



Redcliffe Red Dragon Boat Club

Newsletter

ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH.

DECEMBER, 2020

A Note from the President

By Cheryl Rigby

*The Committee wishes
everyone a Merry
Christmas
and a joyful 2021*

News of the Month

Redcliffe Red Dragons had the pleasure of honouring **LYN STAINLAY** – a very worthy recipient - with the Club's first Life Membership for her many years of service and dedication to the club.



"I would like to thank Red Dragons for gifting the honour of Life Membership. My membership with this club, is a pathway of dedication ensuring club safety, viability, stability and credibility throughout the years. The club strength is its members and their actions giving to each other, community, State, Country and World.

To the wonderful people who contributed to this journey, carrying the heavy old boat in the cold and dark to the water, regatta preparation /participation, boats, bums, band aids: Corporate, Pink, Red, Maroon, Green and Gold. Construction of our impressive club house- PADDLERS' DEN. Your friendship through grant achievement/ negotiations, daily archival photography, rock wranglers, drain diggers, turf layers, and waterers. Thankyou from the first muddy Monday night induction to Gold on the World Podium" – LYN STAINLAY

Pink Snapdragons Update

By Margery Barnes



We love socialising so much we had two Christmas parties.

Del organised a Sunday dinner at Shield Street Eats and Sonia organised a fabulous catch-up lunch at the Moreton Bay Boat Club.

We wish everyone a very Merry Christmas and a Happy and safe New Year.



Fraser Coast Red Dragons Inc

By Lorna Hill

Greetings from the Fraser Coast Red Dragons Boat Club Inc



Miss Lorna here to bring you news from us - paddling in the northern waters on the Fraser Coast, for this month of December.

First and foremost, we would like to wish everyone a very happy and safe, Christmas and New Year!

During this month we have had a couple of new faces join us in our paddle sessions and then come for a coffee after 'Courage' has been cleaned and covered.



We gathered for our Christmas celebration at The Hervey Bay Boat Club for dinner on the 16th December. We look forward to more paddling, bonding, training and camaraderie in Jan, 2021☺



Joke of the Month



Birthday Wishes for January

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John Braithwaite	-	09th
Jane Kennedy	-	14th
Sue Drinkwater	-	15th
Lorna Hill	-	16th
Karen Hitchcock	-	17th
Kelly Monds	-	18th
Paul Hogg	-	19th
Erlinda May	-	21st
Charlene Povey	-	23rd



New Members

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 new people.

In the new year, it would be great to see everyone back at the clubhouse and it would be even better to see everyone bring along a friend and introduce them to our great sport.

Paddlers Journey

By Iciar Argus



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 April 2011, Theresa Ellis, a former Redcliffe Red Dragons member, who was also member of the same gym I attended at the time, asked if I would like to try out the sport of dragon boating.

We came to an agreement that I would come to a paddling session if she would do a boxing session with me at the gym. We both followed through with the agreement and the rest as they say 'is history'. I have remained a club member ever since.

Boy Oh Boy.....little did I know what was in store for me for the coming years ahead within the club.

I have had a few achievements during my 9 ½ years at the Club. Firstly, becoming an accredited coach at the end of 2013, through more than gentle persuasion from Arthur Heales (Club Head Coach and Mentor), my husband thinking it would be good for me and my reasons for wanting to give Arthur a helping hand and help out the club at the same time.

After Arthur resigned at the end of 2014/2015 season, I stepped up and became Head Coach for the club for the next 2 years. After my time as Head Coach, I continued as one of the Club's assistant coaches and have remained as such.



Secondly, in 2015/2016, I added another feather to my cap, when I took on the role of Club Team Registrar after Lyn Grigg decided not to continue in that capacity. I continue in this capacity for the club but will be stepping down at the end of the current season after 6 years in the position.

As I thoroughly enjoyed the experience of being a team manager at club level, I decided to challenge myself and apply for the position of State Team Manager. I was fortunate to have my application accepted and became State Manager for Senior B Squad for 2018, 2019 and 2020 seasons. Being the State Manager enabled me to travel to different States for competition and meet and work with paddlers from other clubs who were in my State Squad. I was looking forward to the 2019/2020 AusChamps and working with my Senior B squad but due to COVID the championships were cancelled.

As a paddler, I represented Queensland in Senior B category in 2013/2014 and 2014/2015. It was a great insight into what was expected when competing at the next level as well as meeting paddlers not only in the Queensland State team but also from States across the country.

Travelling to different locations across the country was very exciting as was having bling (GOLD) to show for all our efforts!



I cherish all the experiences I have had whilst in the sport of Dragon Boating, and the friendships made along the way paddling for Redcliffe and Queensland. I am forever grateful to my friend Theresa, for making me come along to a paddling session with Redcliffe all those years ago.

I hope to continue to enjoy paddling, travelling to different places, socialising with club members, meeting new people along the way and look forward to seeing what else, being a member of such a great club as Redcliffe Red Dragons, will bring.



Recipe Page

By Norma Kelly



Spiced Chickpea Tabouli

Ingredients

- 3 large pieces Lebanese bread
- 2 tsp ground paprika
- 1 tbs olive oil
- 400g can chickpeas, rinsed, drained
- 1 tsp ground cumin
- 1/2 tsp ground turmeric
- 1 cup coarsely chopped mint
- 1 cup coarsely chopped flat-leaf parsley
- 1 continental cucumber, finely chopped
- 200g Perino tomatoes, chopped
- 1/2 red onion, finely chopped
- 1/2 cup pomegranate seeds
- 1/4 cup (60ml) lemon juice
- 1/2 cup (140g) Greek Style Natural Yoghurt
- 1 tbs tahini
- 200g Hommus Dip



Method

STEP 1

Preheat oven to 180°C. Line a baking tray with baking paper. Place bread pieces in a single layer on the lined tray. Spray with olive oil spray. Sprinkle with half the paprika and season. Bake, turning occasionally, for 8-10 mins or until crisp. Cool.

STEP 2

Meanwhile, heat the oil in a large frying pan over high heat. Add the chickpeas, cumin, turmeric and the remaining paprika. Cook, tossing, for 5 mins or until chickpeas are coated in the spices.

STEP 3

Place the mint, parsley, cucumber, tomato, onion and half the pomegranate seeds in a large bowl and toss to combine. Drizzle with half the lemon juice and toss to combine.

STEP 4

Place the yoghurt, tahini and the remaining lemon juice in a small bowl and stir to combine. Season.

STEP 5

Spread the hommus over a serving platter. Spoon over the cucumber mixture and chickpeas. Drizzle with yoghurt dressing. Sprinkle with the remaining pomegranate seeds and serve with the bread pieces.

Calendar of Upcoming Events



Date	Time	Details	Location
<i>January</i>			
Sun 10th	07.30am	Bunnings BBQ	Bunnings, Rothwell
Sun 17th	06.30am	BRD Regatta	Lake Kawana
<i>February</i>			
Sun 7th	TBC	Broadwater Regatta	Emerald Lakes, Carrara
Sat 13th	9.30am	Come n Try	Clubhouse, Talobilla Park
Sun 21st	TBC	Ta Waka Regatta	Lake Kawana
<i>March</i>			
Sat 6th – Sun 7th	TBC	State Championships	Lake Kawana
Sun 14th	9.30am	Come n Try	Clubhouse, Talobilla Park

** Changes may occur to some dates and times **

Maybe this is not the Christmas to ask for everything we want, Linus.



Maybe this year we just need to be thankful for all we have.

Christmas with the Clauses