



Redcliffe Red Dragon Boat Club

Newsletter

EVERYTHING CHANGES WHEN OUR PADDLE TOUCHES THE WATER.

MARCH, 2021

Team Manager's Report

By Iciar Argus



Mid February saw Redcliffe Red Dragons membership total exceed the 100 mark with the current number at **103!!**

WELL DONE REDCLIFFE!!!

COME 'N' TRY

Saturday February 13th and Sunday 14th March, the club held Come n Try's through the Moreton Bay Council Healthy and Active Program for the year.

A total of **31** and **27** paddlers attended on the two days making it a huge success for the club.



Due to the large numbers, as with the past Come n Try's, 3 boats were required at both sessions. Del, Rita, Paul, Cheryl and Jason were our sweeps, with Kay, Iciar, Rosetta, Norma and Cheryl, the boat coaches.

Favourable weather enabled all the boats to venture out onto the Bay for some light paddling and race start drills before making their way back to the compound to incorporate what they had all learnt with some racing.

As always there were smiles all around as the boats made their way to the shore.

Well done and thanks to all volunteers who helped on the day be it on water or off water.



The club's next COME 'n' TRY is scheduled for Saturday 10th April were hopefully it will be as much as a success as previous events.

REGATTA NEWS

21st February, the club attended the Tewaka regatta – the last regatta before the DBQ State Championships. 2km Mixed 20's, 1km Mixed 10's, Women 20's and Open 10's Redcliffe crews participated over the course of the day.



It was great to have our club members from Fraser Coast join us and paddle together as a team. Due to COVID, they hadn't been able to come down throughout the year to attend the limited number of regattas held.

Both Women 20's and Open 10's made the finals with no success and 2km Mixed 20's and 1km Mixed 10's came 10th and 4th in their respective races.



STATE CHAMPIONSHIPS

6th and 7th

March saw the annual DBQ State Championships held at Kawana Waters Bokarina. Saturday, 48 club members attended and 49 on Sunday.

Redcliffe entered crews in the following categories:- 55+ Mixed, Women and Open 10's, 40+ Mixed, Women and Open 10's, Premier Mixed and Open 10's in distances of 200m 500m and 1km.

The club had a highly successful Championship with achieving a total of **12** medals over the two days – **2 Golds, 3 Silver and 3 Bronze** on Saturday and **3 Gold and 1 Bronze** on Sunday.

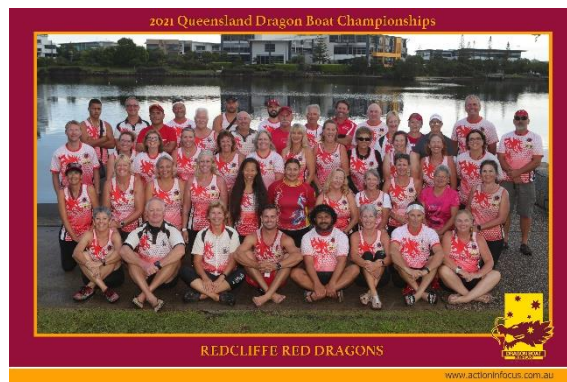
GOLD 5	SILVER 3	BRONZE 4
40+ MIXED 10's 1km	PREMIER 10's 1km	55+ MIXED 10's 1km
40+ OPEN 10's 1km	PREMIER 10's 500m	55+ MIXED 10's 500m
40+ MIXED 10's 500m	PREMIER 10's 200m	55+ OPEN 10's 200m
40+ MIXED 10's 200m		40+ OPEN 10's 500m
40+ OPEN 10's 200m		

There were exciting and close races on both days over all categories.

Redcliffe's 40+ OPEN 10's had some drama in their 500m race on Saturday, when Dave, the stroke, managed to snap his paddle on his first stroke and then, unfazed, as were the rest of the team, continued to finish the rest of the race with only half the blade. The crew achieved **3rd** place overall.



Great effort by everyone on the day and tremendous achievement for the club. All the hard work paid off!!!!










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.

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 March 2021.

It was great for us to join the rest of the team for the 2021 State Titles on Sunday 7th March. Congratulations to all! Seen here are Clyde, Hine, Kevin, Josie and Denis.



Training since the regatta has been stifled somewhat, by weather conditions and COVID. However, we have persevered and have had some lovely water sessions on Saturday mornings. ☺

Even under the watchful gaze a local photographer we followed our intrepid coach's calls of instruction as we paddled around the Marina.

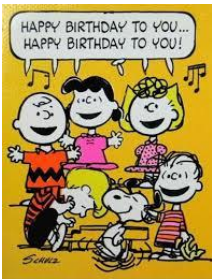


We do look forward to our Saturday paddle! ☺ ☺



Birthday Wishes for April

Phil Matthysen	-	01st
Cheryl Rigby	-	20th
Tre Eketone	-	20th
Laurie Nicholson	-	22nd
Tahlia Harle	-	22nd



Recipe Page

By Norma Kelly



Homemade Sport Drink aka Greaterade

Ingredients

- 8 cups fresh gold water
- 3 tablespoons honey
- ½ teaspoon fine Himalayan pink salt
- ¾ teaspoon calcium magnesium powder
- 1 pinch cayenne pepper
- ¾ cup freshly squeezed orange juice, strained
- 2 medium lemons, juiced
- 2 medium limes, juiced

Method

Step 1 – Pour 1 cup of water into a large pot. Add honey, salt, calcium magnesium powder and cayenne. Place pot over low heat and whisk until ingredients have dissolved. Remove from heat and allow to return to room temperature.

Step 2 – Add juices to room temperature mixture in pot. Pour in remaining 7 cups of water and whisk until well blended.



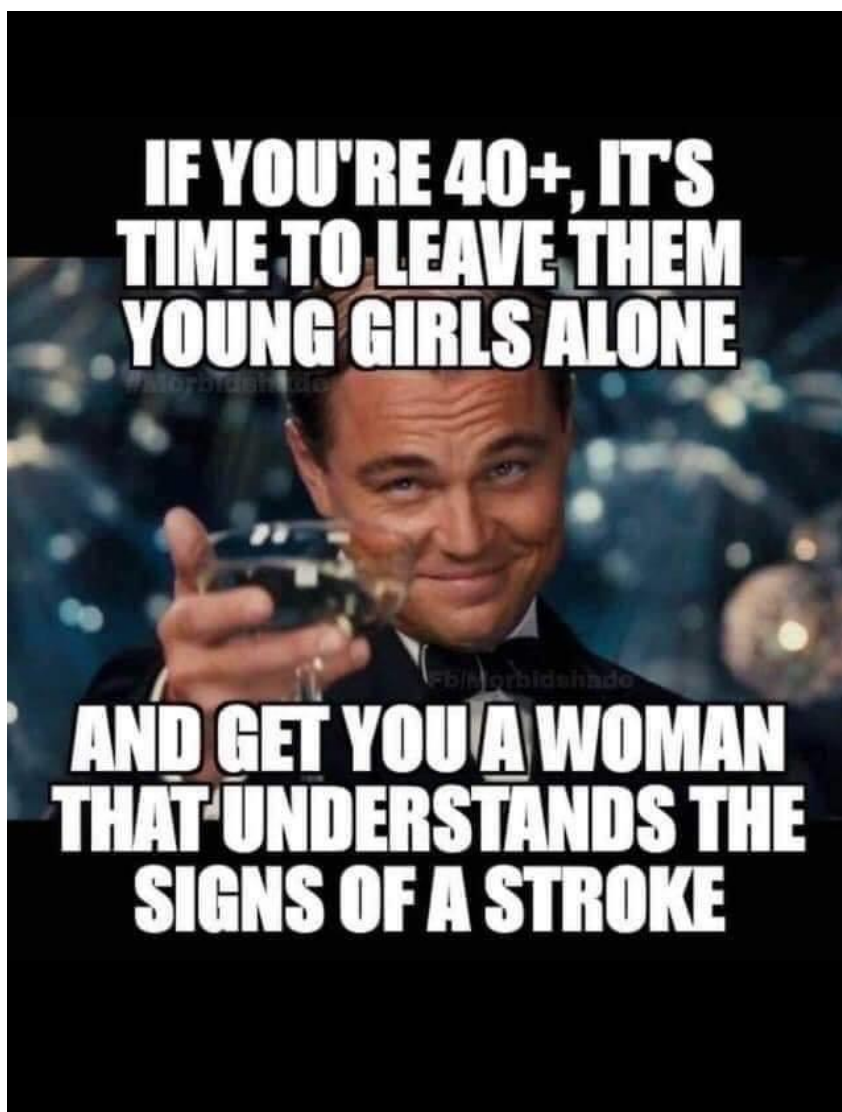
Calendar of Upcoming Events



Date	Time	Details	Location
<i>April</i>			
Sat 10th	9.30am	Come n Try	Clubhouse, Talobilla Park
Sat 17th	10.00am	General Meeting	Clubhouse, Talobilla Park
Sun 18th	TBC	Currumbin Regatta	Currumbin Creek
Sat 24th	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	5.45pm	Presentation Night	Dolphins League Club
<i>June</i>			
Sat 19th	10.00am	Annual General Meeting	Clubhouse, Talobilla Park
Sat 26th – Sun 27th	TBC	Cooloola Regatta	Tin Can Bay

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

Joke of the Month





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.

