



# Redcliffe Red Dragons Dragon Boat Racing Club

## Newsletter

TEAMWORK MAKES THE DREAM WORK

AUGUST, 2020

### A Note from Our President

By Cheryl Rigby

Hi Everyone,

I hope you are all keeping well and enjoying being back at training and on the water.

While we are unsure when we will be able to do some competing it is important for us to make the most of this time to concentrate on our technique while maintaining our fitness so we are ready when the competition can commence.

Don't forget we have a bootcamp style session happening on Mondays at the "Paddlers Den" at 5pm on Mondays and it would be good to see you there, it's only \$10. Please book in if you would like to attend.

I would like to ask everyone to keep an eye out for new faces as we are having some people attend our training sessions at the moment and we all know what it's like when you start something when there are a large number of people that are already there and appear familiar with each other. Please go and introduce yourself and make them feel welcome.

Lastly if everyone can remember to keep their cans and bottles for the cash refund recycling as this is a good source of income when we don't have much other ways happening. Thank you

We look forward to seeing you on the water soon.

# Team Manager's Report

By Iciar Argus



## UPDATE OF REDCLIFFE RED DRAGONS TRAINING SESSIONS

### MONDAY NIGHTS - Group Fitness 5pm-6pm



Since being given the go ahead to resume training back in July, during COVID conditions, Monday paddling sessions have been replaced with Group Fitness conducted by **Deon Bird** from **FIT CLUB**. People of all shapes, sizes and fitness levels are catered for at affordable prices.

The 8 sessions that have taken place have been successfully attended with all the participants enjoying each session and benefiting by getting their bodies moving whilst having fun in doing so.



The Group Fitness sessions will continue as long as there is enough interest so why not come along and join our regulars and help improve your overall health and fitness.



### **WEDNESDAY NIGHTS - Paddling 6pm-7pm**

As from 26<sup>th</sup> August, Wednesday night sessions are back on the training schedule at the earlier time of **6pm**

### **SATURDAY MORNING – Paddling 6.30am-8.30am**

Saturday 29<sup>th</sup> August, sees morning sessions changed to the earlier time of **6.30am**.

Paddlers are sorted into 2 boats to concentrate on technique with Charlene paddling beside in her OC1 at times.

As always, arrival 30 minutes to session time is advised in order for the training session to be discussed and take part in warm up before hitting the water.



Registering for **ALL** paddling and Group Fitness training sessions are still mandatory and available via link:

<https://www.revolutionise.com.au/reddragons/events/>

# *HAPPY PADDLING*





# Pink Snapdragons Update

By Margery Barnes



The Pink Snapdragons held their Annual General Meeting on 1<sup>st</sup> August, 2020. The previous Committee stepped down and we thank them for their hard work, dedication and time spent over the past year, they did a fantastic job!

A new Committee was formed:

President: Kim Weller

Secretary: Margery Barnes

Treasurer: Sue Drinkwater

Team manager: Lyn Grigg

Ordinary Committee member: Fran Heales

New paddler Liaison: Barb Flynn



We are looking forward to having a fun year and starting our training for IBCPC Regatta in New Zealand in 2022.

## Birthday Wishes for September

Sam Serginson	-	02nd
Ann Matthysen	-	14th
Debra Hall	-	18th
Norma Kelly	-	19th
Mary Henderson	-	26th
Kevin Lategan	-	29th
Shelly Baumann	-	30th
Peggy Rapley	-	30th




---

## New Members

By Norma Kelly

We had four new members join the club in August.

We would like to give a warm welcome to:

- ❖ Hine Hill
- ❖ Joanne Grant
- ❖ Clyde Hill
- ❖ Chris Watson



We also have to give a warm welcome back to a previous member who has decided to rejoin our club.

- ❖ Sam Serginson



## Joke of the Month



Okay, we took  
off our clothes,  
I got on top  
of you... How  
long 'til it starts  
feeling good?

I don't know  
but I've got  
a headache  
already!

# RRD Northern Chapter

By Josie Lategan

In August, under the Covid Safe plan the Northern Chapter has returned to paddling every Saturday. Charlene has provided a training system for the Northern Chapter to follow so that we are training at the same level as at the home base for consistency. The group is going really well working on stroke technique and on increasing aerobic fitness.

Kevin has sanded and varnished the seats for the 20's boat *RESPECT* and Jenny has organised for the boats to be measured up for covers. At the moment both boats have flimsy coverings and require appropriate covers. As the days start to lengthen, we aim to be on the water during the week, on Wednesday either morning or afternoon to suit our group of paddlers.

Our visibility and presence in Hervey Bay have grown since we walk the boat from the Sandy Straits car park to launch at the public boat ramp, a distance of about 400m. We have received some comments that we "looked good out there" and "how much fun it appeared to be" and those at the boat ramp never fail to say G'day and have a chat. The coffee shop where we have breaky normally, already call out "the dragons are here" as we arrive.



# Paddlers Journey

By Ann Matthysen



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.

*Back in March 2016 I came across an article on Facebook about the Pink Snapdragons.*

*I remember sitting at my PC watching their videos and crying!*

*Sounds silly I know, but having moved here from Melbourne 18 months prior and having gone through the slog of breast cancer treatment, not knowing anyone else who'd experienced it, I was feeling very low and isolated.*

*I'd never heard of Dragon Boating so my first day was completely out of my comfort zone. Being out on the water felt amazing and everyone was so welcoming and helpful. I knew from that first day that I'd found my tribe and my niche.*

*The Red Dragons and Pink Snapdragons feel like my extended family. I love coming to training and I love the thrill of racing.*

*Highlights thus far would have to be the International Breast Cancer Regatta in Florence, Italy which was uplifting and amazing and proudly representing QLD (and Redcliffe) at Nationals in Canberra in 2019 – such a buzz! Sadly, due to Covid-19, Nationals in Sydney this year was not to be but I'll be trying my best to make the QLD team again for Perth in 2021.*

*I'm inspired by the many awesome paddlers we have in our Club and can't wait to see what the future holds.*





# Recipe Page

By Norma Kelly



## Beer Cocktail Recipe

### Corona-Rita

30ml Tequila  
15ml Triple Sec  
15ml Lime Juice  
100ml Coronita  
Flaked Salt

How to make it:

Rim the glass of a highball with flaked salt.

Add all ingredients except Coronita to cocktail shaker.

Shake all ingredients with ice for 10 seconds until cold.

Strain mix into the highball glass.

Add 100ml of Coronita.

Top with ice and garnish with lime wedge.



## Calendar of Upcoming Events



Date	Time	Details	Location
<i>September</i>			
Sat 04th	7.30am – 3.30pm	Bunnings BBQ	Bunnings, Rothwell
<i>October</i>			
Sat 10th	10.00am	Come n Try	Clubhouse, Talobilla Park
Sat 31st	9.00am	President's Breakfast	Clubhouse, Talobilla Park - TBC
<i>November</i>			
Sun 22nd	10.00am	Come n Try	Clubhouse, Talobilla Park

# Wordsearch

By Gilly Robinson

## Redcliffe Red Dragons

M	E	A	F	I	T	N	E	S	S	Y	E	E	A
S	A	L	S	A	F	E	T	Y	C	C	F	A	N
E	R	N	B	O	A	T	E	T	T	A	F	Y	G
C	A	H	A	A	U	S	D	B	F	T	I	R	A
R	I	M	D	G	O	I	D	R	A	C	L	E	T
E	C	O	Y	F	E	P	A	A	R	H	C	D	E
T	C	L	U	B	E	R	A	A	T	A	D	A	N
A	Y	S	I	P	C	E	T	Y	E	R	E	R	S
R	R	T	T	R	R	O	T	T	A	S	R	M	E
Y	T	N	N	B	C	N	A	Y	M	P	B	O	T
M	U	T	N	E	C	R	G	C	E	O	L	C	N
I	F	A	C	D	W	E	E	F	H	R	C	R	T
N	O	G	A	R	D	T	R	A	D	T	A	E	B
G	N	I	C	A	R	R	W	A	T	E	R	H	C

CARDIO  
CLUB  
SAFETY  
MANAGER  
TENS  
DRAGON  
COACH  
REDCLIFFE  
TEAM  
WATER  
COMRADERY  
BOAT  
RACING  
TWENTY  
CATCH  
FITNESS  
SECRETARY  
SPORT  
REGATTA  
AUSDBF

Play this puzzle online at : <https://thewordsearch.com/puzzle/1346775/>