



Redcliffe Red Dragon Boat Club

Newsletter

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

AUGUST, 2021

A Note from the President

Hi Members,

Well, didn't the first month of 2021/22 season go by quickly!

- It started with a snap 3-day lockdown.
- Followed by an early start to our winter break in which the floor was resurfaced. Thanks to Cheryl for organising this and all the club members who gave their time to help.
- Last week of July saw us back at training. Didn't it feel great to be back on the water? It lasted three sessions before the next snap 3-day lockdown. ☹️

Let's hope that we are able to contain the community cases and we are back on the water soon.

I thought I'd let everyone know what has transpired this month:

- There has been a change in our training registration. It was pointed out a few months ago, by a club member, that seeing 'Who's Going' could be a privacy problem. We have deleted this option on RevSport.
- We have included upcoming regattas on the noticeboard in the shed. We will also include the EOI list of members who have shown interest in attending these events.
- Thanks to Phil Matthysen who has volunteered to be our Event Co-Ordinator for our regatta scheduled for 23rd January, 2022. He is already busy completing our racing schedules, risk management plan and in the coming months, Phil will be asking for members to volunteer as helpers on the day.
- I know a number of members were interested in attending the Outback Regatta at Longreach. It has been decided not to attend this year but we might organise to attend next year.

I hope this lockdown isn't extended and I will see everyone on the water.

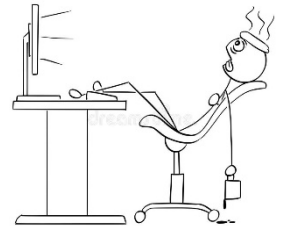
Norma K

Editor's note: Dear Reader – the lockdown was extended !

Note from the Editor

Welcome to my first edition of the newsletter! Please bear with me as I find my feet.

This first edition has taken slightly longer than anticipated 😊 If anyone ever has anything they would like to be included, please feel free to drop me an email. I would very much welcome anyone's contribution! Thanks so much to those of you who have already sent me some items.



Moving forward I intend to publish the newsletter in the first week of the month. Can those who have reports or any items they wish to include please send to me by the 30th of the month?

One of my favourite parts of previous newsletters has been the "Paddlers Journey" section. I have loved reading what has inspired everyone to take up Dragon Boating and their experiences since joining the club. This month I took Norma's suggestion and have shared my journey with you all.

Please let me know if you are keen to take part in this section – we would all love to get to know you better 😊

Send all your things to : andreacoe101@hotmail.com !

Andy

Team Manager's Report



As you all know COVID has had a large impact on our training and scheduled regattas, so I don't have much to report this month. Although we have had a bumpy road to the start of the new season, we have been able to participate in a few June/July events.

The 'Long Paddle' to launch Dragons Abreast Mt Wollumbin (Mt Warnings new name) – 6th of June



On the 6th of June, the Pink Snap Dragons and supporters from the Red Dragons attended the launch of Dragons Abreast Mt Wollumbin's new name and new club uniform 'Long Paddle'. Smiles and fun were on the top of the 'had by all' list for those who were able to attend. As well as an enjoyable 10km paddle, everyone enjoyed a well-deserved breakfast.

Dragon Boat Festival – 20th of June – Pelican Park

Redcliffe Red Dragon Boat Club was invited to participate in the first Dragon Boat Festival for the Redcliffe area. The event was well received by the community. There was a buzz of excitement and interest in both the festival and for our club. Thank you to all members who were able to support the event and represent the club both at the information tent, come and try and in the racing events. Unfortunately, as we are all aware, a crew was also able to put their 'in case of roll-over' knowledge into practice. Thank you to the crew involved for your calm responses and to the other members who were awaiting on the dry land to support the crew.



Big turn out to celebrate and promote dragon boating!



Red Dragons – on and off the water variety!



The safety boat (Darren and Bruce) coming to support the crew.

TIN CAN BAY REGATTA – 26th and 27th of June



The regatta was held over two days. Saturday afternoon was the always highly anticipated Diamond Dash. TCB gave regatta first timers Sue Batchelor, Simon Argus, Mel Boigt, Barb Powell and Samantha Horn a chance to get over their nerves in the Diamond Dash. The dash proved to be a race of determination and strength as each turn in the diamond provided different tidal conditions.

Well done to both the Redcliffe crews. Redcliffe came away with 4th in the Diamond Dash missing a medal by only 3.4 seconds. Sunday was a day of 200 metre racing. Redcliffe came 3rd in the 200m final. Again Redcliffe proved their determination to paddle when the oar lock was suddenly missing. Still a mystery of how and to its where-a bouts?! After a short search, a make-shift replacement was sorted, and we paddled to the starting line.



Well done to the 'first time' regatta members!



Tiara and Tu-Tu dress code was added to the uniform!



3rd in the 200 metres!

TIN CAN BAY Pinkies results - Congratulations to the combined Pinkies team of DA Sunshine Coast, DA Gold Coast and Pink Snapdragons (Erlinda May, Kim Weller and Sue Batchelor) for paddling an awesome race and retaining the Carol Waitohi trophy.



OTHER TCB ANTICS



Until next month, Shelly (and tech support Nat B!)

Redcliffe Pink Snapdragons Inc

Apologies for the lack of Info in the Snapdragon update. It's entirely my fault!

I have stolen these from FB. Ladies I will be in touch for next month -Andrea

Congratulations to our 2021/2022 Executive Committee.



President - Fran Heales
 Secretary - Margery Barnes
 Treasurer - Sue Drinkwater
 Team Manager - Lyn Grigg
 New Paddler Liaison- Karen Rolfe
 Ordinary Members - Sue Batchelor & Jane Bevan

(Photo - Fran, Margery, Sue D and Lyn - Karen, Sue B and Jane absent)



Fraser Coast Red Dragons Inc

Greetings from the Fraser Coast Red Dragons Boat Club Inc



Greetings from the Fraser Coast Red Dragons paddling in the lovely calm waters of Hervey Bay. Have a look at our one of our beautiful club logos created by Ashleigh Manley, a local artist. Ashleigh used a photograph of us paddling in the bay and then added his trademark painting of the Urangan pier in Hervey Bay. A graphic designer digitized the artwork and the result is a wonderful piece.

The club has been awarded a Permit to Occupy a site in the Council run Caravan Park at Scarness beach. A dragon boat will be placed there on a trolley and we will be accessing the beach directly for training when the weather is calm. This also means that the club will have more exposure to the local community allowing us to promote the sport in this area.

Until next time,

Josie

New Members

We had one new member join the club in July.

We would like to welcome:

❖ Iris Hall



Paddler's Journey

Hi everyone, I'm Andrea. Very new editor of the Newsletter and the Club's First Aid Officer.



I am new to Dragon Boating - having joined the club in November 2019 (although it's been very 'stop/ start' during the pandemic!) I have so much to learn still but slowly and surely I have been improving my technique and improving my fitness. I have never been a sporty person and have never, ever been a member of a sporting team. So, finding myself loving Dragon Boating and actually being able to do it was a big shock!

I have felt so lucky to be able to compete in Regattas and this year the Diamond Dash at Tin Can Bay was a highlight! I also really enjoy taking part in the community events like the Come and Try's. It's so nice to be able to share the club with others. I even experienced a little 'immersion' at the Chinese Festival a few weeks back! And survived to tell the tale 🙄. I can't wait to see what this next season brings (and hope COVID stays away).

The reason I started Dragon Boating is a very personal story but one I've been given permission to tell.

I am a children's palliative care Nurse Practitioner and I work at Hummingbird House, the children's hospice in Brisbane. A few years ago we had the absolute honour of supporting an 18 year old young man, Aidan, who had cancer. He loved sports and gaming and had a wicked sense of humour! When he died we continued to support his family.

Completely unexpectedly, Aidan's dad ,Paul, died not even a year after Aidan. We were all devastated.

It was at the funeral I learned about a huge passion of Paul's - Dragon Boating. He paddled for Lakers. His team mates all stood at the back of the chapel in their uniforms and with their paddles. As Paul's wife and daughter left the service, the Lakers formed a guard of honour. I was completely blown away and I knew this sport was something I'd really like to do. Paul and his team mates looked like they had such fun and they obviously felt like a family.

Only a few weeks later I came across a Facebook post for a 'Come and Try 'at Redcliffe and the rest, as they say, is history ! You can only imagine my surprise when, the first ever Regatta I attended (only a few weeks after I joined) , Redcliffe and Lakers hosted together 😊

So - I love this sport and feel very lucky to have found Redcliffe Red Dragons.

Thanks to Tracey for letting me share this story. She reassured me Paul loved to tell everyone about dragon boating!

Vale Paul and Aidan.

In other news

Thanks to Norma for this update:

Coaching/Officials Courses

In conjunction with DBQ, Redcliffe Red Dragons are committed to providing members the chance to become more involved in dragon boating.

Courses offered include:

- Level 1 AusDBF Coaching Course
- Level 2 AusDBF Coaching Course
- Level 3 AusDBF Coaching Course
- Level 4 AusDBF Coaching Course
- Level 1 AusDBF Officials Course
- Level 2 AusDBF Officials Course
- Level 3 AusDBF Officials Course
- Steerer Accreditation



DBQ has released details of the first course for the season:

Coaching Course (Level 2)

The Level 2 coaching Course will be conducted at Sports House, Varsity Lakes Gold Coast on **14-15 August 2021**. Further course dates will be advised once known. Please let the committee know if you are interested in any of the courses. We will keep a list and let you know when courses are scheduled.

For more details, please refer to dbq.com.au/our-sport-in-qld/training-as-courses/ RRD's Strategic Plan is to promote coaching courses to all interested members to develop skills and gain personal growth. We encourage that speak to Charlene if you are interested in the coaching courses.

If you know someone who has great teaching skills for coaching or the nautical skills to be a dragon boat sweep, please let us know.

2022 AUSCHAMPS

State Squad

Planning will commence soon for the preparation of State Squads for the 2022 Australian Championships in Adelaide.

EOI's will be circulated for the following in the near future:

- Managers
- Coaches
- Athletes

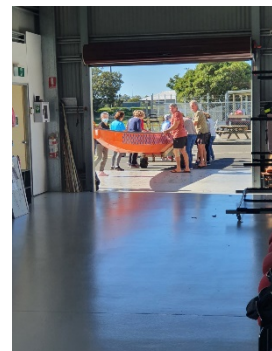
Normally, the State Squad testing occurs in October, so if you are interested in trying out now is the time to start your additional water and land base training. Have a chat to Charlene and to the members who have been successful in making the team in previous years, I'm sure they will be more than happy to explain the process.

Let's get behind our members who have set their sights on Adelaide.

Help them reach their goal – train hard, train strong!

Thanks to everyone who helped out clearing out the shed so we could resurface the floors. A great effort by everyone.

Photos from Kay



Recipe Page

Credit : Taste.com

A winter warmer 😊

Ingredients :

750mls Chicken stock
 2 cm piece ginger, sliced
 4 spring onions
 2 garlic gloves, halved
 500 kg chicken breast fillets
 2 tsp corn flour
 420 g can of creamed corn
 2 tsp soy sauce
 1 large egg

Method:

- **Step 1**

Combine stock, ginger, garlic, half the spring onion and 2 cups (500ml) water in a saucepan over medium-high heat. Bring to the boil. Add chicken. Cover. Reduce heat to low. Simmer for 5 mins.

- **Step 2**

Remove from heat. Set aside, covered, for 10 mins. Remove chicken and finely shred.

- **Step 3**

Combine cornflour and 1 tablespoon cold water. Strain the broth. Discard solids. Return to pan. Bring to the boil.

- **Step 4**

Add corn, soy sauce and cornflour mixture. Cook, stirring occasionally, for 5 mins or until soup thickens slightly. Remove from heat. Gradually stir in egg in a thin, steady stream. Stir in the chicken.

- **Step 5**

Serve with the remaining spring onions



Calendar of Upcoming Events



REDCLIFFE CLUB EVENT CALENDAR 2021/2022 - UPDATED 02/08/2021

August	
MONDAY 9TH	RETURN TO TRAINING AFTER LOCKDOWN - HOPEFULLY
SATURDAY 14TH	Old Sonics Training & BBQ @ Paddlers' Den 11am - 1pm
Sat-Sun 28 & 29	RAINBOW DBC REGATTA @ BALLINA - POSTPONED DUE TO COVID
SUNDAY 29TH	OUT Regatta @ New Farm Park - Redcliffe accredited Officials in attendance
September	
SATURDAY 11TH & SUNDAY 12TH	MT WARNING REGATTA - TWEED RIVER MURWILLUMBAH (Saturday Bridge to Bridge 1 - 3pm; Sunday Sports & Community Regatta 7.30am - 3pm) Registrations now open online via RevSport
SUNDAY 26TH	TE WAKA REGATTA @ LAKE KAWANA Registrations now open online via RevSport
SUNDAY 26TH	FUNDRAISER 10 Volunteers for MORETON BAY TRIATHLON - 6.30am - noon
October	
SATURDAY 9TH	MBRC COME N TRY FUNDRAISER @ PADDLERS' DEN - 9.30AM TO 11.30AM Request in at Council to re-schedule
SATURDAY 9TH - SUNDAY 10TH	RESCHEDULED RAINBOW DBC REGATTA @ BALLINA Registrations for BOTH DAYS now open for BOTH DAYS online via RevSport
SUNDAY 24TH	BURLEIGH FIRE DRAGONS REGATTA @ VARSITY LAKES Registrations now open online via RevSport
November	
SATURDAY 6TH	DBQ MEMBER FORUM VIA ZOOM - 11AM - 12NOON
SUNDAY 7TH	KIDS IN NEED (KIN) REGATTA @ JACK EVANS BAY Registrations now open online via RevSport
FRIDAY 12TH - SATURDAY 13TH	PAN PACS Registrations now open online via RevSport
SUNDAY 21ST	MANLY REGATTA @ TBC (VARSITY LAKE or KAWANA)
SATURDAY 27TH	MBRC COME N TRY FUNDRAISER @ PADDLERS' DEN - 9.30AM TO 11.30AM

December	
SATURDAY 4TH	MBRC COME N TRY FUNDRAISER @ PADDLERS' DEN - 9.30AM TO 11.30AM
SUNDAY 12TH	DAGC CHRISTMAS ON THE CREEK @ CURRUMBIN CREEK
January	
SUNDAY 23RD	REDCLIFFE REGATTA @ LAKE KAWANA
February	
SUNDAY 6TH	BROADWATER REGATTA @ EMERALD LAKE
SUNDAY 13TH	BRD REGATTA @ LAKE KAWANA
March	
FRIDAY 4TH	DBQ AGM @ SCC STADIUM - 6 - 6.30PM
SATURDAY 5TH & SUNDAY 6TH	DBQ STATE CHAMPIONSHIPS @ LAKE KAWANA
April	
TUESDAY 5TH - SUNDAY 10TH	AUS CHAMPS @ AM Ramsay Rowing Course West Lakes Adelaide SA

** Changes

may occur to some dates and times

Fundraising




FATHER'S DAY FUNDRAISING RAFFLE
Drawn 4th September 2021

1st Prize

\$500 Bunnings eGift Card

2nd Prize

\$100 Gift Voucher from The Ambassador Redcliffe

3rd Prize

\$30 Dining Experience from PILPEL Redcliffe

Tickets
\$4 each or 3 for \$10

See one of our members for tickets or email us at info@pinksnaydragons.com

The Redcliffe Pink Snaydragons Breast Cancer Dragon Boat Club thanks you for your support of our endeavours to help breast cancer survivors rebuild their lives through Fun, Fitness and Friendship.

Proceeds from this raffle will also support our chosen charity, the Brisbane Breast Bank at Royal Brisbane and Women's Hospital, with their ongoing clinical research into breast cancer and will contribute towards the registration cost for our members travelling to the 2023 International Breast Cancer Participatory Festival at Lake Karapiro, Cambridge, New Zealand.

A world dragon boat paddling event held every 4 years for breast cancer survivors and their supporters.



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 North Lakes Express Drop Off - No Cash Given

3 North Lakes Drive North Lakes, 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.

