



Redcliffe Red Dragon Boat Club

Newsletter

NO MATTER HOW YOU FEEL, GET UP, DRESS UP, SHOW UP AND NEVER GIVE UP.

APRIL, 2021

A Note from the President

By Cheryl Rigby

Hi Everyone,

Firstly, I would like to wish everyone representing and competing at the Coast to Coast Dragon Boat Festival a great time and hope you reap some rewards.

Congratulations to the members that have been cross training with Scarborough Outriggers on their achievements last weekend.

I would like to take this opportunity to remind everyone that the AGM is fast approaching on Saturday 19th June, and most of the Committee are unable to renominate due to work or other commitments and we need all members to consider putting their hand up to take a position to keep the Club running. The job descriptions are on the notice board near the key rack and please, talk to one of the Committee members if you would like to find out what is involved.

We also need members to put their hands up to help with the various fundraising activities or awareness events we hold so that the workload is shared evenly and we can continue to keep our club fees as low as possible. It would be good to have as many members as we can attend the Chinese Dragon Boat Festival at Pelican Park on Sunday 20th June as we could hopefully attract some younger members to help our current members compete at events such as the upcoming Pan Pacific games on Friday 12th and Saturday 13th November.

Lastly, I would like to remind everyone that we have Expressions of interest out at the moment for Tin Can Bay on the weekend on 26 & 27th June. This is the start of the Regatta season and on the Saturday is a Diamond Dash race which is a figure 8 race - hard work and fun. On Sunday, the normal 200m racing take place. We usually have a great time at this regatta as we have a relaxed afternoon and dinner together on the Saturday night. It would be good if you were thinking of attending this regatta that you attend as many training sessions as possible so that we can be competitive on the Sunday racing and hopefully bring home the perpetual Club trophy.

There is also an expression of interest out for the 10klm paddle at Mt Warning on Sunday 6th June, it would be good to attend this regatta and put our endurance training into some purpose.

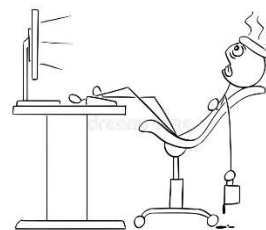
I look forward to seeing you all on the water,
Happy Paddling

Cheryl

Post-it Note from the Secretary

By Norma Kelly

As previously advised, due to work commitments I'm unable to continue to produce the monthly newsletter. I'm hoping that a club member might be interested in taking over this role after June.



It's not a hard process and to be honest I normally hound others to write the articles and I just edit where necessary and arrange them into hopefully an enjoyable monthly edition.

The newsletter is free flowing and the layout is decided by the editor – which hopefully will be YOU!

Team Manager's Report

By Iciar Argus



MORETON BAY COUNCIL HEALTHY AND ACTIVE

Saturday April 11th, the club held a Come n Try Day through the Moreton Bay Council Program. With 14 paddlers in attendance, two boats went out on the water. Rita and Jason were the sweeps for the day with Kay and Iciar as boat captains at the front of the boat.



Once the customary instructions regarding paddling technique were done, the paddlers were able to put into practise what they had learnt. The favourable weather conditions made it possible for the boats to be venture out onto the Bay.

After being shown the breakdown of race starts, it was time for the two boats to have some healthy competition in racing against each other. Everyone enjoyed their experience of dragon boating and

there were smiles all around when the boats came into shore.



Another successful Come n Try by the club. Thanks to all who volunteered on the day to make the day possible.



The next Club Come n Try is Saturday 15th May.

BRACKENRIDGE SCOUTS ASSOCIATION

Shaun (TIGGER) Martin, a Venturer from the Scouts at Bracken Ridge had been communicating with Redcliffe Red Dragons trying to arrange team building day for the scouts through trying their hand at the sport of Dragon Boating.



Saturday April 24th after many emails making the necessary arrangements, saw the Scouts, Venturers and parents able to come and have a paddle with the club. Once everyone attending had arrived, Shaun organised the scouts ready for their experience.



Kay walked them through the paddling technique and a light warm up and then it was down to the boat where with Rita, at the helm and Iciar, as coach on the front, everyone was ready to head out onto the Bay.



Unfortunately, the paddlers were not able to experience racing against another boat due to low numbers, but that did not stop some competition being had, as suggested by Kay, between the Scouts and the adults in the boat. I think the Scouts enjoyed trying to outdo their elders up.

Once back on shore, Shaun led the Scouts in giving the club a big mighty BRAVO for our help in taking them out for a paddle. With the boat cleaned and stored away, it was time for everyone to enjoy a delicious BBQ and a cold drink. It was discussed that maybe, at a future date, a competition between other scout clubs could be planned.





“Feedback so far is everyone had a great day out, really enjoyed the experience and that we can all get together again soon.

Thank you to the club for putting on such a fantastic day for the Scout members, it couldn't have been achieved without the contribution of the Redcliffe Dragon Boat Club, their incredibly kind members and staff. From Bracken Ridge Scouts to you all, a very warm and sincere thank you and traditional scout BRAVO. See you all again soon in the not too distant future” -
SHAUN (TIGGER) MARTIN



There was surprise paddler who also joined us on the day and that was **Kai** - son of our dearly departed **Rosy Loft** ❤️❤️ - who was a member of our Affiliated club **REDCLIFFE PINK SNAPDRAGONS**. Kai used his mother's paddle in the boat.



It was a very successful morning with everyone enjoying themselves and coming away with smiles on their faces. As always huge THANKS to all the volunteer that made the day possible.





Redcliffe Red Dragons will be entering 2 crews - 55+ Mixed 10's and 40+ Women 10's at the Festival (in lieu of this year's Nationals due to the CORONA virus) to be held at Kawana Waters on Friday 7th – Sunday 9th May. They will be paddling in distances of 500m and 200m over Saturday and Sunday with the 40+ Women also paddling in 1km on Friday.



Two extra training sessions were held for Festival paddlers who were able to attend. The first of these sessions being held on Monday 26th April and the second 3rd May. It was a great turn out for both days with the 40+ Women concentrating on their starts and sprints.

After doing such a great job at training, it was off to enjoy well-earned and delicious breakfasts along with great company. The teams are looking forward to participating at the Festival and giving it their all while representing their club of Redcliffe Red Dragons.



Fundraising

Mother's Day Raffle

To purchase tickets, please see Nita Cox

 <p>1st</p>	 <p>3rd</p>	<h2>Mother's Day Raffle</h2>
<p>1st Prize Valued \$100 2nd Prize valued \$50 3rd Prize valued \$30</p>		
<p>Tickets \$1 each or 6 for \$5 Drawn at club 5th May 2021</p>		

Redcliffe Red Dragons Key Ring

For anyone who would like to purchase a 15th Birthday Key Ring, there are only 12 left!

Once they're gone, they're gone.

Cost: \$5.00 – all profits go to the club.

If interested, please see me and cash only 😊

Cheers, Norma





CHANGE
STARTS HERE.
CAN WE COUNT YOU IN?

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.

Redcliffe Pink Snapdragons Inc



For all the new members to our club, I have included below the history of one of our affiliated clubs, Redcliffe Pink Snapdragons.

Club History

The team's founder, Jayne Coe, was diagnosed with Breast Cancer in September 2004, and during chemotherapy treatment her mother gave her a magazine article about Dragon Boat paddling for Breast Cancer survivors.

Jayne loved the idea, and after her second chemotherapy session, she joined the Redcliffe Red Dragons and began paddling with them, as their first Breast Cancer survivor member.

In May 2005, it was decided it was time to create a Breast Cancer Survivor team as part of the club. Jayne chose the name 'Pink Snapdragons' for something pretty and feminine for herself and for future members to really feel like women. Pink snapdragons flowers, which are featured on our club logo, are also strong and long lasting.

Our Theme Song

Redcliffe Pink Snapdragons, Simply the Breast.
 We are sisters young and old, together we're less stressed.
 Check your breasts more often, you'll be glad you do.
 Because you'll catch it early and you'll live to ninety-two.
 Redcliffe Pink Snapdragons, Simply the Breast.
 If you don't believe us then just put us to the test.
 Puff your chest out further, do it with pride.
 Come and join us in our boat we'll take you for a ride.
 Redcliffe Pink Snapdragons, Simply the Breast.
 We've battled hard and paddled strong; a cure is our quest.



A few of our very first Snapdragons Survivor Members

– Look closely, some of these ladies are still paddling today.



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 April 2021.

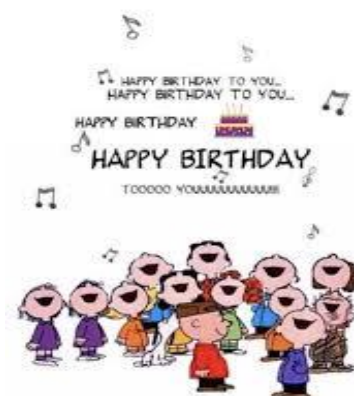
We all enjoyed our Easter break and returned to a lovely sunny Saturday paddle on the 10th of April. Sometimes we get disagreeable weather, such as strong winds, so we opt to go for lengthy walks to the Pier or along the rock wall to keep our fitness up.

During this month, some of us ventured to a Redcliffe training session after accommodating in a quaint Queenslander in Scarborough. We stayed for coffee and the club's general meeting.

It was great to see Kelly and Doug at our Wednesday training session after dinner the previous night. Lo and behold, they could not get enough water activity and therefore went outrigging with Miss Josie on Thursday. Nice to see you both in Hervey Bay 😊



Angela Sturme	-	03rd
Karen Rolfe	-	03rd
Kim Weller	-	09th
Debra Watson	-	14th
Rosetta Lynis	-	17th
Sonia Anger	-	18th
Wendy Weeks	-	20th
Del Martin	-	30th



New Members

By Norma Kelly



We had three new members join the club in April.

We would like to welcome:

- ❖ Simon Argus
- ❖ Barb Powell
- ❖ Nola Zandegiacomo

Paddlers Journey

By Tina Van Kuyl



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.

We moved to Queensland from Melbourne in Nov 2004. The Real Estate Agent that we were dealing with Lorna Mackenzie suggested that I should give Dragon Boating a try. We were very busy for the first year here, so even though Lorna kept on at me I didn't have a go until Feb 2006. Back then Bruce Eckersley and Linda Riedel were the coaches and I found them quite intimidating. So, I became a supporter of the Pink Snap Dragons and paddled with them. We had a sports and social boat which the Pinks paddled in. So, I was quite happy with this. I was also very involved with coaching netball, so my priority at this time was with the netball.

My first regatta was at Varsity Lakes and Arthur who was our coach, at this time. Would present us with a handmade paddle after our first regatta, which was very special.

My next big regatta with the Pinks was the Sydney Harbour for the Chinese New Year in 2012.

As the years went on. I decided that I would rather become a sports paddler and spend more time committing to myself and what I enjoyed. So, I cut back on the netball coaching and put more time into my training.

My first time trying out for the Queensland State team I didn't get in as the coach Bruce didn't think I was good enough. So therefore, wouldn't sign my application. This made me even more determined to paddle for the Queensland team.

In 2014 I made it into the Senior B state team and the Nationals were at Kawana Q.L.D.

In 2015 I made it into the Senior B State Queensland team and I travelled to Champion Lakes Perth to be in this team. Unfortunately, Redcliffe did not have a team that was going over to Perth, so one of the other members from the state team asked me if I would be interested in paddling with Currumbin while I was over there. This was a great experience and I made a wonderful friendship with Vee, which still continues today.

In 2015 I became Vice President of the Club, with Cheryl Rigby as President. Our goal during this time was to get a shed for the club through grants and fund raising with the help of members. This was a dream and vision of Arthur Heales who had been my coach. Who I had a lot of time a respect for, so when we finally got the grant and were able to build the shed it was a dream come true. This was over the period of our being on the committee for 3 years.

In 2016 the nationals and Worlds were held in West Lakes Adelaide. Redcliffe did not have a team to race. So once again I was very fortunate to be able to paddle with Currumbin. This would have to be the most amazing experience, medaling in every event that we entered and standing on the podium for the world event with all the other countries. I will be forever grateful that I was given this opportunity to be able to paddle with this great group of ladies.

In 2017 Rob had his accident and that changed a lot of things in our lives. I am thankful that I have my dragon boat family to help me when things got tough. This year was a big year with getting the shed and the day that Rob came out of hospital we went to Tin Can Bay for the regatta. Just as well he understands how getting out on the water is the best thing for me. I also broke my wrist so had to pull out of all my dragon boating commitments.

In 2019 we went to Weston Park ACT for the Nationals and Redcliffe had a 10's women's team compete which was awesome. I also paddled in the Senior C State team.

In 2020 I once again became Vice President with Cheryl Rigby as President.



Catherine Brewster would like to thank everyone who donated to her MS Moonlight Walk.

With your help Catherine was able to raise \$260. The total of \$620,000 was raised on the day for MS Qld.



MS is one of the most common diseases of the central nervous system. It may affect the brain, spinal cord and optic nerve and impacts more young people in Australia than any other chronic neurological disease. The term multiple sclerosis means 'many scars' and depending on where those scars (lesions) develop, they result in various symptoms.



All money raised by our participants in the MS Moonlight Walk goes towards changing the lives of people with MS. We provide programs and support for people living with MS including social support programs, physio, exercise and occupational therapy, counselling, attendant care in private homes and support workers across Queensland.

Dragon Boat Traditions

Dragon Boat racing has a significantly rich history, with traditional boating in Southern China for over 2000 years.

The Dragon

In Chinese culture, the classic Dragon (or “Loong”) rides the clouds in the sky and commands the wind, mist and rain.

The Chinese dragon is made up of many different types of animals on Earth. The dragon is said to have the head of a camel, 117 fish scales of the carp, deer horns, rabbit eyes, ears of a bull, the neck of a snake, stomach of a clam, paws of a tiger, and claws like an eagle.

The dragon symbolizes power and excellence, courage and boldness, heroism and perseverance, nobility and divinity. A dragon overcomes obstacles until success is his. He is energetic, decisive, optimistic, intelligent and ambitious.

The Dragon Boat

Originally Dragon Boat was used for religious purposes as a way to appease the rain gods.

Each boat has an ornately carved dragon's head at the bow and a tail in the stern. The boat is painted with scales. The paddles symbolically represent the dragon's claws, the drum represents the heart.

The Dragon Boat Festival

The traditional Chinese Dragon Boat Festival (also known as Tuen Ng, Duanwu, Double Fifth, Dumpling Festival or Poet's Day) is held on the fifth day of the fifth Chinese lunar month (varying from late May to middle June). It is celebrated not only as a festival but also a public holiday in the People's Republic of China.

The fifth Chinese lunar month is traditionally considered a month of death and disease, evil and darkness, due to the high summer temperatures in China. Therefore, venerating the awakening Dragon was meant to avert misfortune and encourage rainfall, needed for the fertility of crops and prosperity of the people. This annual celebration is meant to protect the people from evil & disease for the rest of the year.

The 'Awaking the Dragon' Ceremony

The ceremony called 'Awakening the Dragon' or 'Dotting of the Eye' traditionally involves a Taoist priest dotting the protruding eyes of the dragon head carved on the boats, thus ending its slumber. The ceremony is practiced at many Dragon Boat events throughout the world today, sometimes with event dignitaries performing the 'dotting of the eye'.

The 'Laying the Dragon to Rest' Ceremony

Another tradition rarely practised nowadays involved the laying to rest of the boat at the end of the racing season. After the Dragon Boat Festival, it was practice to sink the boats under water by loading them up with stones. As the dragon boats were made of teak and would often warp and crack with the changes in temperature and humidity, so once the head and tail were removed and the boats sat under water until raised and painted with a protective varnish, just before the next Dragon Boat Festival.

The Legend of Qu Yuan

One legend connected to the Dragon Boat Festival concerns a famous Chinese patriot poet names Qu Yuan. He lived in the period called 'the Period of Warring States' (475-221BC) during which the area today known as China was torn into seven main states battling among themselves.

Qu Yuan was a minister who advocated reforms in his home state of Chu. He was loyal to the Chu Emperor who fell under the influence of other corrupt, jealous ministers who eventually managed to turn the king against him. Qu Yuan was banished from the State of Chu he loved and wrote passionate poetry expressing his concerns for its future.



Struck by grief at the news that the State of Chu had been taken by the State of Qin in 278 BC, Qu Yuan grabbed a large rock and threw himself into the Mi Luo River.

According to the legend, when news of his drowning became known, boats were launched by the local fishermen in a race to be first to recover Qu Yuan's body. Thus, dragon boat racing was born. The furious splashing of paddles and banging of drums used these days to get the crews in time has its origin in the fishermen's bid to scare off fish and other river creatures from defiling his body.

On returning to shore, the dejected fishermen decided that if they had been better paddlers the outcome could have been different and thus, they began to train.

To commemorate this sacrifice, the people began to organise Dragon Boat Festivals in his memory. Since then, dragon boat racing has become a major part of Chinese culture, representing patriotism and group integrity.

The Rice Dumplings

According to the legend, the fishermen began throwing rice into the river as an offering to Qu Yuan, so that his spirit could be nourished in the next world. But one night, Qu Yuan appeared in a dream to one of the fishermen, telling him that the fish were eating the rice offerings, that to prevent it, the rice ought to be wrapped in silk – later replaced by bamboo leaves (called Zongzi or Doongs) – to protect the offerings.

The practice of making offerings of *Zongzi's* is an extremely important part of the Festival. For the gourmet, it is encouraging to note that the culinary treat is still widely practised among Chinese communities all over the world.



Recipe Page

By Norma Kelly



Mighty Maca Bars

Ingredients

100g ground almonds

100g sunflower seeds

100g flax meal

100g pumpkin seeds

2 tbsp chia seeds

2 tbsp maca powder

90ml maple syrup

60ml coconut oil

75g almond butter

½ tsp sea salt

Method

Place the dry ingredients in a bowl. Put the wet ones in a pan on a low heat until melted, mixing well. Add to the dry mix. Line a 8x8in pan with baking paper. Spread in the mixture and pack down tight. Place in the fridge for an hour to set.

Best for: Energy-lifting antioxidant-rich, immunity-improving.

Maca powder is rich in the mineral copper, which is needed to help trigger the release of iron to form the hemoglobin that carries oxygen around the body.



Calendar of Upcoming Events



Date	Time	Details	Location
<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>			
Sun 06th	8.30 to 2.00pm	DA Wollumbin 10km Long Distance Paddle	Condong, NSW
Sat 19th	10.00am	Annual General Meeting	Clubhouse, Talobilla Park
Sun 10th	9.30am to 3.30pm	Dragon Boat Festival	Pelican Park, Clontarf
Sat 26th – Sun 27th	TBC	Cooloola Regatta	Tin Can Bay
<i>July</i>			
Sat 24th	TBC	Come n Try	Clubhouse, Talobilla Park

** 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.

