



Redcliffe Red Dragon Boat Club

Newsletter

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

FEBRUARY, 2023

A Note from the President

Happy new year!! And what a start to the year it has been.

Welcome to the new members. We hope you enjoy being a part of this great club. Thank you Simon, you've done an outstanding job with introducing our new members to the club.

We are in the process of approval for a grant for solar. Hopefully that will all go through as we will be paying for electricity very shortly. Thank you Cheryl, you made that look easy.

Our coaches, Iciar, Kay, & Lisa have been providing some cracking training sessions. I hope you're all feeling regatta fit. BRD regatta is coming up at the end of Feb. If you haven't registered and are keen, please get onto Revsport.

Speaking of regattas! It was a fantastic effort by all the volunteers to make our regatta a successful one. Thank you! I'll leave the big report to Phil who did a great job of organising the day.

I also want to do a shout out to Vince and Gary, who put their hands up to tow the boats and trailer.

We are looking at following up on the maintenance efforts by Simon and Ross by having a working bee after the nationals. We will get the date on Revsport shortly.

If anyone has any ideas for the club that they would like to put forward, feel free to email me:
redcliffedragons@gmail.com

Until next time, happy paddling.

Mel

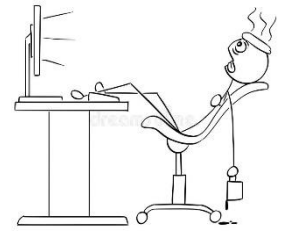
Note from the Editor

Hi Everyone,

As ever, I am grateful to all those who contribute to the newsletter- I couldn't do it without you. Now that the newsletter has gone to quarterly it's less demanding on time. That said, I have taken on additional teaching work and just don't have capacity to have this commitment anymore. Please come and see me if you would be keen to give it a go- even if it's just for 12 months(4 newsletters) – I would be very grateful !

As usual -send all your things to : andreacoe101@hotmail.com !

Andy



Coaches Report

Kay, Iciar and I have organised a roster through to the end of June for coaching, which is working well. Charlene dropped in one afternoon to say she is stepping back from coaching but still wants to occasionally paddle and continue to be a member of our club.

We participated in the Broadwater Regatta on the 5th February with 21 crew members, entering 4 races. We had a great day with good team vibes and camaraderie despite no placings.

I had the pleasure of coaching a team bonding session for the Dolphins U17 women's team on 28th January. I think a good time was had by all because we have been asked to hold another one on 12th March.

We are now gearing up for the State Championships in March and Nationals in April. We had all State attendees benchmark their fitness levels early February with 5 tests, to be benchmarked again at the end of February to hopefully observe some personal improvements.

I have been enjoying coaching and building a positive culture within the club although it has been very tough at times and also very time consuming. Thank you all for your patience and support. Please ensure you register to attend, it helps us to plan our sessions accordingly.

See you on the water.

Lisa x

Redcliffe Regatta

On 22 Jan 23 we hosted the first DBQ Regatta for the year. We had good weather conditions on the day although the Boat Handlers might have thought it was too hot... with 13 clubs participating, there were approximately 360 paddlers from the Gold Coast to Wide Bay area and everywhere in between; all ages including the olds and bolds as well as the juniors that enjoyed themselves on and off the water that day.

A huge thank you goes to the team I had to coordinate this effort, Iciar – your administrative experience in this space is invaluable, Kay - for ever thinking outside the square, Gilly – forever the optimist, Lisa – the head chef and logistic guru and of course Mel – her fantastic ability to herd cats was outstanding. Put all these teams leaders together, and of course supported by about 30 other dedicated club members, and you have one well run event. Thank you all and well done across the board!

I also want to thank the three trailer drivers, Tony, Gary and Ross, going out of the way to collect either the DBQ trailer, Boat trailer or Club trailer.

The club has received positive feedback from other clubs about how the regatta was run. To top it off, the treasurer has informed me that that the event as a financial success, so all in all the day can be deemed a triumph and we can look forward to our next regatta.

Ohh by the way, some results.. .

Our race schedule started with a traditional 2000m that was won by Te Waka Black in 10 minutes 18 sec and Sunshine Coast one second behind.

We had Mixed 20s 500m, won by Sunshine Coast, Mixed 10s 500m, won by Brisbane Typhoon.

Opens 20s 200m, won by Te Waka Black, Open 10s 200m won by Sunshine Coast, Women’s 20s 200m won by Sunshine Coast, Women’s 10s 200m won by Typhoon,

BCS 10s 200m won by SCDA Mavericks, Juniors 10s 200m won by Coomera Lions.

Phil





Our Boat Handling crew at the Regatta : Brett, Eiris, Kerry, Cheryl, Tina, Gary, Ross, Andy and Trevor.

It is a tough job being out in the sun all day, and always on the go. I think we had a brilliant team who worked really hard.

We had compliments on the clean boats, so I consider that as a job well done!

Mention to Tony also - setting up the area first thing, and then out in the boat all day - but he failed to get in the photo!!!

Gilly Robinson

We were lucky enough to have sponsors on the day. A big thank you goes to Healthy Gums, Healthy Smile. Please consider supporting this local business.....



Healthy Gums Healthy Smile

A "home grown" Queensland family owned business. Focusing on 'extra care' and relationship based health care. Specialising in optimal gum health, best quality dental implants and expert advice on all things dental. We listen. Brisbane North, West and the Sunshine Coast. No referral necessary.

"See you soon" 😊



Redcliffe Pink Snapdragons Inc



All's quiet on the western front for the Snapdragons at the moment except for our members who are training to compete in an International Breast Cancer Regatta in New Zealand. Sonia Anger, Ann Matthysen, Jill Aplin and Wendy Weeks will be joining the Sunshine Coast Paddlers in a composite team named Coastal Breast Friends. Trevor and Phil will be joining the girls.

Wishing you all a very happy and successful trip.

Fran



Paddlers Journey

Lyn Russell

"If you like Pina Coladas, and getting caught in the rain. And the feel of the ocean, and the taste of champagne" ... oh hang on ... sorry, I'm getting my profiles mixed up!

Ok, a little about me and my paddlers journey ... my name is Lyn Russell and I live in Margate with my little fluff ball of a dog, Indy. I consider myself to be semi-retired as I'm no longer working crazy hours in a full time role, which has freed me up to do more fun things like dragon boat paddling.



I now work part time in Redcliffe as an Administration Assistant, as well as being an Event Usher at the Brisbane Entertainment Centre, where I get paid to watch all the live performances. I'm also a Marriage Celebrant,

www.lynrussell.com.au (*barefaced plug*), as well as having an online candle shop, www.passionpots.com.au (*another barefaced plug*). My favourite role though is being Nana to my grandchildren who fill my world with so much love.

I had always wanted to try dragon boat paddling and saw it posted on Facebook as a “Come N Try” event back in March last year. Best \$5 I’ve ever spent! I booked in and had a really fun morning with a wonderful bunch of people, all out enjoying life. From the moment I walked in as a “newbie” (which was very daunting for me personally), Lisa and Iciar spent time chatting with me and immediately made me feel so welcome, as did everyone else who I met on that day. I signed up for the Dragon Pass, which was a great intro before joining the club, and by the time it expired, I was hooked.

I remember after one Saturday training session early on, Ann M walking over to my car as I was leaving and inviting me to join them for breakfast, which was such a thoughtful and kind thing to do. That small gesture was one of many that went a long way in making me feel part of the club.

The camaraderie of the group continually inspires me. I’m encouraged, coached and supported to be a better paddler, and more recently, a drummer. I will say, I’m not a fan of the early morning starts, but once I’m there, I’m always glad that I made the effort. I love the positive culture, the personal challenge of pushing my fitness levels to their limit, and the determination to never let the team down.

At first I wasn’t sure about attending the regattas as I saw these paddlers as being ‘elite’ paddlers, which was a little intimidating, however over the past year, I have seen everyone be treated equally and encouraged to be the best that they can possibly be. It’s like anything you do, you get out of it what you’re willing to put in.

Being asked to be a drummer at the regattas was something I had never considered but as soon as I found out it was a way of getting out of paddling the 2000m races, I was in! I’ve only done 2 regattas so far, and I feel lucky that I get to both paddle and drum ... obviously not at the same time.

After nearly a year, I consider myself to still be a beginner but I’ve seen improvement in my technique and that’s thanks to those who willingly give me constructive feedback. The positive coaching inspires me to get involved in the regattas, (along with my slightly competitive nature) and they really are fun days hanging out with a great group of people. I’ll reiterate ... not a fan of the early starts though! But whether choosing to paddle socially or competitively, the choice is there, and I’m so glad that I’ve found the Redcliffe Red Dragons.

My personal mantra in life has always been “People will forget what you said. People will forget what you did. But people will never forget how you made them feel.” Thank you Red Dragons for making me feel awesome!

Lyn



Calendar of Upcoming Events



** Changes may occur to some dates and times

February 2023

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

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)

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
