has continued through Club member visits to the Herston Medical Research Facility; afternoon tea information sessions with researchers including Professor Sunil Lakhani, Head of Women's Cancer, Discipline of Pathology and Dr Jodi Saunus; attendance at the 2019 Annual Community Research Showcase to learn about their progress in finding better ways to treat this disease - from which one in seven women die every day in Australia.



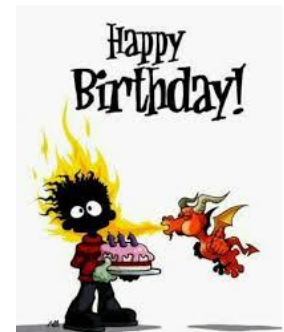


1. Donna Pascoe; 2. Norma Kelly; 3. Kay Roper; 4. Iciar Argus; 5. Jane Kennedy;  
 6. Del Martin; 7. Cheryl Rigby; 8. Barb Flynn; 9. Natalie Bliesner; 10. Bob Rapley

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

## Birthday Wishes for July

- Sue Batchelor - 10th
- Natalie Bliesner - 10th
- Theresa Lymbery - 13th
- Fran Heales - 15th
- Yvonne Refshauge - 16th
- Clinton Storey - 28th





## Joke of the Month - He forgot the Hand Sanitiser!



# RRD Northern Chapter

By Josie Lategan

Things remain pretty quiet in Hervey Bay. With the lifting of some Covid19 restrictions some of us have returned to group exercise *Zumba* whilst others in the group have kept up with bike riding, running and weight training at home.

The outrigger clubs have returned to paddling under a Covid Safe plan from AOCRA and it is so great to see them back on the water. I am certain our turn will come soon.

We had the pleasure to dine with Iciar and Simon as they made their way up the coast for a short holiday. What a great night and despite Iciar wearing her "Off Duty" shirt, we still managed to .....well..... talk dragon boating! We love what you do Iciar!

Our host, Marine Rescue Hervey Bay will be undergoing renovations in October and their boat ramp will be replaced with floating pontoons. This mean they will not be able to host our training base any longer so we will be moving our boat to a new location. In a way this is a good thing as we were somewhat restricted as their boat ramp was tide-dependent and many times this factor prevented us from having a training session.



For anyone who happened to be on their computer, Thursday 25th June would have noticed Google's logo. Celebrating **The Dragon Boat Festival** which occurs on the 5th day of the 5th month of the traditional Chinese Calendar.



# Paddlers Journey

By Deb Watson



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 started dragon boating in February 2016. We had not long moved to Clontarf from Brisbane and I didn't know anyone over here and felt quite lost. Apart from being closer to the Bay, I was regretting the move.*

*I have never been much of a one for sport, particularly club sport. Just always did my own thing as far as exercise went.*

*A longtime friend, Jan Reuter was a member of the Cooloola Coast Dragon Boat Club when we moved here. She phoned me and said there was a dragon boat club nearby at Redcliffe and gave me the details and said to go along. I was reluctant because I am not sporty and a bit hesitant about going by myself. Jan said **Just go!** So, I did what I was told and absolutely loved it! Still do. Everyone was so friendly and welcoming. Sonia Anger was given the dubious task of teaching me to paddle. Poor girl! Sonia was very friendly, kind and patient.*

*It's the best thing I ever did, thanks to Jan. Jan is now a member of RDD. I have met so many awesome people and the comradery of our club members is amazing. Since the outbreak of Covid 19 and the closure of the club, I have started outriggering, which I also particularly enjoy. Can't wait to get back to dragon boating though and seeing everybody again.*

Deb Watson





# Recipe Page

By Norma Kelly



## BEER COCKTAIL RECIPE

### Raspberry Sour

#### What you need:

150mL [Boatrocker Miss Pinky Raspberry Berliner Weisse](#),

45mL [Hippocampus dry gin](#),

30mL raspberry syrup,

20mL fresh lime juice,

30mL aquafaba.

#### How to make it:

Combine all ingredients except Boatrock Miss Pinky in a shaker tin, dry shake (no ice), add ice and shake again, double strain into a tall glass filled with ice, top with 100-150ml's of Boatrocker Miss Pinky, garnish with dehydrated raspberry powder or fresh raspberries.



## Calendar of Upcoming Events



<b>Date</b>	<b>Time</b>	<b>Details</b>	<b>Location</b>
<i>July</i>			
Sat 18 <sup>th</sup> & Sun 19 <sup>th</sup>		Mt Warning Regatta	Murwillumbah - <b>Cancelled</b>
Sat 25 <sup>th</sup> & Sun 26 <sup>th</sup>		Tin Can Bay Regatta	Tin Can Bay - <b>Cancelled</b>
Sat 18 <sup>th</sup>	9.00am	AGM	Clubhouse, Talobilla Park
<i>August</i>			
Sat 08 <sup>th</sup> & Sun 09 <sup>th</sup>		Rainbow Regatta	Ballina - <b>Cancelled</b>
Sat 29 <sup>th</sup>	9.00am	President's Breakfast	Clubhouse, Talobilla Park - <b>TBC</b>
<i>September</i>			
Sat 26 <sup>th</sup>	9.00am	President's Breakfast	Clubhouse, Talobilla Park - <b>TBC</b>