



Redcliffe Red
Dragon
Boat Club

Newsletter

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

MARCH, 2022

A Note from the President and Team Manager

Hi Everyone,

January saw the increase in Covid cases. 😞 February brought us a major rain event, followed by the current flooding. 😞

March will see Redcliffe Red Dragons attend the State Championships and hopefully come home with a medal or at least the knowledge that all the hard training was worth it. Good luck to everyone who will be attending the weekend of 12 – 13 March. 😊

In February, four new paddlers began trying our sport and have registered via RevSport “Dragon Pass”. The new 28 day trial period allows individuals to try dragon boating before deciding whether or not they should become members. If you see them at training, please give Heidi, Tammy, Brett and Tony a warm welcome.

It was noted at February’s General Meeting that it is this time of year again to start looking how you can help the club. Some of the current committee members will not be re-nominating and the executive positions need to be filled to ensure the club continues. Please, if you have the skills and are willing to help and would like to know what is involved in the workings of the club don’t hesitate to have a discussion with a current committee member.

PLEASE SAVE THE DATE – 21st May : Presentation Night at Dolphin’s. More information to follow and this year the Paddlers Paddler Award will be reintroduced, look out for details in the coming weeks.

I hope to see everyone on the water.

Cheers, Norma

Note from the Editor

Hi Everyone,

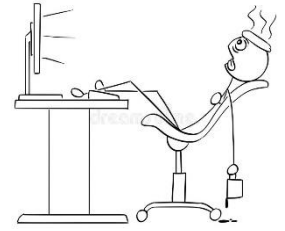
I just wanted to acknowledge that this past month has been a difficult for many of our members, from those who have been flood effected to those who have contracted COVID.

Our Newsletter continues to plod along and I am grateful for those who have managed to send me content. A big thank you to Sue for agreeing to do our Paddlers Journey - it's a lovely read and I was honored you shared your story with us 😊

We hope to be back to full steam ahead next month after States with lots of photos ! Good luck to all those who taking part – we are proud of you 😊

As usual please end all your things to: andreacoe101@hotmail.com and I look forward to returning to paddling in a couple of weeks.

Andy



Redcliffe Pink Snapdragons Inc



Things are quiet on the home front for The Snapdragons at the moment. We have a Bunnings BBQ coming up in a couple of weeks where members will be helping out by volunteering.

Back in October Lyn Grigg and I had the pleasure of visiting The Brisbane Breast Bank (Snapdragons chosen charity) located at The Royal Brisbane Hospital. They have regular Symposiums outlying the very important work that they do. One of the Drs spoke about how important donations were to carry out their work, up on the screen came a photo of The Redcliffe Pink Snapdragons and their banner. They always make us feel very welcome and thank us for our regular donation. They also do a great morning tea.

Above is a photo taken a few years ago at The Brisbane Breast Bank where we were given a tour of their laboratory which was very interesting, a place full of very dedicated workers.

Wishing all the State Paddlers a very successful paddle, the main thing is to have fun.

Stay safe everyone.

Fran Heales
President
Redcliffe Pink Snapdragons

Paddlers Journey

Sue Drinkwater



Hi, my name is Sue and I live on the canals in Newport. A move we made after I started paddling in January 2016. I retired in 2012 but my working career totally involved payroll processing. From a Wages Clerk to National Payroll Manager.

Ten years ago, aged 55, I was happily contemplating retirement when I was diagnosed with breast cancer. I had a pretty rough journey with two initial excisions to remove core biopsies and 21 lymph nodes. When told the results that the latest excision was still not clear of cancer, I requested a mastectomy. Three surgeries within 3 weeks in the same

place, resulted in severe scarring. This was followed by chemotherapy, radiation and 7 years of taking a hormone inhibitor. At my request, I had my second mastectomy one year later in 2013.

Because of the scarring, I was limited in what I could do for exercise.

Then one day I was reading “The Beacon” – a quarterly newsletter issued by Breast Cancer Network Australia (BCNA) and there was a photo of two pink dragon boats – a 10 and 20’s boat - full of ladies dressed in pink. They were associated with Dragons Abreast Australia (DAA). The article was discussing the benefits of exercising post treatment and dragon boating was high on their list. It got my attention. I researched more and discovered the potential benefit the action of dragon boat paddling has in helping to treat lymphoedema. I researched the DAA web site and found that there was a breast cancer paddling group in Redcliffe – the Redcliffe Pink Snapdragons.

So in January 2016 I joined the Pinks for my first paddle and never looked back. I had finally found an exercise that I could do with so many benefits. I wasn’t inhibited because I was an asthmatic, the paddling action was good for my scars and lymphoedema, it was great cardio and I was involved with a wonderful group of paddlers, knowing that we all had one thing in common – we had experienced breast cancer. I just wish that I had discovered dragon boat paddling a few years earlier.

In July 2018, the Pink Snapdragons competed at the IBCPC Dragon Boat Festival in Florence, Italy. What an experience. Apart from the paddling, the comradery of my fellow paddlers and exploring Florence, it was the last holiday I had with my husband, who was struggling with the side effects of his cancer medication, but he hung in there and supported us. Even though there were no winners at this regatta, we were all winners just being there. All 4000 of us. There were 121 teams from 18 countries. There were so many memorable moments in the week we spent in Florence. The final two days, in extreme heat, we paddled our four races on the Arno River and achieved – Saturday 2x2nds and Sunday 2x1sts. Our supporters won their first race and came 3rd overall. It was just amazing. It’s a memory I often think of with fondness and will never forget.

The reason I paddle is that I love being on the water, enjoy the exercise and catching up with everyone at the club.

Calendar of Upcoming Events



Updated 2021/2022 Event Calendar:

** Changes may occur to some dates and times

Saturday 12th & Sunday 13th March 2022 - DBQ STATE CHAMPIONSHIPS @ LAKE KAWANA

Saturday 19th March 2022 - Council's Come and Try

**Tuesday 5th to Sunday 10th April 2022 -AUS CHAMPS
@ AM Ramsay Rowing Course West Lakes
Adelaide SA**

Saturday 23rd April 2022 - Council's Come and Try

Saturday 14th May 2022 - Council's Come and Try

Saturday 21st May 2022 - Presentation Night at Dolphins from 6 pm

Friday 27th May to Sunday 29th May 2022- Coast to Coast Festival

Friday 3rd June to Sunday 5th June -Pink Fun Paddle Weekend hosted by DA Bribie Island (registrations co-ordinated via Pink Snapdragons)

Saturday 2nd and Sunday 3rd July 2022-Cooloola Regatta, Norman Point, Tin Can Bay



Please spread the word among family and friends that Redcliffe Red Dragons is holding

Come and Try Dragon Boating events during March, April and May 2022.

Bookings for participants are now open via the Council links below.

Please come along to support your Club and to help make these events enjoyable for our guests. Member registrations are open via revSport

Come and Try Dragon Boating (1703) - **19 Mar 2022 | 09:30 AM - 11:30 AM**

<https://www.moretonbay.qld.gov.au/Services/Sport-Recreation/Healthy-Active/1703-Come-and-Try-Dragon-Boating>

Come and Try Dragon Boating (1634) - **23 Apr 2022 | 09:30 AM - 11:30 AM**

<https://www.moretonbay.qld.gov.au/Services/Sport-Recreation/Healthy-Active/1634-Come-and-Try-Dragon-Boating>

Come and Try Dragon Boating (1858) - **14 May 2022 | 09:30 AM - 11:30 AM**

<https://www.moretonbay.qld.gov.au/Services/Sport-Recreation/Healthy-Active/1858-Come-and-Try-Dragon-Boating>

FUNDRAISING



Club ID Code
C10002560



