



Redcliffe Red Dragon Boat Club

Newsletter

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

SEPTEMBER, 2022

A Note from the President

What a whirlwind few months. Committee meetings, two president's brekkies and a sunset paddle. A huge shout out to those paddlers that commit to Monday, Wednesday & Saturday training sessions.

Another shout out to those paddlers that stay for our fundraiser and member drive 'Come & tries ' and those that put their name down for our other fundraisers, Bunnings bbq and triathlon water station.

A bigger shout out needs to go to our sweeps! We could be a club of 100's but without a sweep, we aren't paddlers. Rita, Cheryl, Dell & Phil (please correct me if I've forgotten someone) commit when available each and every time. THANK YOU!

If you're interested in trying out for a sweep position, come along to a Saturday session and if the conditions are good, you can give it a go.

We also have our club AGM on the 8th October. It's really important that we have members attend. Our secretary, Debra, is resigning and it is imperative that we find someone to fill the spot. No secretary= no committee=no club. The committee will be on hand to help anyone willing to give it a go.

A huge thanks to the committee for their support and Andrea Coe for taking on the newsletter.

Thank you to our coaches for their effort in planning the sessions. They help make us regatta ready. Speaking of regattas, register now for Burleigh on the 23rd October

Mel

Note from the Editor

Hi Everyone,

You'll notice(or maybe you haven't !) that the newsletter is now not monthly. The aim is to have quarterly newsletter so its not so much work for those who contribute and everyone isn't overwhelmed with lots of emails.

There has been a push by the club to have some more social events- this month we had our very first 'sunset paddle' which I have heard was a really lovely evening, full of fun. Look out for details of the next one.

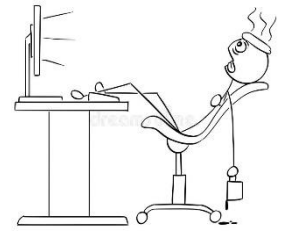
We are also having monthly 'Presidents Breakfasts' which are a way to grab a bite to eat after training and catch up with your fellow paddlers after a great session out on the water. Please try to attend if you can – bring some cash along to support the club.

As you all know we have the amazing Phil just about finished his sweep training. We are now looking for drummers to be trained up. A few requisites – must be a fairly experienced paddler, have a great sense of rhythm and be a fairly low weight. Not a job I could do with my chunkiness but those little 'uns out there put up your hand to have a go. See Lisa or Iciar if you're a keen bean.

As ever, I am grateful to all those who contribute to the newsletter- please send me your articles around January and I'll put out another news letter. I'll be on the look out for someone to do a Paddlers Journey so please let me know if you'd like to share your story with us .

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

Andy



Coaches Report

Coaching Update – Lisa Dunne (Level 1 aspiree)

Hello All,

For anyone who has attended training sessions over the past 6 weeks, I have commenced the accreditation process to obtain my Level 1 Coaching in Dragon Boating. This has included:- updating my Blue Card, obtaining my First Aid and CPR certificate, attending the 2 day course, completing the online modules, planning and executing 10 training sessions and having 3 of these assessed by an accredited coach. Iciar is also obtaining her reaccreditation for Level 1, so it is great to have such an experienced colleague supporting my endeavours.

I have enjoyed the training sessions I have coached so far, and taken on board the feedback given by participants and coaches. I feel well supported by the club as a whole. We are currently in our endurance part of our season, so clocking up the k's whilst focusing on timing and technique is our focus at the moment. I am always looking for ways to incorporate what we need to do with trying something new. Now Currumbin Regatta has been cancelled, we are looking to submit teams for the next Regatta in October. Winter has ended, so it is high time everyone tried to attend our training sessions. We are trying to make them interesting but purposeful.

Thank you for your patience.

Regards Lisa

Team Managers Report

The Te Waka regatta on Sunday 7 th August.

Redcliffe competed with four paddlers from Fraser Coast in the mixed standard boat 100m; Open and Womens 200m Relay race; and the mixed standard boat 1000m.

10 teams competed in the Mixed Standard boat 100m, with Redcliffe coming 7 th from the combined times of 3 races. While it was close racing between the bottom 6 teams Sunshine Coast were on average 2 seconds faster than Redcliffe over the 100m.

10 teams also competed in the opens and womens 200m relay race with Redcliffe coming second last. Redcliffe was hampered by having to use only 8 paddlers in the womens leg, however the women managed an almost 3 second improvement from their first race to their 3 rd race. Over the 2 legs the average boat was nearly 8 seconds ahead, while the overall winner, Sunshine Coast was on average 18 seconds quicker than Redcliffe over the 2 legs of the relay.

Well done to Phil for completing two of the required four regatta races to complete his sweep qualification. Hoping to get him fully accredited at the Burleigh Regatta.



Redcliffe also competed in the mixed 1 km race achieving a good result of fourth in a time of 5 minutes 20.23 seconds, after close racing. This time was less than 2 seconds behind third place.

Thanks also to Sean and Bob for towing the boat trailer and club trailer.

Simon

Redcliffe Pink Snapdragons Inc



Congratulations to Karen Rolfe (on the right) for achieving Life Member status which is 10 years of membership 🎉🌸🥂
Karen was presented with her Life Member badge this morning by our President, Fran Heales.



Committee 2022 – 2023

The below info was sent via email from Deb to all club members.
Please find the email if you need to print off nomination forms.



UPDATED REDCLIFFE RED DRAGONS BOAT CLUB INC - AGM NOTIFICATION

**Our Club's Annual General Meeting will be held on
Saturday 8th October 2022 at 9.30 a.m. at The Paddlers' Den.**

**If you are unable to attend in person, you will be able to 'dial in' by social media
or execute a proxy.**

Elections for Management Committee positions will be conducted at the AGM.

Whilst nominations are open for all Committee positions, some current Committee members are agreeable to continuing in their current positions for the 2022/2023 season. See Agenda for details.

The Secretary and Team Manager positions will be vacant and it is critical that these positions are filled at this Meeting.

NB: To comply with current legislation ie QLD Associations Incorporation Act 1981 and our Club's Constitution (2021), our Club's Management Committee must elect a Secretary. If this position remains vacant beyond 8th October 2022, the Club's operations will be suspended whilst the Committee Executive seeks legal advice. This legal advice would include how to manage the voluntary wind up of the Club.

Nominators need to obtain the agreement of your nominees in writing before submitting completed nomination forms.

NB: You may nominate yourself.

And you do not need to provide a seconder for your nomination. A seconder will be requested from the floor on the day of the AGM. You may also nominate yourself.

All nomination forms/emails need to be completed and returned to the Secretary by **Saturday 8th October 2022**.
secretary.reddragons@gmail.com

Paddlers Journey

I joined up 2 years ago, when Nat Mason and I went along for a session to give it a go. The club was so welcoming and friendly that it was impossible not to want to be a part of it.

My first regatta was in Nov 2020. The atmosphere and camaraderie between all the clubs while still being competitive was amazing. I've yet to participate in another regatta however being a part of the one RRD organised in January 2022 was just as much fun.

Paddling in the winter isn't fun for me so I'm a 'some of the time paddler' (summertime) LOL. I look up to those that paddle in the cold and rain.

So after two years, we needed a new president to keep the doors open and here I am. I love the club, what it stands for and the people/paddlers are what make it what it is.



Calendar of Upcoming Events



** Changes may occur to some dates and times

October 2022

Saturday 8th October CLUB AGM Sunday

9th October QLD Tri Series - Early Morning Fundraiser of 10-12 Club Volunteers managing water stations

Sat 15 & Sun 16 October Aurora's Come and Try

Sunday 23rd October BURLEIGH FIRE DRAGONS REGATTA @ VARSITY LAKES

Saturday 29th October MBRC Come and Try November 2022

November 2022

Sunday 6th November Barefoot Bowls and Karaoke at Bright Bowls Club - starts at 3pm

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

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

Saturday 26th November BUNNINGS BBQ AT ROTHWELL

Sunday 27th November MANLY DRAGONS REGATTA @ KAWANA

December 2022

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

Wednesday 14th December Christmas Lolly Paddle - time TBA

January 2023

Sunday 22nd January REDCLIFFE REGATTA @ KAWANA

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 Thursday 20th to Monday 24th April AUSCHAMPS - Albury-Wodonga – Gateway Lakes

May 2023

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



Please spread the word among family and friends that Redcliffe Red Dragons is holding Come and Try Dragon Boating event on 29th October 2022.

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



Fundraising



**BBQ AT BUNNINGS ROTHWELL 29th
November 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
