



Redcliffe Red Dragon Boat Club

Newsletter

COMING TOGETHER IS A BEGINNING. KEEPING TOGETHER IS PROGRESS.
WORKING TOGETHER IS SUCCESS.

JUNE, 2021

A Note from the President

By Norma Kelly

Hi everyone,

I hope everyone enjoyed the last 12 months – it was a very different season!

Hopefully, 2021/22 season will see things return to normal.

As everyone would already know we held our General Meeting on the 19th June and the new Management Committee was elected. I would like to say a big thank you to the last committee for the time they put into the club over the last 12 months. I'm looking forward to working with the new committee to ensure the ongoing success of our club.

We are having a well-deserved break in July whilst the clubhouse is undergoing renovations. The floor is being sanded back and a new epoxy nonslip coating is being installed. It would be greatly appreciated if members could help move the gear out of the shed this coming weekend and move it all back in on the weekend of the 24th July.

This is also my last month as newsletter editor. Andrea Coe has agreed to take over 😊. Sometimes it was hard to find articles, so if you have any interesting ideas, please let Andrea know.

I hope everyone has a great winter break and I'll see you on the water soon.

Dragon Boat Festival 2021

By Iciar Argus



Sunday 20th June saw the Inaugural Chinese Dragon Boat Festival hosted by the North Brisbane Chinese community held at Pelican Park, Clontarf Brisbane.

Dragon boat racing is the most important activity during the Dragon Boat Festival with it being held every fifth day of the fifth lunar month. This year it was 14th June hence the festival being held on 20th June.

Legends has it that it originated from the commemoration and honouring of the life and work of Qu Yuan, patriotic poet, who drowned himself in a river resulting in, people beating drums and paddling out in boats on the river as

they once did to keep fish and evil spirits away from his body. Hence the start of Dragon Boat Festivals, also known as **DUANWU** Festival being held all over the world.

As part of the festival boat races are held on various waterways throughout China each year. While regular people participate in these races, there are also teams of racers who train for months leading up to the events. Prizes and medals are sometimes awarded to winners, but traditionally, the winning team earns a year of happiness and good fortune.

Redcliffe Red Dragons were fortunate to be asked by Brisbane Typhoon Dragon Boat club to help co- host some dragon boating activity in the way of Come n Try for the public as well as some dragon boat racing.

The Dragon Boating activities commenced at 9.30am on the day, with some Come n Try's for the public.

DASH FOR CASH 100m (last man standing) competition followed with 4 sports teams competing for the prize money ranging from **\$500** for first place, **\$300** second and **\$100** each for third and fourth place. There was also **\$200** cash prize for winners of each of the 2 heats on offer.



SUNSHINE COAST

TYPHOON

REDCLIFFE 1

REDCLIFFE 2

Sunshine Coast came away with first prize as well as winners of the 2 heats.

2nd Typhoon

3rd Redcliffe 1

4th Redcliffe 2

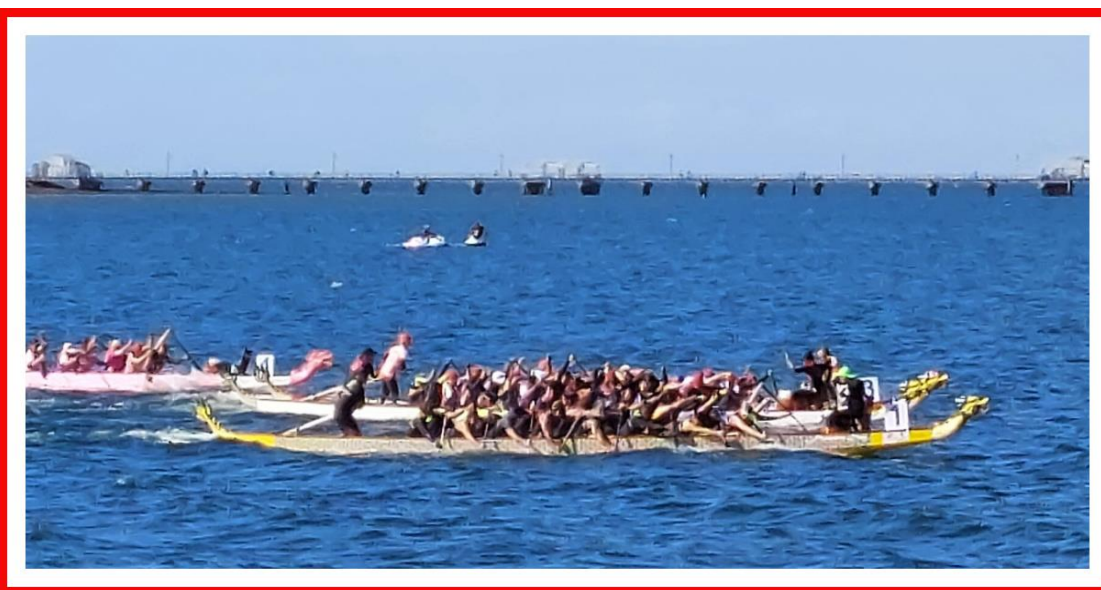
On completion of the Dash for Cash, the public witnessed some 200m racing by the same four teams. These races consisted of 2 heats and a final with the end result being the same as the Dash for Cash with Sunshine Coast again coming away with the honours followed by Typhoon, Redcliffe 1 and Redcliffe 2.



The event ran relatively smoothly, except for an incident that occurred during one of the 200m races. One of the Redcliffe crews capsized while making their way up to the start line. With the help of the safety boat as well as crew's sweep **Rita** and paddler **Paul L.**, keeping the paddlers calm

throughout the incident, everyone was safe and accounted for with the boat being righted and then slowly towed back to shore where the paddlers were able to walk it in back to the jetty.

Huge thanks to **Darren Lymberry** and **Bruce Brewster** who were in the safety boat for doing a fantastic job ensuring everyone was safe on the day during the Come n Try's and more importantly when our dragon boat rolled over as well as the Ambulance Officers who attended to the paddlers.



Great job was done by all members from both clubs who volunteered on the day in the various roles helping make the event a success. WELL DONE EVERYONE!!!





Club Management Committee 2021 – 2022

As everyone would be aware, the new Management Committee for the 2021-2022 season was elected on the 19th June.

Redcliffe Red Dragons 2021-2022 Committee:

President :	Norma Kelly
Vice President :	Natalie Bliesner
Secretary :	Debra Hall
Treasurer :	Lisa Dunne
Team Registrar :	Shelly Baumann
Committee Members :	Rosetta Lynis, Natalie Mason, Nita Cox and Peggy Rapley

Non-Committee Positions:

Head Coach :	Charlene Povey
Sweep Co-Ordinator :	Del Martin
First Aid Officer :	Andrea Coe

A big thank you to Cheryl Rigby, Tina Van Kuyl, Iciar Argus, Jenny Shapland, Gilly Robinson and Paul Hogg for the time and energy they put into the club during the last twelve months.

Good luck for a successful 2021-22 Season.

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 June 2021.

Time has certainly flown! Already we step into the new financial year!

June has certainly been filled with fun as members from the northern waters joined the team for the Tin Can Bay Regatta hosted by Cooloola Dragon boat Club over the weekend 26/27th of June.

Despite the inclement weather and temperature drop we were determined to do our best. We certainly looked the part with our added extras of tutus, tiaras and red hair as our two teams paddled in the Diamond dash on Saturday.





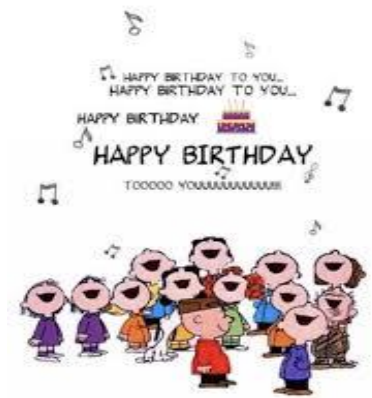
Following our afternoon of fun some of us ventured out to the Sleepy Lagoon Hotel for dinner.

On Sunday morning we regrouped and headed to the venue to participate in 200m dragon boat racing. We did the required warm up and prepared ourselves for the competition. There was great racing from all teams. Thank you to our Sweeps, Paddlers, Coaches and Supporters 😊



Birthday Wishes for July

Tina Najlepszy	-	01th
Maggie Sullivan	-	09th
Sue Batchelor	-	10th
Natalie Bliesner	-	10th
Theresa Lymbery	-	13th
Fran Heales	-	15th
Eevy Refshauge	-	16th
Lani Dando	-	28th



New Members

By Norma Kelly



We are always looking for new paddlers.

Dragon Boating is an exciting water sport that puts 22 people through a decent workout. It's great fun for all ages and a good way to meet new people.

In the new season, it would be great to see everyone back at the clubhouse and it would be even better to see everyone bring along a friend and introduce them to our great sport.

Paddlers Journey

By Natalie Bliesner



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.

I discovered dragon boating through the Moreton Bay active program about 14 or so years ago where I tried dragon boating, rowing and a few other activities but it was dragon boating that really caught my attention. I attended a couple of training sessions but unfortunately having a young family meant I was unable to make a commitment to the club or to training.

Fast forward to about 2019, I moved to the Redcliffe area with my partner and daughter. It was a Sunday morning at the markets where I saw the outriggers coming into the beach at Redcliffe. The joy, power and spirit between paddlers reminded me of my past dragon boating experience. Later that week I spoke to my friend whose daughter is involved in the sonics and she told me or encourage me to go back and give it a go. So I attended yet another Moreton Bay Shire Council healthy active program where I signed up to try dragon boating. After the come and try, I knew dragon boating was for me. So, I went for my 3 free training sessions and then join the club. Tin Can Bay was my very first regatta that I attended. Nervously but excitedly, I competed at my first regatta and I've never looked back.

Even amidst Covid, I have been lucky enough to have competed at numerous regattas including Ballina, Longreach, Coast to Coast and many at Lake Kawana. In 2020, I was able to participate at the States with the club. I was included in two crews...one came away with a silver and the other a bronze. The silver I hung but the bronze went in the drawer as I didn't even get my paddle wet. This action was not out of spite but I didn't feel like I deserved it. I looked at the success that the more experienced paddlers were having and I knew the work they did on and off the water. This was the moment that I decided to back myself and in hindsight maybe caught more of a competitive streak. I told myself that at the next states I was going to be in more crews and not for the bling but as a fitness benchmark to achieve. The 2020 season was the season I decided to make a commitment to the club, to myself and to any paddler I crewed with. Well, covid happened but I continued with my fitness goals.

The 2020/2021 season was also my first season on the RRD management committee. I felt that if I wanted to be a member of a successful club then I also needed to back the club with hands-on support. I believe in the club, the future of the club and what it can offer members...so I have backed up for another year on the committee.

Dragon boating has given me the opportunity to challenge myself physically, mentally and yes socially with my sometimes-well-hidden social anxiety. I am thankful for not only finding 'my sport' but new friendships. We paddle with a common thread that binds us whether it's the sport, supportive friendships and/or our shared like-mindedness.

Attention paddlers...the 2021/2022 season is now upon us and new goals have been setso paddlers are you ready!

Recipe Page

By Norma Kelly



Spicy Mama

Ingredients

90ml Coopers XPA
30ml Spiced Rum
60ml Pineapple Juice
Pinch of Cinnamon
3-5 drops of smokey chipotle sauce

Method

Shake and double strain into martini glass, garnish with dehydrate orange wheel.

Serve in a vintage coupe champagne saucer glass.



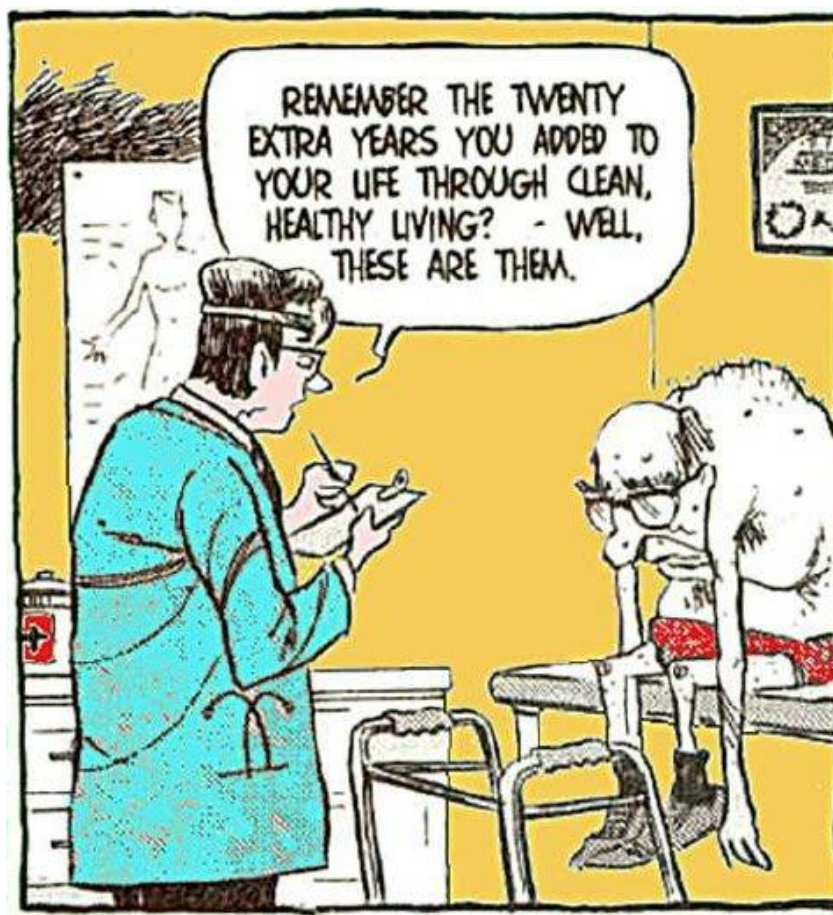
Calendar of Upcoming Events



Date	Time	Details	Location
<i>July</i>			
Mon 05 th to Sat 24 th	No Training	Renovations to Clubhouse floor	Call out for a hand moving
<i>August</i>			
Sun 15 th	TBC	Come n Try	Clubhouse, Talobilla Park
Sat 28 th – Sun 29 th	TBC	Rainbow Regatta	Ballina, NSW
<i>September</i>			
Sat 11 th	6.30am	FCRD attending training	Clubhouse, Talobilla Park
Sun 12 th	TBC	Mt Warning Regatta	Murwillumbah , NSW

** 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.

