



Redcliffe Red Dragon Boat Club

Newsletter

IF YOU CAN'T TAKE THE HEAT. DON'T TICKLE THE DRAGON.

OCTOBER / NOVEMBER, 2020

A Note from the President

By Cheryl Rigby

Hi Everyone,

It's good to see the keen ones keeping up their paddle fitness. I'm sorry, I haven't been around much lately and haven't got to know a lot of you. I can assure you that I am still working with the rest of the Committee to achieve the best for our Club.

Part of that is trying to set up procedures for future growth and keep interest there for us all in these changed times. Part of that is adding a bit of variety and fun times hence why we are holding our annual lolly run on Wednesday 16th December and having a BBQ breakfast after training and before our general meeting on Saturday 19th December.

I would hope you can all take the time to attend the general meeting to hear about the Clubs Fees and Upcoming Events and if you have any suggestions you feel might be of interest to other members or for promoting our club.

I hope to see as many members as possible back on the water soon and continuing with some form of fitness in preparation for the upcoming season.

Merry Christmas to all and Best Wishes for a great New Year

Team Manager's Report

By Iciar Argus

COME 'n' TRY's



Over the months of October and November, the club hosted 2 Come n Try's under the Moreton Bay Council Healthy and Active program. These events were the first to be held since the COVID restrictions were eased.

Healthy & Active
MORETON

Both events were very well attended with October's attendance totalling 19 and November's 24. Usually only 2 boats are required at these events but due to the unusual high number of attendees last month, 3 boats were needed. Due to unfavourable weather conditions, the October attendees were unable to venture out onto the Bay for some paddling, but this was not the case for those attending in November.



The weather Gods smiled on us and the paddlers were able to paddle out onto the Bay where everyone enjoyed the scenery and calm waters.

Once the paddlers had the basics under control, they were given a crash course in race starts in readiness for the customary races.



As always, once those competitive juices started flowing, it was 'on for young and old'. It was smiles all round when the boats came in to shore at the finish of the session.

THANKS to all the coaches and sweeps on each boat - Kay, Iciar, Cheryl, Rita, Paul, Jason and Del – and to the other volunteers, both on and off the water. Everyone worked well together to make both Come n Try's the success they always are.



REGATTAS

The first regatta, since the COVID restrictions were eased, was held by DBQ on the last day of October. It was decided to call it the **RESET** regatta in order that clubs could make it out onto the water and put into practise aspects of their respective coaches training sessions. 13 clubs were in attendance and all adhered to the DBQ COVID Safety plan that was implemented on the day.



Races offered on the day, that Redcliffe entered, were 2km and 1km Mixed 20's and 10's, Women 20's and Open 10's 200m.

The long-distance races had a different twist to them at this regatta. The crews finished by having a runner paddler ready to dismount from the boat and hit a drum on the shore to record their time.

Our two runners were Deb W for the 1km Mixed 10's and coach Charlene for 2km Mixed 20's.

No Redcliffe teams managed to achieve a position in the winning circle. Starting pontoons were used at this regatta and all sweeps on the day did well in lining up their respective boats. For some of our sweeps, as well as our paddlers, it was a great experience as they had never raced with starting pontoons.

Well done to our 7 Redcliffe members, who participated in their first regatta with the club.

LYNNE MAAKA
MELANIE ROPER
CHERIE ROBINSON
HINE HILL
ANDREA COE
PAUL WILSON
NATALIE MASON





Hine swept the Women 20's boat and did a fantastic job as did all the club sweeps.

All paddlers enjoyed the day as it was great to be back on the water as a team racing against other clubs.

Well done to everyone who participated at the regatta whether as a paddler or as a volunteer and for complying with the COVID Regatta Safety Plan DBQ had put in place. The club will eagerly await the BRD regatta which is next on the racing calendar.



Pink Snapdragons Update

By Margery Barnes



The Pink Snapdragons are enjoying getting back into training and looking forward to intensifying that training next year in readiness for attending the IBCPC Dragon Boat Festival in New Zealand in March 2022.

We held an extremely successful Plant Sale on Saturday 28th November, and will be doing a Bunnings BBQ on Sunday 6th December to raise funds for the group to travel to NZ.

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



Birthday Wishes for November and December

Belated Birthday Wishes for November

Janice Reuter	-	04th
Gillian Robinson	-	12th
Faye Stewart	-	13th
Tina Van Kuyl	-	18th
Donna Pascoe	-	21st

Birthday Wishes for December

Bob Rapley	-	11th
Rhonda O'Brien	-	16th
Bruce Brewster	-	27th



New Members

By Norma Kelly

We had six new members join the club in October and November.

We would like to welcome:

- ❖ Kay Roberts
- ❖ Leanne Flanagan
- ❖ Jocelyn Kellett
- ❖ Kate Fagg
- ❖ Chloe Burt
- ❖ Richard Haynes



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

- ❖ Karin Wagner
- ❖ Kim Weller
- ❖ Eva Anna-Marie Price
- ❖ Leanne Speller



Joke of the Month



RRD Northern Chapter

By Lorna Hill



Greetings from the RRD Northern Chapter.

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

It is our great pleasure to announce that the RRD Northern Chapter became an incorporated association on the 15th October 2020. The Fraser Coast Red Dragons Boat Club Inc., like the Pink Snapdragons, is now an affiliated club of the Redcliffe Red Dragons. Our objectives, as with the Northern Chapter, remain the same in developing and promoting the sport of dragon boating in regional central Queensland. We would like to thank the 2019-2020 RRD Committee and all Club Members for the support we received in our transition from RRD Northern Chapter to a RRD affiliated Incorporated Association.

Josie, Hine (*Heenay*) and Lorna were super excited to take part in the first dragon boat regatta, this year, held under COVID conditions at Kawana Lakes. Big shout out to Hine who did an amazing job sweeping in a couple of races for us. It was great to feel the racing vibes once again!



We have been out and about on the water working on our stroke technique, timing and paddle fitness. Here are a couple of photos from our Wednesday morning session. The atmosphere was on the smokey side as the bush fire continues to burn on Fraser Island but the water is calm ☺



At the Marina on a smokey day in November



Josie, Kevin, Denis and Jan launching 'Courage'

Paddlers Journey

By Fran Heales



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.

In 2006 when I was going through treatment, I picked up a pamphlet on Dragon Boating for Breast Cancer Survivors. I rang the number and spoke to a woman by the name of Jayne Coe. Little did I know where that phone call would lead me.

I started paddling in September and before the end of the year there was an International Regatta at Caloundra for Breast Cancer Survivors. Before we lined up for the parade down the main street of Caloundra, Tom and Barb Tolhurst turned up with a massive bunch of snapdragons for everyone to carry. We were also carrying pink parasols – we looked rather spiffy if I do say so myself. I distinctly remember Maria Harris (a former Snapdragon member) asking the males in the crowd if they were checking their partners breasts. That certainly bought a smile to a few faces.

Before the end of the year, our boat was towed down to Woody Point to be blessed. Jayne was talking to Arthur, telling him the club needed sweeps, so that was the start of his adventure – but that is another story.

In 2007, we travelled to Hong Kong with paddlers from South East Queensland. There were two women's teams and I was paddling in the B team. We made it to the grand final and when we were around 100 metres from the finish line Arthur yelled out 'if you want this, LIFT YOUR ASS!'. Well, we exploded out of the water and took our first place.

In 2010, we were training hard for the International Regatta in Canada. We had a clinical hypnotist spending time with us each Saturday making sure our minds were in a good space. I will never forget the last session we had before we flew out. We were sitting under the tree in front of the Paddlers Den with our eyes closed. Joanne was walking amongst us, talking in a very calming voice, telling us we were all together in the plane ready to take off for our flight to Canada. 'The engines are roaring, the plane is rolling along the tarmac and all of a sudden, the plane takes off and you sink back into your seat and that feeling is much better than sex'. Of course, over 30 of us broke out in raucous laughter. Needless to say, we had a great time and did the club proud.

In 2014, we travelled to Florida for the International Regatta. We had put in lots of hard work beforehand and it paid off as we paddled well again and once more did the club proud.

In 2018 the Snapdragons completed in a composite team at the International Regatta for Breast Cancer survivors in Florence, I made the tough decision not to attend as Arthur's health was not 100%, but from all accounts they had an amazing time.

In 2022 the Snapdragons are joining forces with Dragons Abreast Sunshine Coast to compete in New Zealand, the numbers are growing and so is the excitement. It is a good opportunity for anyone who is competing to think about the effort you are putting into your training.

When I look back at how far Redcliffe Red Dragons Boat Club has come, starting off with a borrowed boat and not much more. Progressing to one shed and then another one. The boats sat out in the weather for years. It was so much fun bailing them out after a downpour.

All the years that I have been paddling, I have enjoyed every minute of it – making lots of wonderful friends along the way. I never missed a training session and paddling in every regatta but the old grey mare isn't what she used to be. I am happy to paddle on Saturday mornings now, for many years to come hopefully. After all, we need to keep Jayne's vision alive and well.

Recipe Page

By Kay Roper



Flourless Fruit Cake – Gluten Free

Ingredients:

- 1 Tin of condensed milk
- 500g Chopped dates
- 200g Glace cherries or raisins (cut into thirds)
- 1 Cup of walnuts (do not cut too small)
- 2 Cups of shredded coconut
- 125g Sliced glace ginger - optional

Method:

1. Mix ingredients then add lemon to taste (approximately 1 teaspoon)
2. Optional – Soak fruit for a few hours in rum or alternative before adding to other ingredients
3. Grease or paper 20cm square or equivalent rectangular tin and pour in ingredients
4. Cook at 150C for about 1 – 1 1/4 hours until top browns. Leave in tin to cool. Cut before completely cool.



Calendar of Upcoming Events



Date	Time	Details	Location
<i>December</i>			
Sat 12th	10.00am	Come n Try	Clubhouse, Talobilla Park
Wed 16th	05.00pm	Lolly Run	Clubhouse, Talobilla Park
Sat 19th	06.30am	Training followed by Christmas BBQ	Clubhouse, Talobilla Park
Sat 19th	10.00am	General Meeting - Members	Clubhouse, Talobilla Park
<i>January</i>			
Sun 10th	07.30am	Bunnings BBQ	Bunnings, Rothwell
Sun 17th	06.30am	BRD Regatta	Lake Kawana
<i>February</i>			
Sat 13th	TBC	Come n Try	Clubhouse, Talobilla Park

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

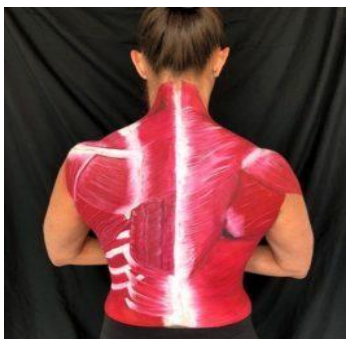
On the twelfth day of Christmas my coach gave to me:



12 paddle sessions



11 aches and pains



10 pounds of muscle



9 stroke components



8 erg workouts



7 things to fix



6 time trails



5...video....reviews



4 compliments



3 new callouses



2 bigger biceps



And.... An ambitious training Program!

*Merry Christmas
to Everyone*