

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 JUNE & JULY BIRTHDAYS

1 June – Petra Cruikshank
4 June – Girl Andy Coe
5 June – Barb Powell
19 June – Ross Lambert
29 June – Tony Griffiths
4 July – Gary McDougall
10 July – Sue Batchelor
10 July – Natalie Bliesner
13 July – Theresa Lymbery
15 July – Fran Heales



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

June – July 2023

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

Paddlers ... are you ready??

Thanks to everyone who passed on their words of encouragement for my first newsletter. I had big shoes to fill and I'm glad you're enjoying the new look. It's been a busy couple of months so sit back, put your feet up and enjoy all the news and pics in this bi-monthly edition of your newsletter.

Don't forget, if you would like to add anything in particular, please email me at lynrussell3@optusnet.com.au.

Happy reading!

Lyn R.

EIC (Editor-in-Chief in case you missed the last newsletter)

Reminder: To print out a copy of the newsletter, print double-sided and flip on the short edge. Hard copies will be available at the den.



A NOTE FROM OUR PRESIDENT ...

Oh what a night!!! Such a wonderful time at our annual awards night on Saturday 20th May. It was so good to see everyone enjoying some laughs, food (thank you Basil & Co) and drink, and of course the presentation of the awards. Cheryl and Lisa shared the President's award, Barb received the Coaches award and Cheryl walked away with the Paddler's Paddler award. Congratulations all and well deserved.

It was also a good chance to say a big thank you to our coaches and sweeps. Without them, we wouldn't get on the water. If you are interested in trying out as a sweep or coach, please reach out and we'll guide you through the training.

We have a special general meeting coming up soon. Committee positions effectively become available on 1 July. We'll be looking at training up a Secretary, Treasurer, Regatta Team Manager and Maintenance Officer.

I just want to say a huge thank you to those that helped at the working bee. The den looks amazing with a clean floor and a Pink's community area.

Also a big welcome to our newest members to the club.

Happy paddling.
Mel



THE MOST PRESTIGIOUS ANNUAL EVENT HAPPENED

on Saturday 20th May 2023 ...

AWARDS PRESENTATION NIGHT!

**As promised, it was a night of
fun and frivolity! Check out
just how much fun was had on
the Redcliffe Red Dragons
Facebook page.**



Did you know ...

Each dragon boat has an ornately carved dragon's head at the bow and a tail in the stern. The boat is painted with scales.

Well, yes, you probably did know that ... but, did you know the paddles symbolically represent the dragon's claws, and the drum represents the heart?



DATES WORTH NOTING



Sunday 18th June
Fundraiser for Pinks

Sunday 13th August
Fundraiser for Reds



**Redcliffe
Red Dragons
Regatta**

Sunday 17th September
Lake Kawana
6am – 5pm
**Lots of Volunteers
needed**

Don't forget to register for
training and updated events on
RevSport.
www.revolutionise.com.au



**Grace Lutheran
Staff Wellbeing Day**

Thursday 22nd June

9:30am - 11:30am

Team Building Session



Red Dragons
Saturday 8th July
9:00am – 11:00am
Everyone welcome!

Cooloola Tin Can Bay

Diamond Dash
Saturday 2nd September
11:00am – 4:00pm

Regatta
Sunday 3rd September
7:00am – 4:00pm



**Coomera Dragons
Regatta**

Oxenford Lake
Sunday 8th October
6:00am – 5:00pm



DBQ Coast to Coast Festival 2023



Lake Kawana
Saturday 11th November &
Sunday 12th November

COACH'S REPORT ... Lisa Dunne

Our sessions have been very focused on the Nationals held 19th-23rd April in Albury/Wodonga. We had good regular attendance by all committed Nationals participants as we led up to the Nationals competition. Although the Nationals Team didn't bring home any bling, they should hold their heads high as there were approximately 300 Clubs and over 4000 paddlers participating. We would like to thank our external paddlers/Sweeps who joined our club to participate with us – Ruth & Phil L, we couldn't have done it without their assistance.

Our State team participants – Ann, Iciar, Cheryl, Tina, Phil, Bob, Jenny – they made us so proud with two silver and two bronze in the State vs State competition.

We held another MBRC Come & Try on Saturday 13th May where we had so many participants that we had to turn some away. We offered them an alternative date to participate. Two of our Come & Try participants have attended subsequent sessions, and are very keen. We had numerous sign up for our Dragon Pass, so hopefully we will get a few from this.

May 20th was our amazing Awards Night and everyone who attended had a great evening. We were so pleased to present the Coaches' Award on the night to such a deserving paddler, Baerbel (Barb) Powell. We chose Barb because she always attends training sessions, she is the go-to person for anything someone else forgets at a Regatta or paddling session, and she never complains even when we have thrown her in the deep end – eg. asking her to drum in a Regatta when she has never drummed, stroking in training sessions. She is very worthy of this Award!

Now we are coming to the end of our season, I'm looking forward to the next year. We have built up a great club culture, with some dedicated old and new members willing and wanting to put in the hard work to be competitive. Between Iciar, Chery and myself who will be the present next year coaches, I think there will be an exciting year of technique focus, strength building and competitive participation leading up to the next Nationals in WA. Bring it on Redcliffe!

Thank you,
Lisa.



New Members ...



We held 2 very well attended Come & Try events on 1st April and 13th May. As always, they were fun and informative sessions, and a few who came along signed up on the Dragon Pass. We hope to be welcoming them to the club in the next newsletter.



Ever since I got into
DRAGON BOATING,
I have often wondered
what *normal people*
do in their spare time.



Your handy paddle mood meter...

SHOULD I PADDLE TODAY?



Fundraising

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!



Club ID Code
C10002560

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:



☎ Bne: (07) 3878 2519 | ☎ SCst: (07) 5444 2800

A “home grown” Queensland family owned business focusing on ‘extra care’ and relationship based health care. Specializing in optimal gum health, best quality dental implants and expert advice on all things dental. We listen. No referral necessary.

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



KITCHEN

crew

📞 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.

<https://www.kitchencrew.com.au>

A HUGE THANK YOU to these generous sponsors ...

Thank you to the Redcliffe Dolphins & Moreton Bay Regional Council Councillor Sandra Ruck who donated towards the PFD's.



Thank you also to the following sponsors for donating our 2023 Nationals Tour Shirts for AUSChamps in Albury Wodonga. Please show your support to the following company.



Chantal Hughes
Administration Officer
0466 090 508
admin@independenttreeservice.com.au

 [independenttreeservice.com.au](https://www.independenttreeservice.com.au)



Independent Tree Service | 07 3888 4202

At ITS we also sell mulch, a minimum 12m3 for \$18.70 per m3 depending on location if within 20km's from our depot at Narangba. If it is outside of that area, there will be a delivery charge.



MANY THANKS TO OUR BUSY BEE TEAM ...

If you noticed how neat and tidy the den is looking, then you can thank this awesome team of Busy Bee's who worked tirelessly on Saturday 29th April to clean up the shed.



Go Busy Bee Team!



Ann Matthyson recently shared a truly inspirational, and funny story on her Facebook page which many of our paddlers just might resonate with. It's a great read!

<https://www.theglobeandmail.com/life/first-person/article-i-felt-old-at-60-but-stepping-into-a-dragon-boat-changed-my-life/>

We're on Facebook! For all the latest pics and news, like our page:



**Redcliffe Red
Dragons**

1.1K likes • 1.3K followers

facebook

Contact us

Liked

Message

A timely reminder from Simon ...

Flu Season Update

Hi All,



This year the flu season is predicted to be particularly bad for flu and other respiratory illnesses. With this in mind, please stay home if you're sick, even if it's mild. A 'mild cold' for you may mean a significant illness for someone else or someone they care for.

The best line of defence remains staying home when you're sick, attempting to social distance and being up to date with your vaccines.

Regards,
Simon Argus
Club Registrar



AusDBF and DBQ 2023/24 season fees



The fees for adult paddlers will increase from \$90 in 2022/23 to \$105 in 2023/24.

The 2023/24 membership fees are listed below.

	AusDBF	DBQ	Total
Adult Paddler	\$30	\$75	\$105
U24 Paddler	\$20	\$60	\$80
Junior Paddler	\$16	\$29	\$45

As of the 23/24 season membership will be subscription-based meaning that all memberships will last for 12 months from the date of sign up.

For most current members, this is 1 July each year. For new members, it will be from their date of transition from Dragon Pass to DBQ member or their initial registration.

Note: This fee is separate to the 2023/24 Redcliffe Red Dragons Club Fee. The Club Fee will be recommended to members at the next General Meeting, which is being held on Saturday 8th July at 9:00am.



Please wish Iciar a speedy recovery from her recent leg surgery. She's currently hobbling around on crutches and we hope to see her back on the water soon.



Warm Banana Smoothie

Now the weather's turning a little cooler, try this Warm Banana Smoothie which is perfect for those chilly mornings or evenings before and after training. It only takes a few minutes and tastes like banana bread, only healthier!



- **Prep Time:** 5
- **Cook Time:** 0 minutes
- **Total Time:** 5 minutes

Ingredients

- 1 cup hot water
- 1 peeled ripe banana
- 1/4 cup chopped raw walnuts
- 2 or 3 pitted medjool dates
- 1/4 teaspoon cinnamon
- 1/2 teaspoon pure vanilla extract
- 1/4 inch knob of fresh ginger

Instructions

Place all ingredients in a high-speed blender and process until smooth and creamy. Serve warm.

Editor's note: Maybe for the next newsletter we can get Brett to share one of his infamous slice recipes which he spoils us with at the regattas. Brett??

REDCLIFFE PINK SNAPDRAGONS NEWS ...

On Saturday 6th May, The Pink Snapdragons hosted a social paddle, and it was great to see everyone dressed in their pink finery. We even had some blokes on board, Simon, Ross, Darren and Harry, thanks for showing your feminine side.

After a brief outline of the history of The Pink Snapdragons, we had a very leisurely paddle out into the bay, everyone took advantage of the one and only time we were not in trouble for talking in the boat. We paused at the spot where we hold our Petals On The Water Ceremony, and after we had a minute's silence to remember our fallen angels, we did a tap drill as a show of respect.

Another leisurely paddle back home, and after cleaning the boat we all gathered around Jayne's Memorial Garden to sing our Snapdragon song. The morning was topped off with a delicious array of goodies prepared by some of our members. It was great to see some of our past Red Dragons come to join us for morning tea, just goes to show you the friendships that you make dragon boating keep on keeping on.

Check out all the pics on the Redcliffe Pink Snapdragons Breast Cancer Dragon Boat Club Inc. Facebook page.

Our next Pink paddle will be in October for Breast Cancer awareness month, which everyone is welcome to join us.

Yours in paddling,
Fran

*Fran Heales
President
Redcliffe Pink Snapdragons*



PADDLERS JOURNEY ... Peggy & Bob Rapley

I started dragon boating when we lived at Agnes Water about 15 years ago when they were first starting off. But sadly, we had to move back to Brisbane for a few years so had a break. We then moved back to Agnes Water and got back into it again in 2013 and loved it. At that stage, Bob joined me, and we both paddled and competed with them in the Wide Bay series for about 2 years in the beautiful waters at 1770.

We then moved back to Brisbane in 2015 and joined Redcliffe. We were only staying down here for 12 months but with lots of grandkids now, we decided 8 years ago to stay in Brisbane and paddle with Redcliffe.

We both have enjoyed being part of our club. Bob was President for a few years and I have been on the committee for fundraising and social events. We have enjoyed competing in most regattas, states and nationals with trips to Longreach, Coffs, Grafton and more, and how wonderful to join in with our club to take home some medals. Also it has been a great journey in getting our clubhouse, competing, social gatherings, fundraising, all with our wonderful dragon boat tribe.



This event took place on 10-16 April 2023, and Sonia Anger, Ann Matthysen, Jill Aplin and Wendy Weeks all attended from our part of the world.

