



Redcliffe Red Dragon Boat Club

Newsletter

WAKE UP WITH DETERMINATION. GO TO SLEEP WITH SATISFACTION.

JANUARY, 2021

A Note from the President

By Cheryl Rigby

Hi All,

It is great to be back on the water again and see so many new happy faces enjoying our great sport. It was also good to see the new members along with the existing members competing, socialising and representing our Club at the last Regatta so well, congratulations to all.

We have a busy couple of months coming up and I hope everyone can assist with the social events as well as the training sessions as we are working our way to the State Championships on Saturday 6th & Sunday 7th March and maybe National Championships 6th to 9th May @ Kawana.

We have our next Regatta at Emerald Lakes (Gold Coast) on Sunday 7th February and then 1st Council Adventure Program where participants come and try our sport on Saturday 13th February. We then have another Regatta on Sunday 21st @ Kawana.

In March as well as the State Titles we have another Council Adventure Program on Sunday 14th March and then a Bunnings BBQ Fundraiser on Sunday 28th March all day.

The Council Adventure programs are a way for us to make some fundraising dollars while also hopefully attracting some new members. If you know of anyone that you think may like to try the sport please refer them to the Council's website so they pay the \$5 but more importantly so they support this activity and the Council continue accepting us as a provider. On these days we require members to attend, welcome the participants, paddle so we have enough for hopefully two boats so they can experience racing, prepare the food for their return and just be there to chat and get to know them a little and they get to see what we are like.

The Bunnings BBQ is a great way for us to make some good fundraising money and we will require 15 people to volunteer for the various shifts. If all members can keep these dates free would be appreciated so we can share the workload around so that it isn't the same members working towards improving our Club and helping it grow.

For everyone wanting to attend the upcoming regattas please keep up the good work with attending training and doing cardio work etc. at home to make you have the best chance to win a medal or three at States.

Team Manager's Report

By Iciar Argus



CLUB MEMBERSHIP

Welcome back in 2021. Thanks to everyone who has paid their membership fees. We now have a total of **89** members in the club which surpasses our highest membership tally recorded over the past 5 years of **85** back in 2015/2016.

REGATTAS



17th January, Redcliffe attended BRD regatta held at Kawana Waters. It was under different circumstances as everyone, under the revised COVID plan, was required to wear masks when they were not on the water.

Teams entered were Women and Mixed 20's 2km , Open 10's 1km and in the 200 races, 2 x Women 10's and Open 10's. Of these teams, Open 10's 1km (with 9 crews competing) achieved a time of 5.55.95 resulting in 3rd position behind Sunshine Coast and Brisbane Typhoon.

From a field of 19 crews, Open 10's 200m was 6th fastest overall and made the Small Boat Dash Elimination Final. Unfortunately, they were eliminated after the first elimination race.



Well-done to 5 of our new paddlers:

Mitchell Stokes, Richard Haynes, Chris Hurling, Tracey Nasvel, Kate Fagg

All attended their first regatta with the club. They all gave their 100% and enjoyed the experience and no doubt will look forward to participating at future club regattas.





Congratulations to our club's provisional sweep

KELLY MONDS completing the first of her four compulsory regatta races towards her Level 3 accreditation. Although it was a first for Kelly using the race pontoons, she managed to complete the task without much ado.

'Hi everyone, I just wanted to say a huge THANK YOU for all your support yesterday. 1 race down....3 to go'

- **KELLY MONDS**

Although the wearing of masks at a regatta was a first, everyone did the right thing and complied contributing to making it a great day. Well done to all club paddlers both on and off the water. Look forward to attending future regattas with similar relaxed atmosphere.

UPCOMING REGATTAS

BROADWATER 7th February - Emerald Lakes (registrations close 3rd February)

TEWAKA 21st February - Kawana Waters (registrations close 6th February)

STATE CHAMPIONSHIPS

6th and 7th March - Kawana Waters (registrations close 7th February).

Remember registration for all regattas are to be done via RevSports link.

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

SAVE THE DATE

NATIONAL FESTIVAL

DRAGON BOAT CELEBRATION

Friday May 7th –

Sunday 9th May

(stay tuned for further
information)



PAN PACS

Friday 13th

November –

Sunday 15th November

(stay tuned for further information)

Pink Snapdragons Update

By



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 the month of January 2021.

Everyone has had a wonderful break over the Christmas/New Year period, getting together with family and friends. Now, we back to training under the watchful eye of Coach Miss Josie.

For our first paddle back, we wanted to get use to paddling on the water once more, find our balance, build our strength and be mindful of technique whilst making our way around the Marina.

We were satisfied to have survived our first session back on the water as indicative by the smiles on our faces 😊



We also love to take 'Courage' for her walk to the boat ramp and back to base. That makes us smile too!



Joke of the Month



Birthday Wishes for February

Jill Aplin	-	03rd
Gerry Stevens	-	06th
Margery Barnes	-	14th
Jenny Shapland	-	25th



New Members

By Norma Kelly



We had six new members join the club in January.

We would like to welcome:

- ❖ Tracey Nasveld
- ❖ Tina Najlepszy
- ❖ Denis France
- ❖ Mitchell Stokes
- ❖ Christopher Hurling
- ❖ Maggie Sullivan

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

- ❖ Eevy Refshauge
- ❖ Wendy Weeks
- ❖ Andrea Meade

Paddlers Journey

By Kelly Monds



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.

Here is a small snap shot of my Dragonboat Story, thank you to Norma for asking me to write my Story.

It all started in 2015 when Leah, a friend of mine, finally convinced me to come and try this thing called "Dragonboating". I have to say once I tried it, I was hooked. I joined Coffs Harbour Dragon Boat Club and some great friendships were formed.

In March 2016, we traveled to Adelaide to compete in the National Championships, which was a fantastic experience paddling in the "tippy tens" that were re-named "the esky lids"

At the end of 2016, I joined Nambucca River Dragon Boat Club, where more great friendships were made. In 2019 I started learning how to sweep the boat & in 2020 I passed my L2 sweep test, awaiting to complete my 4 races to become a fully qualified L3 sweep. Hmmm for some reason I never got to have a go at drumming hahaha.

2016 was also my first Pan Pacs regatta with The Motley Crew, which was an awesome experience too. This is where I met a shy Redcliffe paddler by the name of Iciar Argus. (Hmmm too many stories there haha)

In 2017, I had the honour of representing Regional NSW at the National Championships located in Albury/Wodonga.

I have also been paddling for Redcliffe (when required) since 2017 at the odd regatta. After being asked "politely" a few times, "How many 3 free paddles have you had Kelly?" I became a fully-fledged member in 2018. This seemed to be an ok year, as in March of this year, I had dinner with a quiet and retiring type of gent named Doug Trott. For some reason I started to travel North across the border a little more frequently.

QLD was now looking better and better, so I gave the State representative paddling another go. So, for the past 2 years I have now had the great opportunity of representing QLD in the Senior A category.

Since moving to QLD permanently in November 2020, I have now dedicated my paddling & sweeping to Redcliffe Red Dragons and recently joined the Scarborough Outrigging Club.

So that's my story (well a bit of it anyway), what's yours??

Recipe Page

By Norma Kelly



High Protein Strawberry Smoothie

Ingredients

- ½ cup plain Greek yogurt
- 10 frozen strawberries
- ½ cup coconut water (can also use orange juice or another liquid)
- A good squeeze of honey

Method

- In your blender, add Greek yogurt, strawberries, water and honey. Blend until smooth.
- Enjoy!

Note: If you use fresh strawberries, you will need to add about ½ cup of ice instead of the ½ cup of coconut water.



Calendar of Upcoming Events



Date	Time	Details	Location
<i>February</i>			
Sun 7th	TBC	Broadwater Regatta	Emerald Lakes, Carrara
Sat 13th	9.30am	Come n Try	Clubhouse, Talobilla Park
Thurs 18th	3.00pm	Corporate Fundraiser	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
Sat 27th	10.00am	General Meeting	Clubhouse, Talobilla Park
Sun 28th	7.30am	Bunnings BBQ	Bunnings, Rothwell
<i>April</i>			
Sat 10th	9.30am	Come n Try	Clubhouse, Talobilla Park

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

PADDLECHICA: 13 BRUTAL TRUTHS ABOUT DRAGON BOATING NO ONE WANTS TO ADMIT

*This article first appeared on paddlechica.com. Further posting by **Guest Hornet** on March 05, 2019*



Dragon boating is a bit like a cult. A good one, but nonetheless it is cult-like. And because of that, there are some truths that just aren't spoken about enough. When I was brand-new to the sport, I wish someone had told me all of this. Not that it all would have sunk in at the time, but at least I would have been forewarned about this crazy, wonderful, painful, exhilarating, addictive sport of ours.

1. YOUR BUTT WILL NEVER BE THE SAME. EVER.

Face it, from your first day on the boat your posterior has been rubbed raw, blistered, or calloused beyond recognition. No one wants to talk about it, but everyone experiences some level of rear end discomfort while they are figuring out the stroke technique. If it's not the skin that is being irritated, it's the "sit bones" that are just plain sore.

2. YOUR OBSESSION WITH PERFECTION IS OFTEN WHAT STANDS IN YOUR WAY OF IMPROVING.

That's not to say that you shouldn't focus on technique or concentrate on things that need work, but obsessing over them and putting all your focus on your weaknesses will never be a step towards improvement. I'm still working on learning this lesson.

3. MENTAL TOUGHNESS CAN BE MORE VALUABLE THAN GIANT MUSCLES.

I've seen big strong people wilt after 200 meters and I've seen small, scrappy people persist through the longest of pieces. That's not to say that you shouldn't build your muscles, but don't neglect the mental aspect of your training. Your mind will want to quit far sooner than your body. Don't let it.



4. YOUR ACTIONS SPEAK LOUDER THAN YOUR WORDS, (SO HOLD YOURSELF ACCOUNTABLE TO THOSE OFF-THE-BOAT WORKOUTS THE COACH ASSIGNS).

If your team is competitive, or hopes to be soon, it's up to you to improve off the boat as well. The team gets stronger when each member puts in his or her work. If you're not holding up to your end of the bargain, you are letting your team down, and just talking about doing the workouts certainly doesn't count.

5. EVERYONE ELSE ON THE BOAT IS HURTING, TOO. YOU'RE NOT SPECIAL.

I know it's easy to focus on your own pain and suffering, but keep in mind that the entire boat is hurting as well (I'm not talking about injury pain, just good old-fashioned muscle soreness). Don't maximize your suffering while assuming everyone else is fine and dandy. Moving a boat is a collective effort full of collective pain. Suck it up.



6. YOU WILL BE SORE, BUT IT WILL BE WORTH IT.

Soreness goes with the territory. Each time you train you will be sore afterwards. Accept that as fact and enjoy the benefits that come from your growing strength. It is worth every ounce of soreness you feel.

7. TALENT MEANS NOTHING WITHOUT CONSISTENT EFFORT AND PRACTICE.

You can be the best paddler on your team, but if you don't put in the time and energy to improve, you will quickly be passed up by your teammates. Not to mention what kind of an example you are setting for others on your team. Do you want a team full of slackers? Or do you want a team full of people pushing harder to be their very best?



8. INSPIRING OTHERS TO BE BETTER IS CRUCIAL TO A SOLID TEAM CULTURE.

Be the one on your team who motivates your teammates in a positive way. As each member improves, the team gets stronger. In the long run it benefits everyone.

9. YOUR AMBITION IS USELESS WITHOUT EXECUTION

Many people have aspirations of being a better paddler, perhaps even on the national team. But unless you are prepared to put in the countless hours of training, you won't even come close to your goal. Have a plan to achieve your dream, then make sure to follow through.

10. FIRST PLACE IS NICE, BUT YOU ARE WALKING AROUND WITH A TARGET ON YOUR BACK.

Success can be temporary and fleeting, so keep pushing your limits. When you think you are at the top of your game, look behind you. Someone is always ready and willing to take your spot if you don't keep pushing.



11. TRAINING IS LIKE HOMEWORK – IT'S BETTER TO KEEP UP WITH THE DAILY WORK THAN TO TRY TO CRAM AT THE FINAL HOUR.

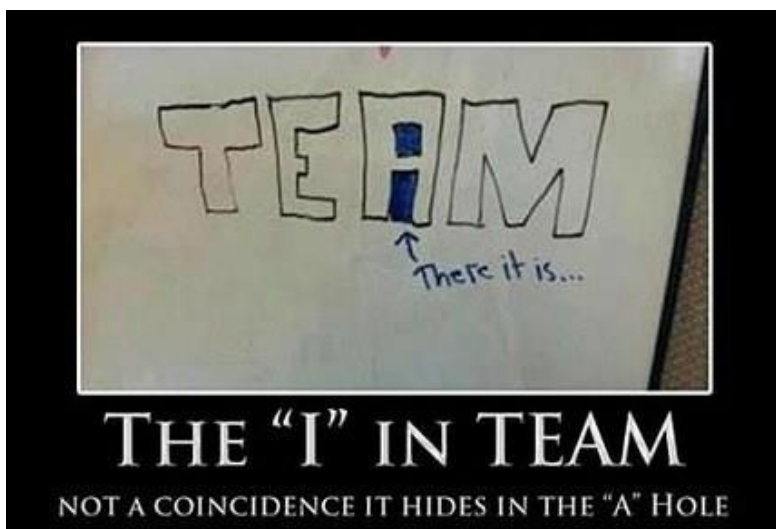
Building muscles, building endurance, building technique, it all takes time and evolves over a period of time. Don't expect to work really hard right before a race or team testing and think that you're going to do well. Put in the time and effort from day one to develop properly.

12. WHAT HAPPENS DOESN'T MATTER AS MUCH AS YOUR REACTION TO WHAT HAPPENS.

You win some, you lose some. It's life. How do you react to your successes and disappointments? Bragging about winning or making excuses for losing...neither is an appropriate reaction. Be humble when you win. Be complimentary to those who beat you when you don't come out on top. It all boils down to good sportsmanship. In 20 years, it is likely that no one will remember who won the race, but people will certainly remember someone with poor sportsmanship.

13. THERE IS NO "I" IN TEAM.

Well...there is, but...



Photos by: Jeff Holubeshen



We have all been very successful in donating our cans & bottles to the club's recycling scheme. We raise over \$50 most weeks, so THANK YOU !

If you would like to help with the recycling, and willing to take your bottles etc to your nearest facility, follow the steps below:

IT'S AS EASY AS 1, 2, 3...

1. Collect eligible containers

Most aluminium, glass, plastic, steel and liquid paperboard drink containers between 150ml and 3L are eligible.

2. Take them to a container refund point

There are different types of container refund points across Queensland, so find the right one for you.

3. Donate to Redcliffe Red Dragons

You'll receive 10 cents for every eligible container you return which you can donate to our club

CONTAINERS FOR CHANGE CENTRES

CLONTARF

266 Duffield Rd, Clontarf, 4019 (Near the waste transfer station)
(8 – 4.30 Mon – Fri 9 – 2 Sat 9 – 1 Sun)

SANDGATE

81 Kempster St, Sandgate QLD 4017
(8.30 – 4.30 Mon – Fri 8 - 4 Sat 9 – 3 Sun)

NORTH LAKES

81 Flinders Parade, North Lakes, 4509
(8-5 Mon – Fri 9 - 4 Sat 10 – 4 Sun)

NARANGBA

3 Ferrier Road, Narangba, 4504
(8 – 5 Mon-Fri 9 - 4 Sat 10 - 2 Sun)

CABOOLTURE

16 Machinery Parade, Caboolture 4510
(7 – 4 Mon – Fri 7 – 1 Sat)

RETURN IT CENTRES – NO CASH GIVEN**Lifeline Express Drop Off - No Cash Given**

25 Beaconsfield Street, Margate, QLD 4019 07 3390 1377

IKEA Northlakes Express Drop Off - No Cash Given

3 Northlakes Drive Northlakes, QLD 4509 07 3390 1377

Our Club account number is:

C10002560

Redcliffe Red Dragons

There will be cards with our account number available at the administration table for you to take. Why not also put the number into your phone contact list.

