

REDCLIFFE RED DRAGON BOAT CLUB

Talobilla Park, Klinger Road,

Redcliffe QLD 4020

Telephone: 0499 774 698

Email: redcliffedragons@gmail.com



MONDAY

Training – 6:00pm arrival for 6:30pm (on water) start

WEDNESDAY

Training – 5:30pm arrival for 6:00pm (on water) start

SATURDAY

Training – 6:30am arrival for 7:00am (on water) start

If you are new to the sport of dragon boating, Saturday mornings are the best time to attend.

Please ensure you wear comfortable clothing and footwear that you do not mind getting wet, as well as a hat, sunglasses and don't forget the sunscreen. Also bring along a water bottle for the boat to keep hydrated.

KNOWN APRIL & MAY BIRTHDAYS

1 April – Phil Matthysen
20 April – Cheryl Rigby
26 April – Iris Hall
1 May – Marina Denaro
3 May – Karen Rolfe
17 May – Michelle King
18 May – Sonia Anger
28 May – Renee D'Arcy
30 May – Del Martin

WISHING
YOU A
VERY
HAPPY
BIRTHDAY

YOUR COMMITTEE

President
Mel Roper



Vice-President
Stephen Evans

Secretary
Gillian Robinson



Treasurer
Lisa Dunne

Team Registrar
Simon Argus



Team Captain
Cheryl Rigby

We respectfully acknowledge the Traditional Country across our region. We also acknowledge and pay our respects to the Kabi Kabi, Jinibara and Turrbal Traditional Custodians, and their elders past, present and emerging.



**Redcliffe Red Dragon
Boat Club**
Newsletter

April - May 2023

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

Paddlers ... are you ready?? Welcome to our bi-monthly newsletter!

Girl Andy has entrusted me to take over the important (and newly self-titled) "Editor-in-Chief" (EIC) role for our newsletter. Yes, it's a fancy title, but it's a big responsibility making sure you're getting all the latest news from this club that we all love being a part of. So I will endeavour to relay all the important news and keep you up to date with what's going on. This is your newsletter, so if you would like to add anything in particular, please email me at lynrussell3@optusnet.com.au. You'll see that I'm trialling a new booklet format and I welcome any constructive feedback. I will print out a few hardcopies for the Paddlers Den, and if you want to print out your own copy, print double-sided and flip it on the short edge.

Happy reading!

Lyn R. - EIC



The Dragon Spirit

Play the game for the games sake; be modest in victory and generous in defeat.

The most important thing in dragon boating is not to win, but to take part, just as in life - it is not the triumph but the struggle.

Be true to your fellow paddler.

Paddle not for yourself but for your team.

Work hard. Be strong. Expect no reward and reward will come.



A NOTE FROM OUR PRESIDENT ...

Welcome to our new members. I'm proud to say that we continue to grow as a club. Thank you to our existing members who continue to create a friendly and supportive club.

One of the highlights of the year is our annual awards night. This will be on Saturday 20th May. Please lock in that date to celebrate. Whether you've been to one training session or all of them, this night is for everyone. It's a great chance to get to know other members and also recognise the efforts and contributions of award recipients.

Congratulations to our Senior C's at States. Great effort with the bronze. Also, a huge thanks to all the paddlers who represented Redcliffe at States. You paddled hard. You did Redcliffe Red Dragons very proud.

As we look to the future, I want to emphasise the importance of volunteers to our club's success. Volunteers are the backbone of any club. Without their hard work and dedication, we would not be able to provide the high-quality training sessions and other events we do.

I want to encourage all members to consider volunteering in some capacity. Whether it's helping to organise an event, coaching, sweeping or simply lending a hand when needed, your contributions do make a difference. We have a working bee, awards night and Bunnings BBQ all coming up that we'll be needing some assistance with.

Happy paddling.

Mel



THE MOST PRESTIGIOUS ANNUAL EVENT OF
THE YEAR IS COMING ...

AWARDS PRESENTATION NIGHT

Saturday 20th May

Join us for a night of
fun, frivolity, glitz and glamour!

- Venue:** Basil&Co.
1/89 Landsborough Parade, Scarborough
- Time:** 6:00pm – 10pm
This is a BYO venue so please bring your own drinks.
- Cost:** \$30 per person – cocktail style party
- RSVP:** secretary.reddragons@gmail.com
before Monday 8th May.

Payment required to confirm your attendance.

Bank Account Details:-

Acct Name: Redcliffe Red Dragon Boat Club Inc

BSB: 034-059

Acct No: 236523

Please reference YOUR NAME - AWARDS to your payment.

DATES WORTH NOTING

Saturday Training

Autumn/Winter training time changes on **Saturday 1st April** to: 6:30am for 7:00am on the water.

06:30

COME 'N' TRY DRAGON BOATING

**Saturday 1st April &
Saturday 13th May**

9.30am - 11.30am

Club members required

**Sunday 2nd April
QLD Senior B Team Training
at Redcliffe**



2023 AusChamps

Dates:

**Thursday 20 April to
Monday 24 April 2023**

**Venue: Gateway Lake, Albury
Wodonga**

Good luck to everyone attending!

Saturday 29th April

**CLUB WORKING
BEE & BBQ
BREAKFAST**

... after training



**DBQ SANCTIONED EVENTS
2023/2024 SEASON**



**Check out the Paddlers Den
noticeboard for dates.**

**Saturday 6th May
Pink Snapdragons Social Paddle
(instead of usual training)**



COACH'S REPORT ...

Since the last report, Redcliffe has attended one club regatta BRD – the last one for the season – and State Championships that were held last weekend. 21 club paddlers attended BRD regatta. Thank you to Josie, Kevin, Karen, Denis from Fraser Coast for helping us out for this regatta. As Ruth from Hervey Bay will be paddling with Redcliffe at the upcoming Nationals, she also joined us. 3 of the 6 teams entered made it to the finals but unfortunately were not successful.

Leading up to the States all those who were attending underwent 2 rounds of fitness testing. I am very pleased to report that everyone improved on their results. The 1 min row saw some friendly rivalry among the paddlers, especially the boys (and some of the girls), as they tried to outdo each other. It was great to see all paddlers supporting each other to achieve their best throughout the testing rounds.

The State Championships saw a different format of racing over the 2 days this year with 500m and 200m racing being on the same day and Seniors racing on Saturday and Premier racing on Sunday. Due to Redcliffe's low State paddler numbers, entries were all in small boats for both days except for Premier Mixed 20's and Senior A Mixed 20's 2km. With most of the crews entered in Senior A categories, these resulted in the majority of the paddlers paddling down and not in their age divisions. Of the 6 crews entered on Saturday, 5 finished in the final top 6 while 2 out of 5 crews on Sunday. Over the 2 days, Redcliffe was only successful in medalling in Senior C Mixed 10's 500m with a bronze medal. Our 2km Senior A Mixed 20's crew did a fantastic job recording the club's best time of 10.46.830 in several years, resulting in 5th place. While the club was not as successful as it would have hoped at these Championships, everyone gave it their all, responded 100% when asked and saw the results when they did. There was great camaraderie amongst the paddlers over the weekend with everyone encouraging each other to do their best as well as helping with the crews when required. Great job everyone.

The upcoming weeks will see the same format of training continue as the paddlers attending the AusChamps in Albury/Wodonga in April, are put through their paces to prepare themselves for the strong competition ahead. All club members are asked to continue with their ongoing support by attending training sessions so our representative paddlers can strive to do their best when paddling for our club and State at the Championships. Hoping to bring back some great results from Albury/Wodonga both for the club and the State.

Cheers,
Iciar



New Members ...

Please welcome the following paddlers who have joined the club since 1 January 2023 (in alphabetical order) ...



Boy Andy Howlett



Jane Storey



Karen Hardy



Petra Cruikshank



Renee D'Arcy



Shaun Kydd (funny ? ...)



Steve Wharemate (... or funnier??)

A BIG welcome to our newest members!

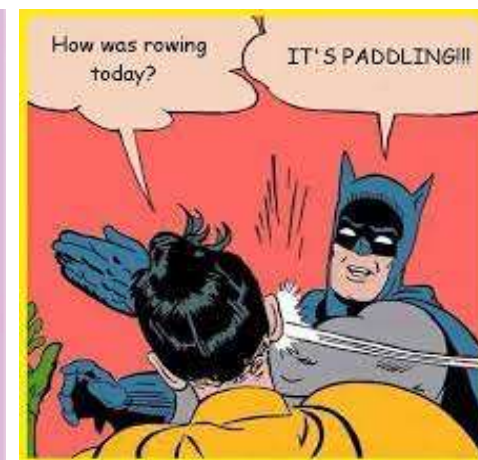
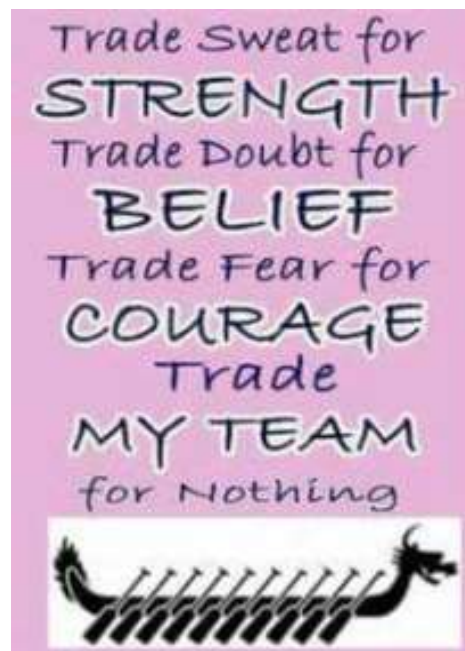
Fundraising



Club ID Code
C10002560

We have all been very successful in donating our cans and bottles to the club's recycling scheme. We raise almost over \$50 most weeks, so THANK YOU!

If you would like to help with the recycling, either take your cans and bottles to one of the many Containers for Change centres and quote our Club ID code, or place them in the bins located inside the Paddlers Den. Every cent helps!



Please support our fabulous sponsors:



KITCHEN
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📞 07 3881 0488

Kitchen Crew design, build and install custom kitchens and joinery. Located in Brendale, they service both commercial and residential customers in the Southeast Queensland area.

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<https://www.foundationdental.com>.



Dragon Boating is a sport that can be pursued by everyone, whatever fitness level you may be, whatever age you are, from juniors up, and whatever commitment you want to put in.

It is a sport that will get you on the water to simply enjoy the social activity and camaraderie, to a sport that will challenge and push you to the extremes of your fitness and endurance in teamwork and competition.

Our aim is to develop and promote a club that offers fun, fitness and a team spirit that caters for all categories of membership including breast cancer survivors, social level paddlers and competitive sports paddlers.



A sign that you might be a hardcore dragonboater: While stopped at a light you see a car creeping over the white line and yell "Man in the red Ford, back it down or you're disqualified!".

REDCLIFFE PINK SNAPDRAGONS NEWS ...

On behalf of the Pink Snapdragons I would like to wish everyone competing in the Nationals this month a fun and successful paddle.

Apart from our usual Bunnings BBQ'S, we are just cruising along, looking forward to our Pink Paddle.

On Saturday 6th May, the Redcliffe Pink Snapdragons will be hosting a social paddle instead of the usual training session. We are hoping that all club members will participate. It will be a morning of fun and games. The theme for the morning is PINK, so will leave that up to your imagination. The Snapdragons will be hosting morning tea, so for catering purposes would you please register as usual on Rev Sports.

Happy Paddling.
Fran

*Fran Heales
President
Redcliffe Pink Snapdragons*



Every 3-4 years the International Breast Cancer Paddlers Commission (IBCPC) hosts an international participatory Dragon Boat festival which is attended by thousands of Breast Cancer survivors from across the globe. Whilst the event is one of the biggest women's sporting events on the planet, there will also be male breast cancer survivors racing – together spreading an important message of awareness and hope.

This event is taking place 10-16 April 2023, and attending from our part of the globe are Sonia Anger, Ann Matthysen, Jill Aplin and Wendy Weeks. Good luck ladies ... though we know it's more than just about the competition.

PADDLERS JOURNEY ... Lisa Dunne



Get ready for the ride - I am going to start from beginning of what lead me here, apologies it is a bit of a long winded tale.

I went to the doctors about a troublesome planta fasciitis, and they suggested I should have a mammogram considering I was nearly 50 and breast cancer was in my Mum's side. I got a call on 12th February 2018 suggesting I should go for further testing post my mammogram as there was a lump they would like to investigate. I booked in at Breastscreen Chermside on Friday 16th February. On Wednesday 14th February, I was attending a Kung Fu class with my daughter when I collapsed. They called an ambulance and by the time I arrived at the hospital, my heart was failing and at 30%. It took them 24hrs to identify I had suffered a brain aneurysm and perform the required immediate brain surgery to stabilise my condition. A complication of my brain aneurysm was that it was causing heart failure. Immediately following the brain surgery, my heart went back to a healthy range.

When I eventually came to, my poor husband had to contend with a relatively unaffected wife not understanding her predicament. Whilst recovering in hospital, I remembered the follow up with Breastscreen and suggested we follow this up. Two Breastscreen ladies showed up one day to take me away for the biopsy and told me unceremoniously that I had breast cancer. I had to make a decision - lumpectomy or mastectomy, I decided on lumpectomy given my diagnosis of grade 1 cancer, 2cm lump. Within a couple of weeks, I was scheduled for the lumpectomy which went relatively without issues, however they did not get clearance on all sides of the lump because it was bigger than expected and requested I go in again for day surgery so they could take a bit more tissue. I agreed, however the day of the surgery, the anaesthetist changed my concoction, and I had an anaphylaxis reaction - 15 minutes of revival, 3 broken ribs, no surgery, a trachea tube inserted for the next 24hrs and another week in hospital. On the health side of things, I am truly blessed to have next to no lasting effects from any of this.

A few months later, I attended a Relay for Life (Cancer fundraising) event at Redcliffe with my daughter who was in the Navy Cadets, and was encouraged to participate in the Survivor's morning tea. I sat with a table of ladies in Pink guessing they may have experienced breast cancer too and met Fran, Ann & Margery and several other Pinkies. We started talking and they invited me to come paddling. Little did I know what I was getting into. One try and I was hooked.