



# Redcliffe Red Dragon Boat Club

## Newsletter

SUCCESS OCCURS WHEN YOUR DREAMS GET BIGGER THAN YOUR EXCUSES.

MAY, 2021

### A Note from the President

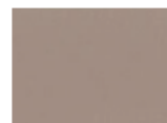
By Cheryl Rigby

Hi everyone,

I would like to congratulate everyone that participated and volunteered at the Coast-to-Coast Festival. It was a great effort and representation of our Club.

We have exciting news that we have received a Council grant to contribute towards having the whole floor and wash bay resurfaced with an Epoxy Coating and this will be carried out from Monday 12th July. So, after training on Saturday 10th July, we will be packing up all the items in the shed and returning on Saturday 24th July (hopefully) for the first session back to training.

Here are the two colours in contention and if you would like to have a say in the colour chosen, please mark it on the sheet in the shed near the key rack.



Possum R44



Mushroom Y65

We are happy to be attending our 1st Regatta of the season on Saturday 26th & Sunday 27th June at Tin Can Bay and would love to have as many members as possible attend. Saturday, we participate in the Diamond Dash which is a figure 8 type dash race and Sunday is 200m racing. Iciar is also organising a Team dinner for the Saturday night if you would like to attend or you are welcome to just attend the Sunday racing if that suits you better.

I look forward to seeing you all on the water.

# Coast to Coast Dragon Boat Festival

By Natalie Mason



*Coast to Coast*  
**DRAGON BOAT**  
**FESTIVAL 2021**  
*Sunshine Coast, Queensland*



**BRONZE MEDALS AWARDED TO THE REDCLIFFE RED DRAGON GOLDEN TEAM (55+) AT THE NATIONAL'S**



## The Competitors in the Nationals

Pictured above named from top left to right are the members of the Redcliffe Dragon team who competed in the festival: Kelly Monds, Jill Aplin, Keith Tucker, Garry Rapley, Paul Hogg, Natalie Bliesner, Natalie Mason, Rita Beadsmoore, Faye Stewart, Cherie Robinson, Bob Rapley, Nita Cox, Phil Matthyssen, Theresa Lymbery, Lorna Hill, Shelly Baumann, Iciar Argus, Debra Watson and Ann Matthyssen.

## Winners are Grinners

A huge congratulations to those who brought home a **Bronze** in the 200-metre race, (55+ mixed 10s category) some of whom are pictured here.

Congratulations and thank you to all competitors and volunteers, including those who came 6<sup>th</sup> in the 500 metres (40+ Women race category).







*Redcliffe Red  
Dragons  
Presentation Night  
2021*



## 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.



# Fundraising

## Mother's Day Raffle

 <p><b>1st</b></p>	 <p><b>3rd</b></p>	<h3>Mother's Day Raffle</h3>
<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>		
 <p><b>2nd</b></p>		

### Winners:

*1st Prize – Kaete Afonso*

*2nd Prize – Sonia Anger*

*3rd Prize – Norma Kelly*

*4<sup>th</sup> Prize – Kay Roper*

A big thank you to Nita Cox for generously providing the prizes and organising the raffle.

# Redcliffe Pink Snapdragons Inc

By Lyn Griggs



## Snapdragon's Petals on the Water Ceremony

Saturday, May 1 saw us gathering at the compound to farewell 3 of our Snapdragon angels, Rosy Loft, Wendy Callaghan and Christine Law. A 'flowers on the water' or our 'petals on the water' ceremony is a traditional way, within BCS clubs, of farewelling pink sisters who have lost their battle with cancer.

Sadly, Wendy's family were unable to attend as they have relocated to Mackay and we were unsuccessful in our attempts to contact Rosy's family. It was, however, lovely to see so many of Christine's family and friends in attendance. The dismal weather meant we were unable to take any boats out into the bay to have our usual ceremony and to share with family and friends the experience that their loved one enjoyed so much.

During weather events like this, thank heavens for the club house!! which enabled us to proceed...Kim, our President, read a poem entitled "Life Well Lived" and both Christine's dad Reg and husband Ivan spoke. We had a lovely morning tea with food provided by our members and then eventually, the rain did ease so that we were able to walk to the pedestrian bridge over the canal, to throw our 'petals/flowers' onto the water.

To Rosy, Wendy and Christine...fly high with the wind in your hair and the sun on your face, you will always be with us.



## IBCP's New Zealand Regatta Update

On the 1<sup>st</sup> of March, 2021 it was announced that the above regatta was being postponed for 1 year, until the week beginning Monday, April 10 (Easter Monday) until Monday, April 17, 2023.

The postponement was due at the time to current situations with Covid-19, the roll-out of vaccines, the financial uncertainties after some severe lockdowns and the fact that some northern hemisphere teams would not have been on the water for up to 2 years when the original date in 2022 rolled around.

For various reasons, which include but are not limited to, on-going overseas Covid concerns and the fact that the new dates coincide with Easter and school holidays the majority of Pink Snapdragons who had planned to travel to New Zealand have now withdrawn.

# 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 May 2021.

What a busy month it has been! May started with a unique visitor participating in one of our training sessions. Affectionately known as Rosie, she accompanied us as we paddled around the Marina.



The Coast to Coast Dragon Boat Festival on the 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> of May provided some exciting moments of dragon boat racing for our team. It was truly a magnificent experience for myself and others to be a part of.

The weather Gods smiled and we all did our bit, to work together and feel a sense of improvement after each race. Thank you to all for supporting, volunteering and racing 🙏





The Monday following the 'Coast to Coast' Miss Iciar paddled with us during our afternoon session. This was followed by dinner at Café Balaena.



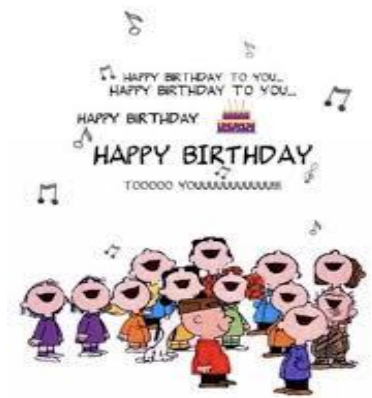
Finally, a few of us travelled north to the Town of 1770. We experienced the delights of the 1770 Festival which included a re-enactment of Cook's Landing to this area, music entertainment, fun run and fireworks over the weekend, 21<sup>st</sup>, 22<sup>nd</sup> and 23<sup>rd</sup> of May. We took the opportunity to paddle with the 1770 Dragons on the Saturday.





## Birthday Wishes for June

Andrea Coe	-	04th
Barb Powell	-	05th
Leanne Speller	-	05th
Nita Cox	-	05th
Nigel Shapland	-	13th
Lyn Stainlay	-	24th
Lynne Maaka	-	24th



## New Members

By Norma Kelly



We had three new members join the club in May.

We would like to welcome:

- ❖ Sonnie Flores
- ❖ Mel Voigt
- ❖ Samantha Homer
- ❖ Tania Williamson
- ❖ Ann McClenaghan

## *We are wishing a speedy recovery to Jane!!*

By Gilly Robinson

Walking downstairs with a cup of tea recently, Jane fell and injured both ankles – the cup survived intact!

She was diagnosed the next day as a sprain of the right and the left ankle broken in two places.

Woah!! Poor thing !!!!

After orthopaedic surgery on her left ankle, Jane is now recovering at home.

To some members who do not know Jane Kennedy, she has been a member of Redcliffe Red Dragons for many years and though not an active paddler currently, she still supports our club in the background.

Jane was on the Presentation Night Sub-Committee this year and made some of the amazing table displays for our presentation night. She is very 'arty-crafty' and no doubt will take this enforced rest as an opportunity to do her craft work.

We wish you a speedy and uneventful recovery Jane, and hope to see you soon.





# Paddlers Journey

By Donna Pascoe



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 I was newly living on my own and looking for something new to do with my new found freedom and found a flyer on the Gym wall for Redcliffe Dragons Dragon Boat Club.*

*I started training at the Scarborough Marina with Bruce Eckersley and Linda Riedel. It was not too long before we started training at Talobilla where we paddle today, however in those days there was nothing there, the club was organised out of the boot of a car and if you needed to go to the toilet you had to go behind a tree.*

*I started entering in regattas in 2008. I completed in the state team with my sister Loretta in 2011 at Canberra where the Under 50's women won both 1<sup>st</sup> and 3<sup>rd</sup> in the finals that year.*

*Dragon boating has also taken me overseas, Taipei, Hawaii, Wellington, Auckland, which was a lot of fun.*

*Other members of my family all joined the club, 2 more sisters (Kay, Toni) and a brother-in-law (Tom) and 2 nieces (Zharlea, Brittnee) and great niece (Tahlia), which made getting together at regattas most enjoyable.*

*I find dragon boating very rewarding and challenging at the same time and have enjoyed every minute with the club. I have met a lot of friends and find the training enjoyable.*

Donna



# Australian Dragon Boat Federation

AusDBF is excited to launch 'Fast and Furious' – A history of dragon boating in Australia, celebrating 25 years of Australian Championships. AusDBF would like to thank the hard work from the current Historical Committee who invested hundreds of hours of research into this - Mel Cantwell (AusDBF), Barb Clarkson (WA), Julie Clinch (SA), Julie Davidson (TAS), Steven Davidson (DBNSW), Janelle Gamble (Qld), Daryl Manzie (NT) and Geoff See (ACT).

An extra vote of thanks goes to Barbara Clarkson who utilised her graphic art skills to design and format the book.

The book includes:

- hundreds of photos – you may be one!
- the history of AusDBF, each member and their club
- a tribute to Jon Taylor (the father of dragon boating in Australia)
- an Honour Roll
- the history of AusChamps outlining which clubs attended – find out which clubs have attended the most and where your club fits in – you'd be surprised.
- club attendance at IDBF CCWC since 1998
- the evolution of the Auroras from 1995 when the first Australian team competed in the IDBF World Nations to present day, includes medal tally, honour roll for Flag Bearers, Team Captains, number of campaigns – check out this section to see which individual/s in Australia have represented Australia the most.

To purchase your own copy of Fast and Furious - history of dragon boating in Australia - go to AusDBF shop - <https://www.ausdbf.com.au/shop/>

Check it out, you may just see your name or your photo or club name in print.





# Recipe Page

By Norma Kelly



## Prawn and Chorizo Paella

### Ingredients

12 large green prawns  
1 onion, finely chopped  
2 cup parsley leaves  
Sea salt  
Cracked black pepper  
2 tbsp smoked paprika  
1 tbs red wine vinegar  
1 lemon, peeled & segments removed  
4 ½ cup chicken stock  
2 chorizo, sliced  
2 cup paella rice  
2 tbs olive oil  
4 clove garlic, crushed  
1 pinch saffron threads



### Method

Heat oil in a large deep frying pan over a high heat.

Add the onion, garlic and chorizo. Cook for 2-3 minutes or until lightly golden.

Add the paprika, saffron and cook stirring for a further minute.

Add 4 cups of stock, stir and bring to the boil.

Add the rice and stir to even the mixture.

Peel and de-vein prawns leaving tails intact.

Push the prawns into the mixture, reduce the temperature to low and cook without stirring for 15 minutes.

Increase the temperature to medium and cook the paella for a further 4-5 minutes, adding the extra stock gradually if necessary, or until the rice is al dente.

Season with salt and pepper. Remove from the heat.

Cover surface with a clean towel and allow to rest for 10-15 minutes or until the liquid is absorbed and the prawns are cooked through.

Place the parsley, lemon segments, olive oil and red wine vinegar into a bowl – toss to combine.

Serve paella topped with parsley salad.

## Calendar of Upcoming Events



Date	Time	Details	Location
<i>June</i>			
Sun 06th	8.30 to 2.00pm	DA Wollumbin 10km Long Distance Paddle	Condong, NSW
Sat 19th	10.00am	General Meeting	Clubhouse, Talobilla Park
Sun 20th	9.30am to 3.30pm	Dragon Boat Festival	Pelican Park, Clontarf
Sat 26th – Sun 27th	TBC	Cooloola Regatta	Tin Can Bay
<i>July</i>			
Mon 12 <sup>th</sup> to Sat 24th	No Training	Renovations to Clubhouse floor	Watch for further emails
Sat 24th	TBC	Come n Try	Clubhouse, Talobilla Park
<i>August</i>			
Sun 15th	TBC	Come n Try	Clubhouse, Talobilla Park
Sat 28th – Sun 29th	TBC	Rainbow Regatta	Ballina, NSW

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



# Sweeps

The sweep is responsible for crew safety on the water and is important to the success of a winning team. A good sweep has the knowledge of boat commands, effects of wind and water conditions. The sweep will develop instincts of boat balance and create an environment of confidence within the boat.

Below are a few multiple-choice questions to help you test your knowledge on how well you know what our Sweeps do out on the water.

**1. When steering a dragon boat, you must always keep to the left and travel in a clockwise direction?**

- (a) True
- (b) False

**2. What is the recommended minimum number of people required to lift a dragon boat?**

- (a) 5
- (b) 10
- (c) 15
- (d) 20

**3. During a race, if a collision is imminent, what must the sweep do?**

- (a) Instruct paddlers to paddle faster to get out of the way
- (b) Continue paddling and advise the other dragon boat to move out of the way
- (c) Stop the boat
- (d) Instruct paddlers to keep paddling

**4. What does "Hold Water" mean?**

- (a) All paddlers stop the dragon boat quickly by holding the blade vertically in the water
- (b) All paddlers press the blade of the paddle flat on the water to hold the dragon boat stable
- (c) All paddlers lift their paddles out of the water to let the dragon boat glide
- (d) All paddlers hold their blades still in the water to keep the dragon boat stationary

**5. If training before sunrise or after sundown, whose responsibility is it to ensure that a dragon boat has lights fitted?**

- (a) Sweep
- (b) Coach
- (c) Team Captain
- (d) Strokes

**6. Once all paddlers are seated in a dragon boat what must the sweep do?**

- (a) Conduct a head count
- (b) Ensure all paddlers have water bottles
- (c) Ensure all paddlers have been to the toilet
- (d) Install the sweep oar

Answers: 1.(b) 2.(b) 3.(c) 4.(d) 5.(a) 6.(a)



## 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)

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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.**

