



Redcliffe Red Dragon

Boat Club

Newsletter

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

SEPTEMBER, 2021

A Note from the President

Hi Members,

August has seen most of eastern Australia having restrictions or lockdowns imposed. Luckily Queensland came out of our two-week lockdown and we have been able to recommence training and enjoy being back on the water.

Watching the constant media updates can make us feel like we're in a never-ending bad news cycle, testing even the most resilient among us. Hopefully we will come out the other side and life will eventually go back to normal.

Thank you to the following members: Donna P for sewing the drink holders for the boats. How wonderful, not having our drink bottles rolling around our feet and in the mucky water on the floor of the boat. And to John B for repairing/replacing the outside spotlights and sensors on the shed.

Get Well Soon to Bruce B. We hope that you continue to recover, and we see you on the water soon.

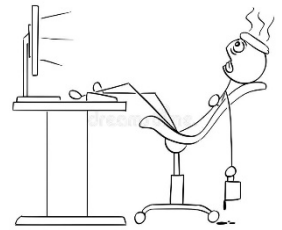
Regatta – Te Waka's regatta is scheduled for Sunday 26th September. If you haven't nominated to attend, please see Shelly.

Social Event is scheduled for 10 am Sunday 14th September at Scarborough Park. It is a get together for members and their families. Peggy and Nita are organising the day so if you have any queries please discuss directly with them. If you have any ideas of other events, I'm sure they would be happy to receive your input.

Fundraising – Currently we have the BIOME promotion. If you are interested in Eco, ethical, organic Australian choices, there might be something on their website for you. We only receive a small percentage from sales, but we don't have to do any work and any small award is always appreciated. Remember to bring in your empty cans, bottles, etc for the Containers for Change. Funds from this campaign goes back into the running of the club.

See everyone on the water.

Norma



Note from the Editor

Hi Everyone- thanks so much to everyone who sent me items for the newsletter- its much appreciated! Keep them coming 😊

Please scroll down to the bottom of the newsletter to see upcoming events- especially the social picnic in Scarborough!

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

Andy

Team Manager's Report



It was great to get out of lockdown and on the water to enjoy the brilliant Queensland weather. Reconnecting with friends, and the added bonus of seeing a couple of dolphin and turtles, to me is the essence of why we are members of the Redcliffe Red Dragon Boat Club.



The Te Waka regatta is planned for Sunday 26 September, with 200m and 500m racing on the cards. Please register by Monday 13 September 2021. We **do not** want payment of the \$15 entry fee until we are certain COVID doesn't stop the event from going ahead.

2021-22 Membership forms – these forms have important information for our Coaches and First Aid Officers, so please jump online and send it to me electronically or grab a form off the desk at the Paddlers Den and fill it out while you are there.

I would personally like to welcome our new paddlers:

Sandra Morris, Mala Wood, Stephen Evans, Martin Webb, and Anne Cupitt

Shelley

Redcliffe Pink Snapdragons Inc

The Snapdragons new committee had their first meeting last Saturday and we are all looking forward to the year ahead. We have some exciting social events in the making.

Thank you to everyone who supported our father's day raffle which is being drawn at Preece's cafe on Saturday 4th September.

I like everyone else miss not being on the water while we are in lockdown, trying to keep fit and healthy, Saturday mornings are not the same when we are not out there enjoying our beautiful bay.

Fran



Ladies who lunch 😊

New Members

Welcome to those new paddlers who joined us in September.

We would like to welcome:

- Sandra Morris,
- Mala Wood,
- Stephen Evans,
- Martin Webb,
- Anne Cupitt



Paddlers Journey *By Natalie M*

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.



1999 - 2020

In 1999, myself and some nursing colleagues commissioned a Dragonboat team of amateur paddlers to 'compete' in the 1999 Hong Kong Dragonboat festival (**the Festival**). The Ming Ducks, (as we named ourselves, for reasons I can no longer recall) consisted of several novice nurses from the Matilda Hospital + one coach, Alex (the husband of one of the nurses). 😂

We trained every Wednesday night in Stanley for a few months. Each training religiously wrapped up with beers and dinner in the Smugglers Inn. We were fiercely committed [to that bar]. 😂



The Festival (端午節) is one of four most traditional festivals in Hong Kong. It is associated with excitement, sport, and teamwork. More generally, the Festival is considered a happy occasion that focuses on **fun, health, and reunion**. (This sums up perfectly what being a member of Redcliffe Red Dragons means to me). 😂



On the morning of the Festival in 1999, the Ming Ducks diligently loaded up our junk boat with paddling essentials (several cooler boxes full of wine and beers; the Irish Gaelic football team onboard (our groupies); and the Dragonboat on the back in tow.

Astonishingly, we qualified for the semi-finals and following 3 heats (much to EVERYONE'S surprise, including ours – see picture below), we were ecstatic to win a GOLD trophy, beating the strong favorites – the Hong Kong Rugby ladies' team.



2020 - present

Fast forward to August 2020, (and having recently become a single parent), myself and 3 girlfriends nervously registered and turned up at the Paddlers Den one balmy Wednesday evening to give paddling with Redcliffe Red Dragons a shot. (For the two years preceding this, I'd walked past the Paddler's Den on many Saturday mornings, yearning to participate, but never having the confidence or the time to doing anything about it).

Since that first paddle, I've paddled twice weekly for almost a year. I am also a proud member of the Management Committee.

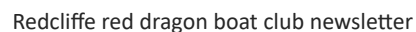
I still have much to learn, (including concentrating and looking ahead instead of rubber necking it/sightseeing and chatting 😊) - but slowly and surely, I am improving and strengthening my technique, fitness, and mental wellbeing. I love the club camaraderie and I have made a lot of new friends.

I have also enjoyed taking part in the community events like the Come and Try's and the inaugural Morton Bay Dragonboat festival – in which I was (un)fortunate enough to experience my inaugural capsized). 😂



- my soul recognizes your soul, i honour the light, love, beauty, truth and kindness within you because it is also within me, in sharing these things there is no distance and no difference between us, we are the same, we are one.

It's feels good to be part of a club, training with others – paddling for me is my chicken soup for the soul. ❤️



FUNDRAISING



Come and Try Dragon Boating is on

Saturday 16th October 2021 - 9:30 AM to 11:30 AM

These events are always a lot of fun for everyone, so please register your assistance on Redcliffe's RevSport site.

CONTAINERS FOR CHANGE

Seriously Sustainable
gifts for Dad

SHOP NOW

5% all sales goes to Club biome

ZERO WASTE
fundraiser

<https://www.biome.com.au>

Voucher Code: REDDRAGON21



Club ID Code
C10002560

FUNDRAISING



BBQ AT BUNNINGS ROTHWELL

SATURDAY 6TH NOVEMBER 2021

This is the Club's main fundraiser for the second half of this year, so please get ready to schedule in a volunteer session.

In other news

This week Norma sent out a document that talked through the Paddlers Development within the sport. Below is just a little snippet of the document – please check your emails to see the full document .

Paddler Development:

Foundation: associated with the early development, refinement and expression of foundations of movement, leading to life-long physical literacy.

F1: Learning/re-learning and acquisition of basic movement

F2: Extension and refinement of movement

F3: Commitment to sport and/or active lifestyle: committed to regular training and formal or informal competition

Talent: these phases are designed to maximize the pre-elite paddler's talent potential and conversion to elite status while minimizing dropout or underachievement.

T1: Demonstration of potential

T2: Talent verification

T3: Practicing and achieving

Elite: achievement of a paddler status through selection and representation at the highest senior levels of sport.

E1: Senior elite representation

E2: Senior elite success

Mastery: sustained success through repeated success or accolades over multiple HP cycles.

M1: Sustained elite success

REDCLIFFE RED DRAGONS UNIFORM LIST			
Manufacturer & Style	SIZE	QUANTITY in stock	CHEST FLAT SURFACE MEASUREMENT (armpit to armpit)
KPI	LADIES		
SINGLETs	8	3	45 cm
	10	4	48 cm
	UNISEX		
	S	2	52 cm
	M	1	56 cm
	L	2	56 cm
	XL	3	59 cm
	2XL	2	60 cm
	3XL	2	62 cm
	5XL	0	-
HATS	M/L	3	-
	L/XL	7	-
CAPS	Onesize	4	-
Short sleeved SHIRTS	UNISEX		
	M	2 (1 used)	56 cm
	XL	4	65 cm
	2XL	4	68 cm
	3XL	1	70 cm
GORILLA	CHILD		
SINGLETs	12	3	40 cm
	14	4	42 cm
HATS	M/L	6	-
	L/XL	2	-



Measure one of your old shirts, flat on the table, armpit to armpit to get measurement to fit you, then order the size shown in table.

PRICE LIST 2021: SHORT SLEEVED CLUB SHIRTS \$45.00

SINGLET RACE SHIRT \$40.00

CAPS \$20.00

HATS \$20.00

Please see Gill Robinson if you wish to order a shirt or cap.

Email: robinsjilly@gmail.com

Recipe Page

Credit : Taste.com

Curtis Stone's Strawberry Banana Bread

Ingredients :

1 2/3 cups of plain flour
1 tsp bicarbonate of soda
½ tsp salt
½ tsp nutmeg
¼ tsp ground cinnamon
1 ¼ cup + 1 tbsp caster sugar
2 extra large eggs
1 tsp pure vanilla extract
½ cup canola oil
2 tbsp plain whole milk yogurt
1/3 cup mashed ripe bananas(about 3 large)
½ cup walnuts, toasted and coarsely chopped
½ cup finely diced strawberries
6 strawberries ,halves
**** Crème fraiche and fresh strawberry jam(to serve)



Method

Step 1

Position rack in centre of oven and preheat oven to 160°C (140°C fan forced). Spray a 7cm-deep, 22cm x 12cm loaf pan with non-stick cooking spray and line with baking paper, extending over the 2 long sides.

Step 2

In a medium bowl, whisk flour, bicarbonate of soda, salt, nutmeg and cinnamon to blend.

Step 3

In a large bowl, using electric mixer on medium-high speed, beat 1¼ cups (275g) sugar, eggs and vanilla for 8 mins or until pale and thick. Gradually beat in oil. Beat in yoghurt. Reduce speed to low. Mix in bananas, then mix in flour mixture just until blended. Mix in walnuts.

Step 4

Using a large flexible spatula, fold in strawberries. Spread batter in loaf pan. Top with halved strawberries and sprinkle with 1 tbs sugar.

Step 5

Bake for 1 1/2 hours or until top is browned and a wooden toothpick inserted into centre of loaf comes out clean. Cool in pan on a cake rack for 10 mins.

Step 6

Lift banana bread out of pan onto rack, and slide the paper out from underneath. Slice and serve warm with crème fraiche and jam.

Calendar of Upcoming Events



	Updated 4/9/21
September	
SATURDAY 4TH	QLD SONICS TRAINING & BBQ AT TALOBILLA PARK. CHERYL RIGBY SWEEPING.
SUNDAY 12TH	BYO CLUB GET TOGETHER @ SCARBOROUGH PIRATE PARK - 10am start. Details below
	NB: Due to border closures our Club is not attending the MT WARNING REGATTA
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 - SUNDAY 10TH	RAINBOW DBC REGATTA @ BALLINA - CLUB NOT ATTENDING DUE TO BORDER CLOSURES
SATURDAY 16TH	MBRC COME N TRY FUNDRAISER @ PADDLERS' DEN - 9.30AM TO 11.30AM Registrations now open 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 – CANCELLED
SUNDAY 21ST	MANLY REGATTA @ TBC (VARSITY LAKE or KAWANA)
SATURDAY 27TH	MBRC COME N TRY FUNDRAISER @ PADDLERS' DEN - 9.30AM TO 11.30AM
December	
	NB: Club Christmas Party - details to be confirmed
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

HOPE TO SEE YOU THERE

