



Redcliffe Red Dragon Boat Club

Newsletter

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

JUNE, 2022

A Note from the President

On the 21st May we held our 2022 Presentation Night at Dolphins. We tried a different more informal arrangement this year, but the rain stopped us going out onto the sky deck 😞. Congratulations to everyone who won an award - President Award: Peggy Rapley. Committee Award: Phil Matthysen. Coaches Award: Theresa Lymbery. Paddlers Paddler: Iciar Argus. Pinks Award: Margery Barnes

As everyone would already know our General Meeting is scheduled for Saturday 25th June. Due to personal family matters and my workload, I have resigned from my position as President of the club taking effect 30th June. It is important that another member fills this position so please attend this meeting to elect my replacement. This meeting also allows the committee to advise what has happened over the last twelve months and give a small insight what the next is envisioned for the next session.

RRD will be attending the first regatta of 2022/23 session on Saturday 02nd and Sunday 03rd July at Tin Can Bay and would love to have a many members as possible attend. Saturday, we participate in the Diamond Dash which is a figure 8 type race and Sunday is 200m racing. Iciar is organising the crew and would be the best person to discuss any queries you might have.

Norma

Note from the Editor

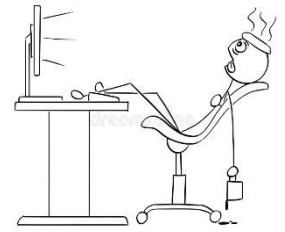
Hi Everyone,

I was super happy to return to Paddling after a 6 month break. It was fantastic to be back on the water again and see lots of new faces as well as my paddling buddies. I have missed you all !

As ever, I ma grateful to all those who contribute to the newsletter- please send me your articles and update the last week of every month -I try to publish on the 1 st weekend of every month.

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

Andy



Committee 2022 – 2023

Red Dragons General Meeting - Saturday 25th June 2022.

A BBQ breakfast will be provided for a gold coin donation after training preceding the start of the GM at 9.30am.



The purpose of this Meeting is to confirm the Club fees for the 2022/2023 season. Agenda and more details will be distributed closer to the date.

Additional business will include filling Committee vacancies.

Club President, Norma Kelly, and Vice President, Natalie Bliesner, have tendered their resignations from the end of this season ie 30/06/2022. Due to their current work and other commitments, they find they are unable to sustain the additional workload of their Committee positions until the AGM in August/September 2022. We thank Norma and Natalie for their considerable energy, commitment and leadership.

Information in relation to filling Committee vacancies and an EOI for these positions will be distributed in the near future.

Redcliffe Pink Snapdragons Inc



Mural Launch

Was anyone really surprised that the rain that had teemed for weeks suddenly went away and we had a lovely sunny morning to celebrate the launch of our new club mural! I think everyone felt that Jayne Coe and all our other angels were watching down and giving their stamp of approval to such a beautiful end result.

Our mural has been a work in progress, from the initial idea by Cheryl Rigby of changing our constantly vandalised garden to a place where we could sit and reflect, to the design and drawing by Julie Sommerfeld and Jane Bevan, to our club members all adding their own personal painting stamp on the mural.

After lots of changes, tweaking and fine tuning I think everyone will agree that the design perfectly reflects our club as a whole.

It was heart-warming to see how many of our club members added their own touch to the painting. I think everybody surprised themselves, we've got a few artists in the club that didn't know they were artists!

On the reverse side of our mural we were lucky to have the assistance of Karen Hitchcock's nephew who has given us signage for both Redcliffe Red Dragons and Redcliffe Pink Snapdragons. A huge thank you to Karen and her nephew for this outstanding work.

I think we have all surprised ourselves at what we can achieve if we all just have a go, together we have created a truly beautiful and timeless work of art for everyone to enjoy for years to come, "together we are less stressed".

Yours in paddling Fran Heales



Paddlers Journey

Cherie Robinson

Hi it's Cherie here to tell you my Paddle Journey.

Two years ago, I joined Redcliffe Dragons. Before paddling, I came to the fitness classes and injured my knee in first session, when I did a star jump and my knee locked up. Thank goodness don't need knees to paddle.

After paddling for a couple of months I participated in my first Regatta at Lake Kawana and my love for racing started. I have never competed in any sport before and love the team spirit.

I participated in Regattas and States but my favourite memory was my first Tin Can Bay Regatta 2021. It was a rainy and cold weekend but the atmosphere wasn't dampened there were many laughs, dancing with awesome friends. Can't wait for this year- Go Redcliffe Dragons! I also love the Come and Try's as I love to meet new people and have a chat. I am looking forward to another year of paddling with great friends.



I found an article extolling the health benefits of Dragon Boating. As your First Aid officer I thought it seemed fitting for me to share , Andy

The original link is here :

https://www.abc.net.au/everyday/dragon-boat-racing-health-benefits-and-how-to-start/11366688?utm_campaign=abc_everyday&utm_content=link&utm_medium=content_shared&utm_source=abc_everyday

Dragon boat racing can provide physical strength and emotional support

[ABC Everyday](#)

/ By Jenia Ratcliffe

Sharon Cooper discovered dragon boat racing after developing breast cancer and found it helped with her recovery. (ABC Everyday: Jenia Ratcliffe)



Activity rating

- Aerobic: 4/5
- Strength: 4/5
- Flexibility: 2/5

Feel the burn*

- 1,555kJ per hour (64kg female)
- 1,944kJ per hour (80kg male)

*Guide only. Actual kJ/hr will depend on many factors including age, muscle mass and effort.

Sharon Cooper got involved in dragon boat racing after her life was turned upside down. She was diagnosed with breast cancer at 39.

Two years later, after finding a flyer for dragon boat racing in the surgery waiting room, she hasn't looked back.

"It's like the whole axis of your world tilts ... [breast cancer] was the furthest thing from my mind," she says.

Dragon boating is similar to canoeing, except the fibreglass boats most commonly hold a much larger crew: 20 paddlers who sit in pairs, a drummer, who sits at the bow, and a sweep steering at the rear.

The drummer is often referred to as "the heartbeat" of the boat, as they set the paddlers' stroke pace.

A colourful dragon head is carved at the bow of the boat and is decorated for regattas — competitions where boats from different clubs race each other.

Dragon boat racing is all about teamwork once you're in the boat. *(ABC Everyday: Jenia Ratcliffe)*

Sharon paddles with [Dragons Abreast Australia](#), a national organisation bringing together cancer survivors at different stages in their recovery.

"To find women who had been through the same thing and who maybe had been doing this already for five years, it gives you a huge sense of confidence and inspiration," she says. <https://www.abc.net.au/news/2016-04-06/dragon-boat-world-championships-what-you-need-to-know/7304254>

Dragon boat racing provided her not only with emotional support, but with the opportunity to increase her physical strength in a safe environment.

"It's still a high-intensity, really high-cardio workout," Sharon says.

"You still need that strength and that core strength but it's much gentler on your body than going for a jog.

"It took me six months to be able to paddle a full session without having a break."

Sharon's team, the Pendragons, brought back two bronze medals from Canberra's Australian Dragon Boat Championships, and visited Florence for the International Breast Cancer Regatta.

"There were over 5,000 breast cancer paddlers in Florence paddling; it was incredible," she says.

A 1996 study found upper body exercise improved the wellbeing of breast cancer survivors, and dragon boat racing flourished across the world as a result.

But dragon boat racing isn't just for cancer survivors, and Sharon says anyone can get involved.

"You can really feel your strength, and when the whole boat works together as one, when you're in that rhythm, you're all working towards the same goal," she says. "Give it a go ... there's nothing better."

Is dragon boat racing for you?

If you love getting wet and working as part of a team, consider giving dragon boating a try.

You'll need a body of water that's big enough to race in — rivers, lakes, the ocean — anything goes.

You will get wet and sometimes cold.

You'll need commitment for a few of hours of training a week, as well as regattas once a month.

Racing season in Australia runs from August to April, but teams can train all year round. Many teams also compete overseas during the off-season.

Benefits of dragon boat racing:

- People of all fitness levels can participate and the longer you do it, the fitter you'll become.
- It's a whole-body workout — your legs are the anchor, while the muscles in your arms, shoulders and back drag the paddle through the water.
- Great for strengthening your abs and core.
- Cardiovascular fitness — your endurance and stamina will quickly build from training several times a week.
- With a crew of 22, it's a great way to make new friends.

Equipment for dragon boating:

- You'll need a paddle but when you join a club, they can lend you one.
- You'll need shoes that can get wet and a spare set of clothes to change into.
- Many clubs offer the first few training sessions free so you can get a feel for it.

Common dragon boat injuries:

- Cuts and scrapes to the hands from banging against the boat.
- Tendonitis in the hands from gripping the paddle too tightly.
- Lower back, shoulder and wrist pain are common in dragon boat racers, mostly due to poor technique, so make sure you ask for feedback to ensure you have optimal body position. Try to avoid hunching over when you get tired.
- Sunburn, so wear sunscreen and a hat and make sure you hydrate well before training.

We thank Dr Tracy Kolbe-Alexander, of the School of Health and Wellbeing at the University of Southern Queensland, and Nardine Presland of Exercise and Sports Science Australia, for their expert input.

This is general information only. For detailed personal advice, you should see a qualified medical practitioner who knows your medical history **This story, which was originally published by ABC Health and Wellbeing, was updated in 2019.**

Calendar of Upcoming Events



** Changes may occur to some dates and times

June

Saturday 11th June MBRC Come and Try (rescheduled) - registrations open

Saturday 18th June Pinks Bunnings BBQ

Saturday 25th June Reds' General Meeting @ The Paddlers' Den - start 9.30am July 2022

July

Saturday 2nd July BUNNINGS BBQ @ Rothwell

Saturday 2nd & Sunday 3rd July COOLOOLA REGATTA @ TIN CAN BAY

August 2022

Sunday 7th July TE WAKA DRAGONS REGATTA @ KAWANA

Saturday 13th August MBRC Come and Try - TBC

September 2022

Saturday 10th & Sunday 11th September Wollumbin Regatta @ Murwillumbah TBC

Saturday 10th September MBRC Come and Try - TBC

October 2022

Sunday 2nd October CURRUMBIN REGATTA @ CURRUMBIN CREEK

Sunday 23rd October BURLEIGH FIRE DRAGONS REGATTA @ VARSITY LAKES

Saturday 29th October MBRC Come and Try - TBC

November 2022

Thursday 10th - Saturday 12th November PAN PACIFIC MASTERS GAMES @ VARSITY LAKES

Sunday 13th November KIDS IN NEED (KIN) REGATTA @ JACK EVANS BAY - TWEED

Sunday 27th November MANLY DRAGONS REGATTA @ KAWANA

December 2022

Sunday 11th December DAGC Christmas on the Creek @ CURRUMBIN CREEK

January 2023

Sunday 22nd January DBQ REGATTA @ KAWANA - Host Club TBC

February 2023

Sunday 5th February BROADWATER REGATTA @ EMERALD LAKES

Sunday 26th February BRD REGATTA @ KAWANA

March 2023

Saturday 18th & Sunday 19th March DBQ STATE CHAMPIONSHIPS @ KAWANA

April 2023

AUSCHAMPS - TBC

May 2023

Friday 26th - Sunday 28th May COAST TO COAST @ KAWANA

Healthy & Active — MORETON

Please spread the word among family and friends that Redcliffe Red Dragons is holding Come and Try Dragon Boating events in June 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 (1858) – 11 th June 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



BBQ AT BUNNINGS ROTHWELL SATURDAY 2ND JULY 2022

Call for volunteers coming soon.



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)

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
