



# Redcliffe Red Dragon Boat Club

## Newsletter

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

APRIL, 2022

### A Note from the President

Happy April Everyone!

Congratulations to all the club members who competed at the State Championships. We only had a small contingent but everyone put in an amazing effort – WELL DONE! Also, that to the members who volunteered over the event, thank you for providing your time.

Our Come n Try was a successful morning. Thanks for all the members who helped out. We had three attendee's come to the following Saturday training session. We have another one scheduled for April, please register via RevSport if you are able to help out.

The new DRAGON PASS program has been a success. We have five new members – Liam, Heidi, Tammy, Tony and Brett. Welcome to RRD!

IMPORTANT – RRD's Regatta is being held on the 01/05/22 at Lake Kawana. PLEASE, we need as many volunteers as possible. Please get in contact with Phil. We need everyone's help to ensure we run a successful event.

We are still looking for a Head Coach for next season. If you know anyone with coaching experience (may not be dragon boating) and who might be interested, please let me know.

Finally, good luck to our members who made the QLD squad (and Team Managers) and RRD Women's Senior B team who are heading off to the Nationals in Adelaide this week. We wish you all best.

Cheers,

Norma

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## Note from the Editor

Hi Everyone,

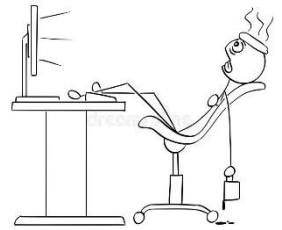
Thanks so much to all those who have sent me stuff for the newsletter. If you wish to have any articles or info included please send me them by the end of the month . I aim to have the newsletter completed the first weekend of the month .

Apologies for my absence from the club recently but I hope to be back soon to harass you in person 😊 .

Send all your things to : [andreacoe101@hotmail.com](mailto:andreacoe101@hotmail.com) !

Andy

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## Committee 2022 – 2023



Our Annual General Meeting is scheduled soon 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 furt



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## Redcliffe Pink Snapdragons Inc



Congratulations to all club members who participated in the State Championships, all your hard work paid off. Also the volunteers who generously give their time.

We recently had another successful Bunnings BBQ at North Lakes, thank you to the volunteers who regularly help out, it is the only fundraising we do, so we all need to do our bit.

I thought I would reflect on my time as a Redcliffe Pink Snapdragon Member. This photo was taken in July 2015 celebrating 20 years Abreast In A Boat. The cake was made by Gayle Barnett a past member of Cooloola Dragon Boat Club. Gayle was a huge supporter of all pink paddlers and is sorely missed.

Yours in paddling, Fran



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# Paddlers Journey

Sue Batchelor



I moved to the Peninsula March 2017 & worked as a Medical Receptionist in Scarborough. End of May 2017 I was diagnosed with breast cancer & had surgery on 1st June (Yeah it's 5 years free this June).

My body didn't do well with chemo, in fact I was in A&E or admitted to hospital so often I was on first name terms with porters, cleaners, tea ladies( who by the way are all stars).

Then radiation treatment which didn't go so well and I got radiation pneumonitis which took a very long time to recover from.

Somewhere in that time I went along to a Come and Try but just could not manage it. So started to walk every week with my paddling walking buddies. I just love the laughs chat/friendships and of course the coffee.

I now so look forward to the training and that great feeling of getting fitter and ,of course ,catching up with a great bunch of girls (&guys)all there.

Best of all is -you know how they say you should learn a new language in your older years? Well I have !!

Grunts

5up

Push down

Long, longer

And of course.. Catch catch catch..





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# History of Dragon Boating

By Kay Roper

Archaeological records show that dragon boats were raced in China more than 5000 years ago.

They were initially used only for ceremonial purposes, until the famous poet and statesman Qu Yuan died some 2300 years ago by drowning. Qu Yuan's death is commemorated by holding annual dragon boat races.

On the 5<sup>th</sup> day of the 5<sup>th</sup> month in the lunar calendar is one of China's most popular festivals – the Dragon Boat Festival.

The Chinese dragon is an ancient mythical creature, also known as the River Dragon or Dragon King. Although fearsome and powerful, the dragon was worshipped as a benefactor capable of providing enough rainfall for bountiful rice harvests.

The presence of the dragon is strongly felt at dragon boat festivals, when its heartbeat pulses through the dragon boat competitors.

The most popular account of the recognition of the 5<sup>th</sup> day of the 5<sup>th</sup> month relates to the story of Qu Yuan, a respected and well-loved patriot, poet and statesman. Qu Yuan threw himself into a river upon learning of the fall of his state to a major adversary, after having been branded a traitor by his king for warning against the rival state's intentions. This was on the 5<sup>th</sup> day of the 5<sup>th</sup> month.

When learning of the drowning reached the villages, the local fisherman raced out in their boats to try to save Qu Yuan. To preserve his body, the locals paddled their boats up and down the river, hitting the water with their paddles and beating drums to scare evil spirits away. They threw lumps of rice into the river to feed the fish, so that they would not eat Qu Yuan's body. Dragon boat races are said to re-enact the villagers paddling to Qu Yuan's rescue.



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## Calendar of Upcoming Events



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

**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 27<sup>th</sup> May to Sunday 29<sup>th</sup> May 2022- Coast to Coast Festival**

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

**Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> 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 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 (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>



Do you want to have a fun night with friends ? Do you want to eat great food, have a good laugh and dance the night away ? Then grab you dancing shoes and join us for our Presentation Night . RSVP Today 😊



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# Fundraising



Club ID Code  
C10002560



**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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