



# Redcliffe Red Dragon Boat Club

## Newsletter

WHAT COMES EASY, WON'T LAST. WHAT LASTS, WON'T COME EASY.

FEBRUARY, 2021

### A Note from the President

By Cheryl Rigby

Hi All,

Just a quick note from me, I would like to wish all the State Paddler participants all the best at the State Championships.

You have been putting in the effort at training and now is the time for you to push yourself to your limits and shine.

I hope you all have a great positive experience and look forward to spending the weekend with you all.

Best of luck everyone.

EXPLODE





## Club Management Committee 2021 – 2022

Our Annual General Meeting is scheduled for June at which time all current management committee positions become vacant and the club calls for nominations to fill these positions.

We are calling out to all members to think about what skills and experience they have to make a positive contribution and help our club continue to go forward.

The current Management Committee positions:

- ✚ President\*
- ✚ Vice President
- ✚ Secretary\*
- ✚ Treasurer\*
- ✚ Team Registrar
- ✚ Committee Members x 4

*\* These three positions must be filled at the AGM.*

The Redcliffe Red Dragons committee plays an important role and it's a great opportunity to become an active involved member.

If you are interested in knowing more about the positions, please see a current committee member to discuss further.

# SAVE THE DATE

**NATIONAL FESTIVAL**

**DRAGON BOAT CELEBRATION**

**Friday May 7th –**

**Sunday 9<sup>th</sup> May**

(stay tuned for further  
information)



**PAN PACS**

**Friday 13<sup>th</sup>**

**November –**

**Sunday 15<sup>th</sup> November**

(stay tuned for further information)



## Pink Snapdragons Update

By



### IMPORTANT ANNOUNCEMENT -

Dear paddlers,

We have thought long and hard, sought counsel from our legal and financial advisors and have spoken with members of our paddling community about whether to postpone the 2022 festival or not. We have taken many factors into account, the least not being the availability and the cost of air travel to New Zealand. Our local carrier, Air New Zealand, is working towards a travel bubble with Australia which we hope will see no quarantine either in New Zealand or Australia. It is hoped that this will be open in April 2021. However, it is unlikely that international travel with the USA, Asia and Europe will take place before the end of 2021. We have been very fortunate that New Zealand has managed the virus well and that the vaccination process has now commenced. We know that this is not the case internationally and that many of our paddlers will not have been on the water for up to two years by the time 2022 arrives.

Having taken everything into account we have made the decision to POSTPONE the festival until 2023. We have also changed the dates to ensure that we are able to engage the services of all of the accommodation providers and the various venues that we are using.

The new dates are now:

Monday 10 April 2023 - Sunday 16 April 2023

We appreciate that Easter falls on Monday 10th April, however we know that all of the providers can work with us across that Easter period. It also gives some of you a few extra days annual leave to add to your travel plans.

Thank you very much for your patience and understanding.

Ngā mihi nui,

IBCPC Steering Committee

2023 Festival Organising Committee



# 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 Feb 2021.

We have now gotten into a routine of regular training sessions. Our first regatta with the team was on Sunday 21<sup>st</sup> February. We had a great time getting to know and paddle with the rest of the club. We look forward to many more paddles with all 😊



This is us at the Te Waka regatta at Kawana Lakes standing l-r Hine, Jan, Clyde, Kevin, Denis, Josie crouching l-r Annie, Lorna

# Corporate Event

Back in January, we were contacted by David West the Regional Manager of O'Brien Auto Glass.

A Regional Conference was being held at Redcliffe and they were looking for a team building activity to break up the monetary of seating inside looking at PowerPoint presentations.

David is a life member of the baseball club and has seen us on the water numerous times and was very keen on giving paddling a go.

On Thursday 18th February, we took twenty enthusiastic people out on three boats. We explained the basic principles of our sport and then had some fun races. This followed with hot party pies, sausage rolls and donuts.



Thank you for the club members who volunteered their time to help out on the day.

Hi Redcliffe Red Dragons,

Thank you again for your club's wonderful hospitality. The guys will inevitably be a little sore tomorrow ☺

You have a wonderful band of volunteers and appreciate their assistance.

Cheers



**David West**  
**Regional Manager**

59 Northlink Place Virginia QLD 4014

Follow us:

## Thought of the Month

Three things you control every day are your **attitude**, your **effort**, and your **actions**. It doesn't matter what is happening around you. Focus on being positive, working hard, and making others around you better. If you do that, **good things will happen.**

The Power of a Positive Team | Jon Gordon | A Coach's Diary

## Birthday Wishes for March

Chris Hurling	-	03rd
Paul Wilson	-	04th
Kay Roberts	-	12th
Kay Roper	-	16th
Rita Beadsmoore	-	18th
Doug Trott	-	20th
Tracey Nasveld	-	26th
Tyler Eketone	-	31st



## New Members

By Norma Kelly



We had six new members join the club in February.

We would like to welcome:

- ❖ Annie Mackay-Lewis
- ❖ Armand Eketone
- ❖ Tre Eketone
- ❖ Tyler Eketone
- ❖ Paul Langley
- ❖ Maui Mocaraka



# Paddlers Journey

By Theresa Lymbery



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.

*Hi, my name is Theresa and I've been a member of Redcliffe Dragonboat Club since 2018.*

*I first saw the club paddling in the Newport canals when we moved to the area from Narangba. While sipping wine on the back deck one evening, I said to my husband, "I reckon I could do that."*

*Never in my life had I played a team sport or been involved in a club, but since my chickies flew the nest and we down-sized I had time on my hands and an opportunity to do something for myself.*

*The very next week I turned up at the club and was welcomed into the fold.*

*I must say, it's much harder than it looks from the back deck! My fitness was down, my weight was up and my endurance was nowhere to be found. With encouragement and guidance, I slowly made progress.*

*Since joining the club I have been lucky enough to paddle at the Pan Pacific Masters, Australian Masters, State Championships, National Championships, The Outback Paddle in Longreach, fundraising paddles and lots of regattas.*

*Paddling has become an identity for me, my fitness has improved, my social circle has expanded and now I can't really imagine a week without time on the water.*

*Paddles Up!*

T 😊

# Recipe Page

By Deb Watson



## Deb's Fruit and Nut Biscuits

### Ingredients

180g choc bits, dried cranberries, other dried fruit, nuts or whatever you want to add.

130g butter, chopped into pieces

100g castor sugar

100g light brown sugar

1 egg

1 teaspoon vanilla

180g plain flour

½ teaspoon baking powder

½ teaspoon bicarb soda

Pinch salt optional

### Method

Preheat oven to 180

Line 2 baking trays with baking paper

Put sugars, egg and vanilla in bowl. Beat until combined

Add flour, bicarb and baking powder. Beat until combined

Add choc bits etc and stir through.

Place walnut sized balls on trays 5cm apart.

Bake 10-12 mins or until golden brown.

Leave on baking tray for 5 mins.

Cool on wire rack.

Store in airtight container when cold.

## Calendar of Upcoming Events



Date	Time	Details	Location
<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
Sun 18th	TBC	Currumbin Regatta	Currumbin Creek
Sat 14th	TBC	Team Building – Bracken Ridge Scouts	Clubhouse, Talobilla Park
<i>May</i>			
Fri 07th – Sun 09th	TBC	National Festival	Lake Kawana
Sat 15th	9.30am	Come n Try	Clubhouse, Talobilla Park
Sat 22nd	TBC	Presentation Night	Dolphins League Club

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



Hi to all Redcliffe Red Dragon members,

I have signed up for the MS Moonlight Walk. I have pledged to raise \$250 to support of people living with multiple sclerosis.

I'm trying to make the biggest impact possible to help fight MS. Please consider making a donation to help the thousands of Queenslanders living with multiple sclerosis, to ensure no one faces MS alone.

My online fundraising page can be found here: <https://www.moonlightwalk.com.au/fundraisers/catherinebrewster>

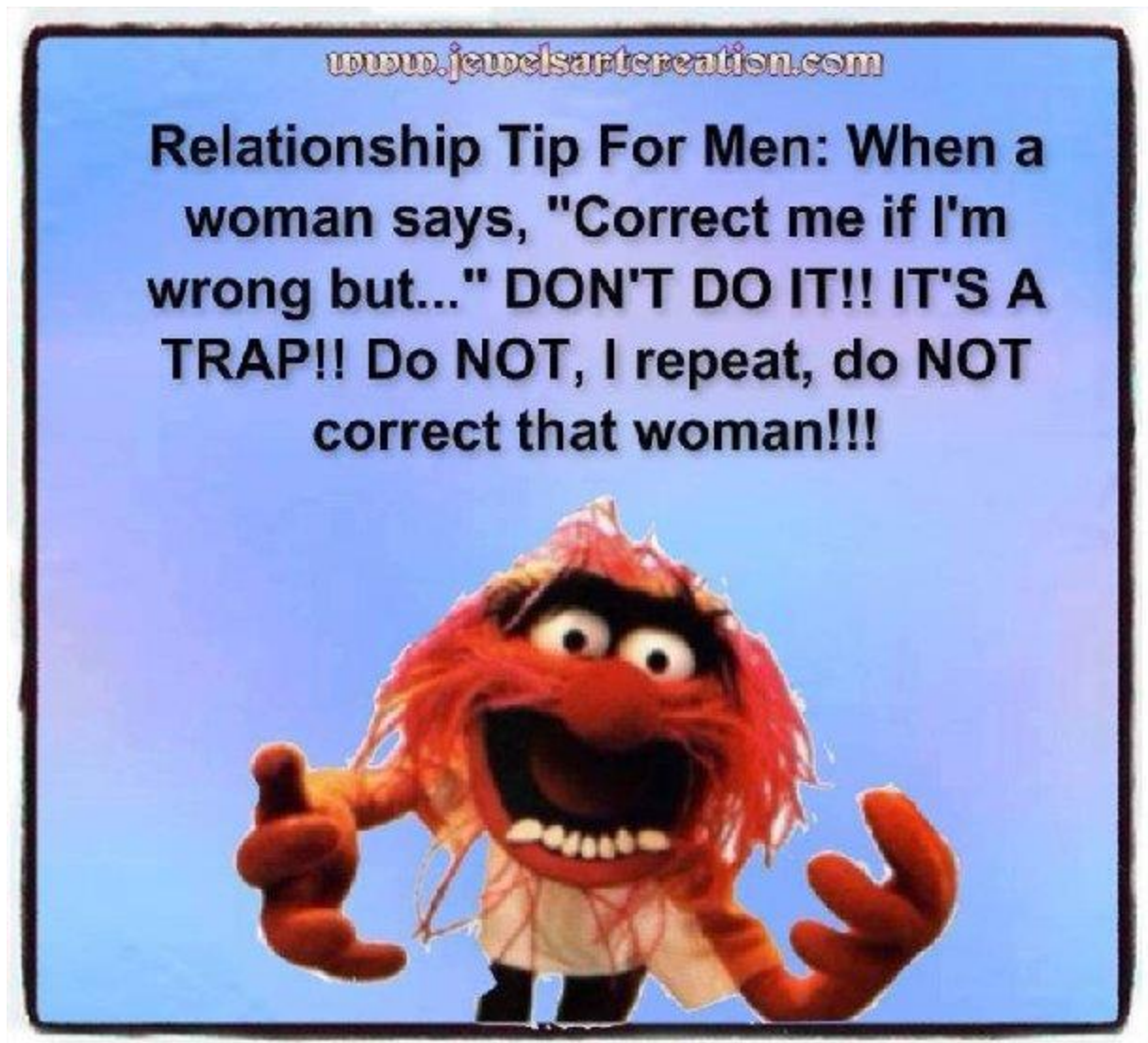
Every dollar I raise will have an immediate impact, enabling people living with MS to access support services including physiotherapy, occupational therapy, counselling and symptom management. And, we'll be helping to fund important research projects into better treatments and ultimately a cure for the disease.

Thank you again for your support!  
Catherine Brewster

*Bruce would like to thank everyone who has already donated and just to let you know it's not too late to support Catherine.*



## Joke of the Month



## JUST IMAGINE..

If you had bought \$1,000.00 of Qantas shares one year ago,

you would have **\$49.00** today!

If you bought \$1,000.00 AIG shares one year ago,  
you would have **\$33.00** today!

If you bought \$1,000.00 worth of Lehman Brothers shares  
one year ago, you would have **\$0.00** today!

BUT.... if you purchased \$1,000.00 worth of beer one year  
ago, drank all the beer, then returned the aluminium cans for recycling

**YOU WOULD HAVE RECEIVED \$214.00**

**SO BASED ON THE ABOVE, THE BEST CURRENT INVESTMENT PLAN  
IS TO DRINK HEAVILY AND RECYCLE!**

## AND DID YOU KNOW...

A recent study found that the average Aussie walks 900 MILES A YEAR

Another study found that Aussies drink on average 22 GALLONS OF  
ALCOHOL A YEAR

THAT MEANS ON AVERAGE, AUSSIES GET .....

41 MILES TO THE GALLON.

**MAKES YOU PROUD TO BE AN AUSSIE DOESN'T IT?**



**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)

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**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

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**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.**

