



Redcliffe Red Dragons Dragon Boat Racing Club

Newsletter

ONE BEAT, ONE STROKE, ONE BOAT

SEPTEMBER, 2020

A Note from the desk of the Secretary

By Norma Kelly

Hi Everyone,

During September the club had two fundraising events: –

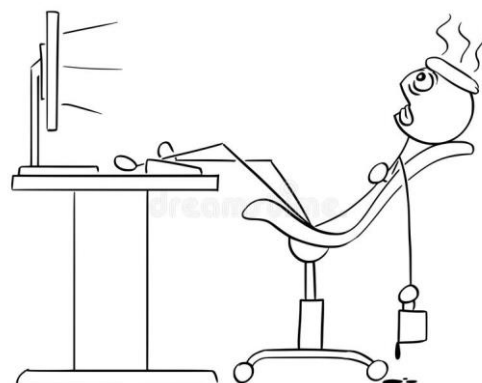
- 06th Bunnings BBQ
- 27th Qld Triathlon Series – Water volunteers

The committee would like to thank everyone who volunteered. If we could see more members put up their hands and help out it would be greatly appreciated. The funds raised always go back into the club for new equipment, maintenance and general working costs. These fundraising events also ensure that membership fees are kept to the minimum.

Now for some great news – Our first Regatta for the season is scheduled for the 01st November. DBQ will be holding the event at Lake Kawana. Iciar has emailed out Expression of Interests for paddlers and volunteers. Look out for the email!

With this news comes the need for everyone to attend our training sessions on Wednesday's and Saturday's. Charlene will be handling the training program to ensure we are race ready.

CU on the water.



Team Manager's Report

By Iciar Argus

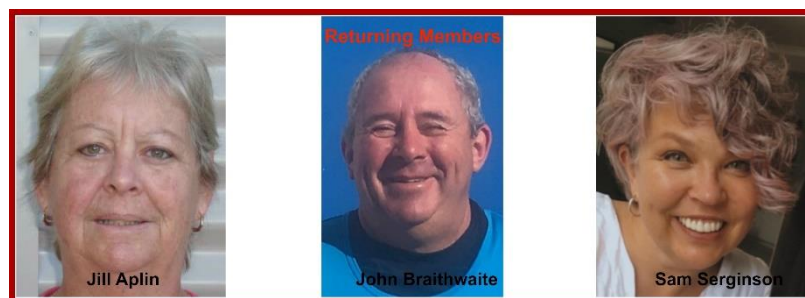
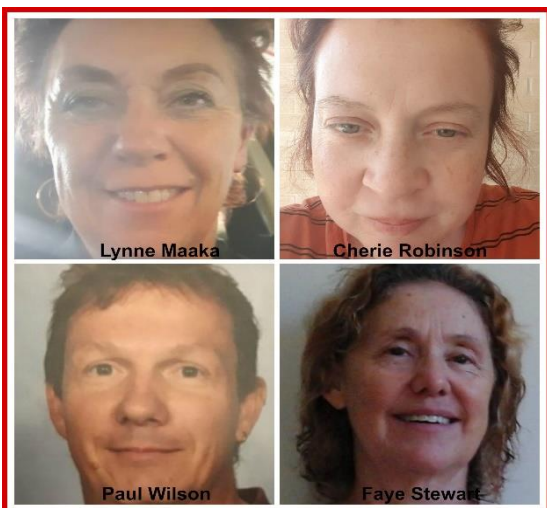
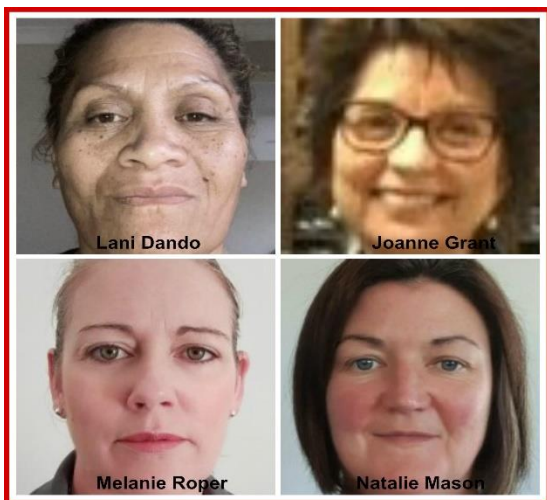
CLUB MEMBERS



At the end of last season (30th June 2020), our membership was 77 - 18 men 59 women. We have now completed our first quarter of the season and our current membership is 70 - 13 men 57 women (only 8 short of last year's total)

The 70 consist of 56 renewing members from previous season with the remaining 14 members consisting of 3 returning members and 11 new members (3 of who are part of the RRD Northern Chapter Hervey Bay).

Please welcome the following to the family of **REDCLIFFE RED DRAGONS**:



If you see them at training, please introduce yourselves and make them feel welcome. We were all new to paddling once and know that feeling of being the newbie. Make sure you all continue to promote our club and the sport of Dragon Boating and let see if we can't reach last year's total by the end of the year.

For **ALL** paddlers to the sport, please click on the link below link to view **DBQ GENERIC SAFETY & TRAINING VIDEO**. It provides great information for those new to the sport as well as a good refresher course for those seasoned paddlers. You should never be too complacent.

<https://www.youtube.com/watch?v=raX7zO5iEgl&t=36s>

REGISTERING

Apologies for sounding like a broken record **BUT**..... There are still members who are not registering for training sessions. As you should all be aware, under **COVID 19** restrictions and the club **COVID** plan **IT IS MANDATORY** and the responsibility of each member to register for each training session.

This current on-line registering system has been put in place so minimal contact would be required by members e.g. no requirement of signing attendance sheet resulting in need of individual pens or wiping down after each use.

It also provides the necessary details to be kept on file as per **COVID** plan which is then easy to print if required. The name and number of paddlers expected for each session is passed on to Charlene in order that the boat/s can be set prior to each session.

To make it easier and more convenient for members to register, texts were sent out in August and September to all members with the registration link.

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

This link can be saved to the phone and it only takes a couple of minutes for members to register for the event. Thank you to all of those who have been doing as is asked of them. If you experience any issues registering, please feel free to contact me for my assistance.

Members must remember that rules must be followed otherwise we run the risk of not being able to get out on the water because some members are seen not to be abiding by the **COVID 19** plan rules that have been put in place. It only takes one person to have our permission to paddle revoked.

Please be considerate to the people who are involved in providing information to Charlene as well as for reporting purposes. As always, your consideration and co-operation in this matter would be very much appreciated.



Pink Snapdragons Update

By



The Pinks have been quite this month, so here are some photo memories.



Birthday Wishes for October

Karen Burns	-	06th
Christine Afonso	-	22nd
Josie Lategan	-	24th
Natalie Mason	-	15th



Recruitment Drive

By Norma Kelly

We are always looking for new paddlers.

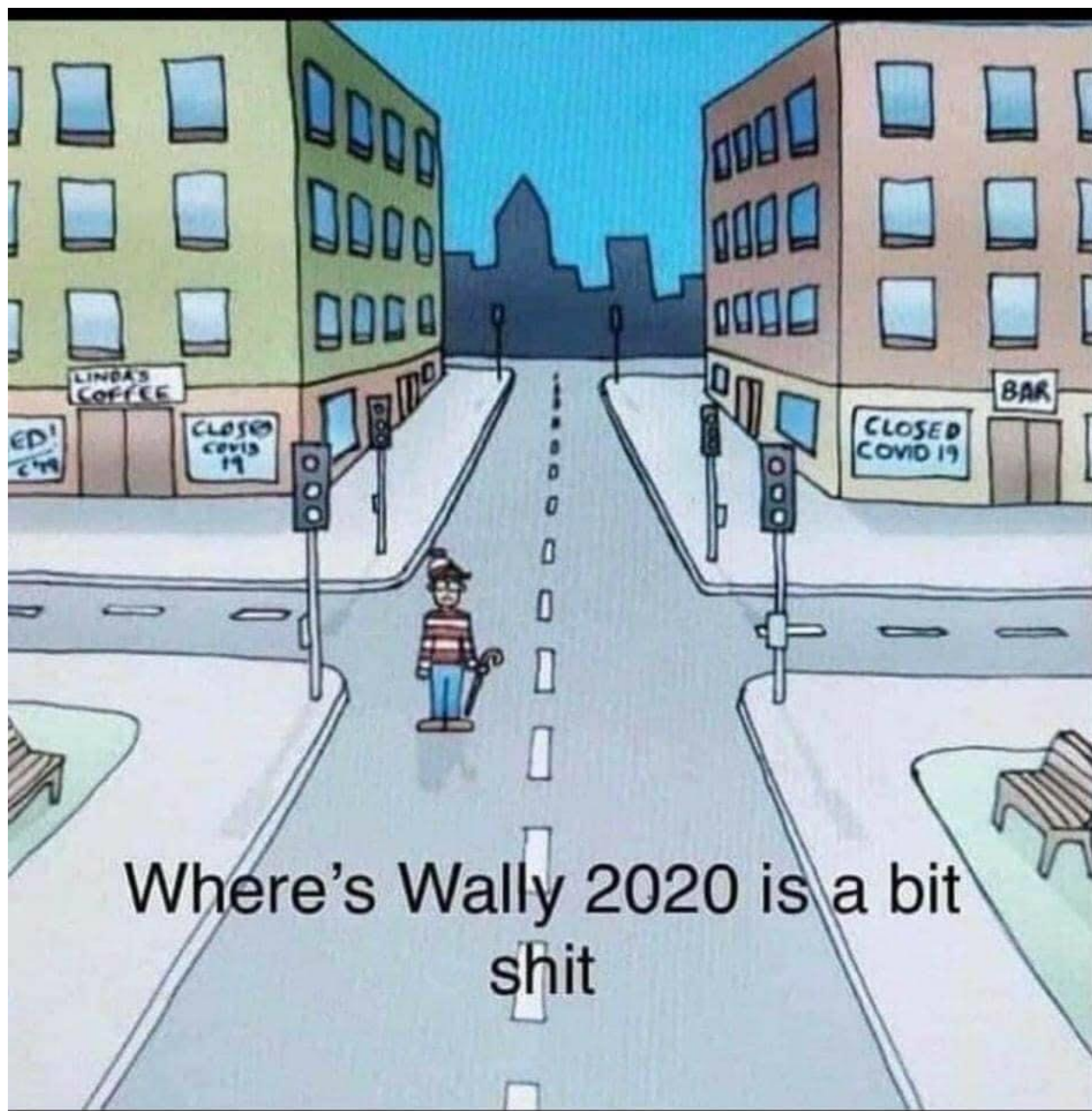
Dragon Boating is an exciting water sport that puts 22 people through a decent workout. It's great fun for all ages and a good way to meet people.

The committee has put their 'thinking caps' on to try and entice new people into the sport. We have increased our Facebook posts; completed a letterbox drop in Newport; had an information segment on 997FM; held a Bunnings BBQ and volunteered at a local sport event. We have Come N Try's scheduled over the coming three months.

It would be great to see everyone back on the water and it would be even better to see everyone bring along a friend and introduce them to our great sport.



Joke of the Month



RRD Northern Chapter

By Josie Lategan

The Chapter has been really quiet this month with some paddlers out of action due to various reasons.

During a come a try morning, we had an unexpected boat tip over at the public boat pontoon in Hervey Bay.

A combined number of factors was the cause of the tip over however it was interesting how all our instincts got into gear immediately and we started numbering off and followed the procedures we don't practice but discuss in view of the risks involved in practicing tip overs. With everyone assessed for injury and mental state after the tip over, all agreed to get on the boat and go for a paddle. And it was a great paddle indeed, full of laughs and fun.

Great lessons to be learnt though, as we then as a group followed up on the incident, reported it to DBQ and had a discussion on how to prevent a similar incident.

The come and try (there were 4 of them, all wearing life jackets) thought it was very funny. Three days later when I contacted them to find out how they were as sometimes anxiety feelings regarding such experiences manifest a few days later, they reported they were still having a laugh over it and will come back to paddle again. So, a good ending! Nevertheless, we have drawn up a new risk assessment for loading the boat on the public pontoon.

Paddlers Journey

By Margery Barnes



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.

Way back in 2008 I was looking to get some regular exercise in a social setting and was talking to my cousin who is a Breast Cancer survivor. She had been paddling for a year or so and suggested I try it.

I attended to a Come 'n Try day at the Redcliffe jetty and really enjoyed it. So began my Dragon Boating journey with the Redcliffe Red Dragons and Pink Snapdragons.

I participated in my first State titles the following year. Over the next few years, I paddled in State, National (on a club level) and Pan Pac events. For the first time in my life, I now have a medal collection!

Due to some injuries a few years ago, I tried to ease out of it, but missed the wonderful people and the camaraderie of paddling too much, so I am still paddling but not competitively.

I have seen many changes to paddling style over the years and it is always being refined to give us better performance and not be so stressful on our bodies.

I have made many friends through paddling with the Reds and the Pinks and hope to make more as my journey continues.

Recipe Page

By Norma Kelly



Classic Shepherd's Pie

Ingredients:

1 Tablespoon Olive Oil
 1 Brown Onion, finely chopped
 1 Carrot, finely chopped
 2 Celery Sticks, finely chopped
 1 Tablespoon Tomato Paste
 500g Lamb Mince
 2 Tablespoon Plain Flour
 Salt and Pepper
 500ml Beef Stock
 1 Tablespoon Worcestershire Sauce
 1 Bay Leaf
 4 Desiree Potatoes, peeled, chopped
 40g Butter
 125ml Milk
 Melted Butter, to brush



Method:

1. Heat oil in a large saucepan over medium-high heat. Add onion and celery and cook, stirring, for 5 minutes or until soft. Add lamb mince and cook, stirring to break up the lumps for 5 minutes or until lamb changes colour.
2. Add the flour and cook, stirring, for 2 minutes or until combined. Add stock, bay leaf, Worcestershire sauce and tomato paste. Bring to the boil. Reduce heat to low and cook, stirring occasionally, for 30 minutes or until sauce thickens. Taste and season with salt and pepper.
3. Meantime: Cook potatoes in a saucepan of salted boiling water for 15 minutes or until tender. Drain well. Return to the pan with the butter. Use a potato masher to mash until smooth. Add milk and use a wooden spoon to stir until combined. Taste and season with salt and pepper.
4. Preheat oven to 200c. Spoon lamb mixture into a 2L capacity ovenproof baking dish, or use four individual ovenproof serving dishes. Top with mashed potato and use a fork to spread over lamb mixture. Brush with butter. Bake in preheated oven for 20 minutes or until mashed potato is golden brown. Serve immediately.

Calendar of Upcoming Events



Date	Time	Details	Location
<i>October</i>			
Sat 10th	10.00am	Come n Try	Clubhouse, Talobilla Park
Sat 31st	08.30am	President's Breakfast	Clubhouse, Talobilla Park - Look out for the email -
<i>November</i>			
Sun 01st	06.00am	DBQ Regatta	Lake Kawana
Sun 22nd	10.00am	Come n Try	Clubhouse, Talobilla Park
<i>December</i>			
Sat 12th	10.00am	Come n Try	Clubhouse, Talobilla Park