

## REDCLIFFE RED DRAGON BOAT CLUB

Talobilla Park, Klinger  
Road, Redcliffe, QLD, 4020



Telephone: 0499 774 698

Email: [redcliffedragons@gmail.com](mailto: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 AUGUST & SEPTEMBER BIRTHDAYS

1 August – Cherie Robinson  
3 August – Lisa Dunne  
4 August – Kate Fagg  
9 August – Iciar Argus  
13 August – Janette Waraker  
20 August – Shaun Kydd  
23 August – Boy Andy Howlett  
7 September – Karen Hardy  
8 September – Jane Storey  
13 September – Suzie Fox  
14 September – Ann Matthysen  
18 September – Kylie Hitz  
26 September – Steve Wharemate  
30 September – Peggy Rapley



## 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**

**August - September 2023**

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

Paddlers ... are you ready??

Welcome to another bumper issue of your newsletter. There's lot of news to share with you and thank you to everyone who has contributed. I'm excited as not long after this issue is published, I will be heading to the UK to take a walk across northern England following in Alfred Wainwright's steps on the Coast to Coast path ... 308 kms. Coincidentally, there are a few members who will be away travelling during the coming months and I wish all of you happy and safe travels. For those of you who are not travelling and have to pick up our slack while we're away, paddle harder!

Don't forget, if you would like to add anything in particular to the newsletter, please email me at [lynrussell3@optusnet.com.au](mailto:lynrussell3@optusnet.com.au).

Happy reading!

Lyn R.  
EIC



*(This is the email format. I will print out hardcopies and place them at the Paddlers Den. If you would like additional hardcopies, please let me know.)*

## Fun Fact ...

When fully loaded with 20 male paddlers, one sweep and one drummer, a dragon boat can weigh almost 2,000kg – that's almost as heavy as an average car! For perspective ... a Hyundai i20 weighs 1210 kgs and a Holden Commodore HSV ClubSport R8 weighs 1825 kgs.



## A NOTE FROM OUR PRESIDENT ...

Wow, it's July already!

It's great to see some new faces around the club. Welcome! We pride ourselves on being a fun and active club. Here you can find your competitive spirit, make lifelong friends and get fit in the process. I hope you love being a part of the club as much as I do.

Welcome back to our renewing members. Your dedication and passion for the club is what keeps it going.

Please register for the Tin Can Bay Regatta on 2 & 3 September as soon as possible. This is one of the highlights of the paddling year. There will be a dress up category and this year the theme will be "101 Dalmatians".

We have a Bunnings BBQ on 13 August. Thanks to those who have already signed up to volunteer. Let all your family and friends know that we cook a great sausage sizzle.

DBQ have opened registrations for the Level 1 Coaches course happening on 26 & 27 Aug, register now if you're interested.

We are desperately seeking Sweeps. If you have any thoughts about becoming a Sweep, please reach out. Phil reckons it's easier than paddling.

Happy paddling.

Mel



## New Members ...

We have 2 new members since the last newsletter which brings us to 44 paid up DBQ members and 2 on the Dragon Pass.

Please welcome our newest members:

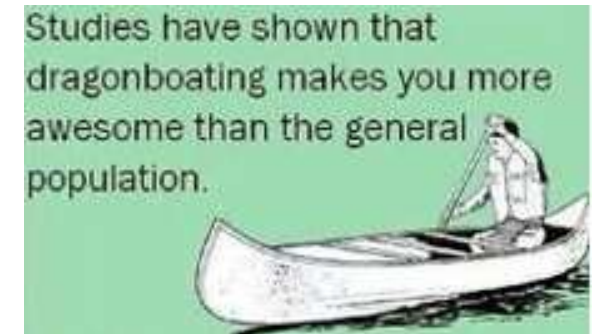


Melva O'Brien



Jamie Jarrott

## Did you know?



Don't forget to register for training and updated events on Revsport. [www.revolutionise.com.au](http://www.revolutionise.com.au)

revolutioniseSPORT



## DATES WORTH NOTING

### Saturday 12 August

The Club will have a visit from the **Rt Hon Yvette D'Ath**, Qld's Attorney-General and Minister for Justice and Minister for the Prevention of Domestic and Family Violence, and Redcliffe MP.



Yvette was very much involved with the Club getting the grant to have solar power for the shed and is interested in seeing what has been done. **Her visit, with her staff, will be at 8.30am to 9:15am, which is just after our training session.** We hope that you will be able to stay after training for her visit and a photo shoot.

It would be appreciated if all members wear their Club uniform on that day, and hopefully we can have a good turnout.



### **Redcliffe Red Dragons Regatta**

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

## Come'n Try

- **Saturday 5<sup>th</sup> August 6:30am**
- **Saturday 7<sup>th</sup> October 9:30am**
- **Saturday 25<sup>th</sup> November 9:30am**



**Sunday 13<sup>th</sup> August  
Rothwell store  
(Roster now complete)**

### **Cooloola Tin Can Bay Norman Point**

**Diamond Dash  
Saturday 2<sup>nd</sup> September  
11:00am – 4:00pm**

**Regatta  
Sunday 3<sup>rd</sup> September  
7:00am – 4:00pm**



### **Coomera Dragons Regatta Oxenford Lake**

**Sunday 8<sup>th</sup> October  
6:00am – 5:00pm**



Triathlon Volunteer day for those not going to the Regatta. Usually 6.30am to midday.

### **DBQ Coast to Coast Festival 2023**



Lake Kawana  
**Saturday 11<sup>th</sup> November &  
Sunday 12<sup>th</sup> November**

## REDCLIFFE PINK SNAPDRAGONS NEWS ...

By the time this goes to print, the weather will be warming up and a few more Snapdragons will be back in the boat hopefully. I haven't paddled since the end of May for health reasons and can't wait to be back out in our beautiful Bay.

I would like to thank Mel for all the work she has been doing to get Silver Linings back in the water, also Ross and Simon for the work they have been doing as well.

Yours in paddling,  
Fran

*Fran Heales  
President  
Redcliffe Pink Snapdragons*



### Fundraising

Breaking news: Fruit box poppers are now being collected and you'll see there is a separate bin next to the cans/bottles bin where they can be placed.



Club ID Code  
C10002560

**THANK YOU** to everyone who contributes to this great scheme. We raise almost over \$50 most weeks!

If you would like to help with the recycling, either take your containers 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!

**WINE AND SPIRIT BOTTLES ARE COMING 1 NOVEMBER**



## PADDLER'S JOURNEY - Vince de Gregorio

I have always been an active person and my first real love in sports was karate. It was something I excelled at and would enter as many competitions as I could, similar to what we do now in dragon boating ... local, States and National competitions. This seems like so long ago now but the bond I still have with the club, and friendships I made, are still with me today.

Before I was a paddler, I was and still am, a netball coach. In 2007 when my daughter started playing netball, the club asked if anyone could help coach the girls as they needed coaches. My wife was at this meeting and raised up her hand and said, "I think my husband could do it ... I will ask him". Sixteen years later, and now a life member, I'm still part of the club.

One night in August 2021, I was talking to one of the mothers that I knew quite well and I told her I was looking for something to do, another interest, something for myself. Telling her I did not want to join a gym but I wanted the exercise to be a by-product of fun. I did not know this but she was a member of Xiang Dragons Shorncliffe, and she invited me in for a paddle and like many of us, one go and I knew I was in the right place. I was really out of shape, hitting the scales at a new record of 106 kg and everything made me tired. Once I got a bit of fitness up, I was able to go more and more often, getting fitter and leaner and feeling really good on how I was going, it was a perfect fit for me at the time.

Xiang Dragons had only 2 coaches which were the sweeps as well. They were a couple and made a decision to leave the club to pursue other adventures. A few of us took on committee roles, one quickly learned how to sweep and another got handed the coaches book, these were two of the more experienced paddlers. As we did not have a regular sweep, I said I would start learning the craft as well, but had to wait for a course to become available. But time was not on the club's side. There was not enough regular training and the cracks started to appear. We held another team meeting, took a vote and the numbers went in favour of closing the club. I was not ready to give the sport away so I came knocking on Redcliffe Red Dragons door.

I can tell you from firsthand experience, I was made to feel very welcome at Redcliffe. When I first visited, I was only a guest letting me train here while still trying to keep Xiang afloat, and once it was decided to close Xiang, I started my new venture with Redcliffe. I did have to make a few adjustments to my paddling technique and get my fitness level up. It did not take long before I called Redcliffe home and felt like I was part of a team. I enjoy everything about what paddling has to offer, the training and how your body feels after it, the regattas where we get to put it all into practice, and the touring away regattas. The camaraderie we have and the memories we make will stay with me forever. I am currently in the process of getting my accreditation in being a sweep. I choose to do this because this is the main reason Xiang closed down no sweep no paddle, and I did not want to be in that position again.

My paddling goals for the future are to see how fit I can be, I call it pushing back the body clock. This year I would like to get my sweep accreditation completed, try out for the Queensland side, and be a vital member of the Redcliffe team.

My personality can be a bit loud, and sometimes I say too much I know, I hope you can all let this slide. But what I want to say is, I am so pleased I have joined Redcliffe and am so proud to call you all my friends.

Vince



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<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>

## Membership – New and Renewal

Membership to Redcliffe Red Dragons (RRD) Dragon Boat Club requires payment to Redcliffe Red Dragons and Dragon Boat Queensland. All membership payments are renewed each financial year.

**1st July 2023 to 30th June 2024**

Membership fees consist of two components: DBQ Paddler Levy and Club Fee

### **DBQ LEVY:**

Adult \$105

18-24 years \$80

Junior \$45

### **CLUB FEES:**

Sports \$160

Affiliated/ Other Water Sports \$120

Junior \$80

(Juniors are 8-17 years of age at time of joining)

**1. Dragon Boat Queensland membership** fees are to be paid via the Revolutionise Sports website. Login via the following link

<https://www.revolutionise.com.au/reddragons/registration/>

**2. Redcliffe Dragon Boat Club** members will be advised fees to be paid via email. These fees are to be paid via received invoice.

Please ensure your fees are paid promptly. Thank you 😊.

## COACH'S REPORT ...

Hi everyone,

I have been asked to do the Coach's report on behalf of the Coaching team ... Iciar, Lisa and myself (in training) and Kay who is assisting with taking training sessions.

The past few weeks we have been concentrating on going back to basics with technique, as it never hurts for us all to get reacquainted on the current technique, as well as showing the new paddlers a bit more one-on-one coaching and slowing things down. I would like to thank everyone for making the new paddlers welcome and feeling part of the team and from me personally for the good encouraging feedback, enthusiasm and participation regarding the past few weeks on the technique sessions. It has made me feel more confident and enthused.

Normally our Regatta season starts in July, but this year our 1st Regatta is in September. This is why we are making the most at the moment on fun & technique, with the Coaches discussing that structured training programs will start at the beginning of August to prepare for September racing.

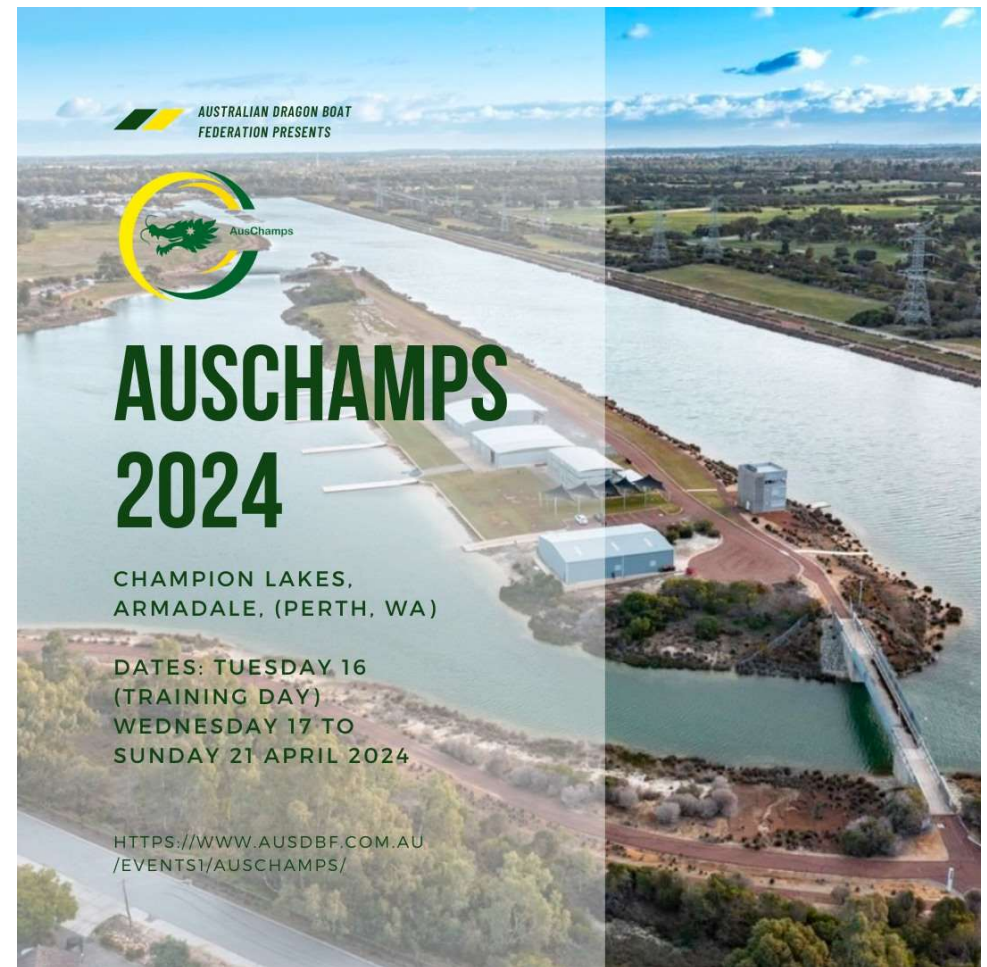
All the current Regattas are listed on REVSPORT. So please look and mark the dates. We would like as many members as possible to attend Regattas. This racing year we plan to attend as many Regattas as possible and be competitive. Our main aim is for DBQ's Coast to Coast Regatta in November, State Championships in March '24 and the big one - National AUSChamps in Perth in April '24.

For those who aren't aware, the Coaches will structure training by way of endurance, strength, then power, and will graduate into the next phase when they think suitable, to prepare us for each Regatta, but also to peak for the main events. So it is beneficial to attend at least 2 sessions per week, and more when closer to the bigger events.

We will also be looking at introducing some on land strength and conditioning into the programs and we especially require the competitive members to attend these, while also taking on some extra cardio / fitness exercise when not at training. Other clubs do this and we feel this is necessary to introduce into our training program to help take us to the next level (hopefully podium).

I look forward to seeing you all on the water.

Regards  
Cheryl



AusDBF is very excited to announce the **2024 AusChamps** will be held at Champion Lakes, Armadale, (Perth, WA).

Dates:

Tuesday 16 (training day) Wednesday 17 to Sunday 21 April 2024

Day 1 - Seniors (200m) - Wednesday 17 April

Day 2 - Seniors (500m) - Thursday 18 April

Day 3 - State v State - Friday 19 April

Day 4 - Premiers, Juniors, 24U, BCS+ACS (500m) - Saturday 20 April

Day 5 - Premiers, Juniors, 24U, BCS+ACS (200m) - Sunday 21 April



## PADDLERS AWARD ...

For all of us who happen to train when Phil takes on the Sweep role, you will know that after each session, Phil awards the "Best Paddler Award" to one lucky recipient. We all try our absolute hardest to impress him with our determination, focus and skill, so that we might win this much sought after accolade, however there's something we're just not doing right...

And the weekly winners for this last bi-monthly period are:

Week commencing:

Monday 5 <sup>th</sup> June	Ann Matthysen
Monday 12 <sup>th</sup> June	Ann Matthysen
Monday 19 <sup>th</sup> June	Ann Matthysen
Monday 26 <sup>th</sup> June	Ann Matthysen
Monday 3 <sup>rd</sup> July	Ann Matthysen
Monday 10 <sup>th</sup> July	Ann Matthysen
Monday 17 <sup>th</sup> July	Ann Matthysen
Monday 24 <sup>th</sup> July	Ann Matthysen
Monday 31 <sup>st</sup> July	Ann Matthysen



Hmmmm ... I think our Sweep's a little sweet on someone!

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



**Redcliffe Red  
Dragons**

1.1K likes • 1.4K followers



Last newsletter we had 1.3K followers  
... we now have 1.4K followers.

## Flapjacks

(not to be confused with the American pancake kind)

Apparently these are a staple food item in the UK. Just 4 ingredients and they're so quick and easy to make. Add chocolate chips, coconut or sultanas if you like. I plan on eating my way through the UK sampling these delicious delights.

### Ingredients

- 4 ¼ cups rolled oats
- 1 cup brown sugar
- ½ cup butter, melted
- ½ cup golden syrup



### Method:

- **STEP 1**  
Preheat the oven to 180C/350F. Line an 8 x 8-inch pan with baking paper and set aside.
- **STEP 2**  
In a large mixing bowl, add the oats and brown sugar and mix until combined. Add the melted butter and golden syrup and mix until fully combined.
- **STEP 3**  
Transfer the flapjack mixture into the lined pan and press down until smooth on top. Place the flapjacks in the oven and bake for 17-20 minutes, until the edges are beginning to go golden brown.
- **STEP 4**  
Remove the flapjacks from the oven and let them cool in the pan for 10 minutes, before transferring to a wire rack to cool completely. Once cool, slice into bars

Source: <https://thebigmansworld.com/flapjack-recipe>

## A LITTLE HISTORY LESSON IN DRAGON BOATING ...

Dragon Boat racing has a significantly rich history, with traditional boating in Southern China for over 2000 years.

### The Dragon

In Chinese culture, the classic Dragon (or “Loong”) rides the clouds in the sky and commands the wind, mist and rain. The Chinese dragon is made up of many different types of animals on Earth. The dragon is said to have the head of a camel, 117 fish scales of the carp, deer horns, rabbit eyes, ears of a bull, the neck of a snake, stomach of a clam, paws of a tiger, and claws like an eagle. The dragon symbolizes power and excellence, courage and boldness, heroism and perseverance, nobility and divinity. A dragon overcomes obstacles until success is his. He is energetic, decisive, optimistic, intelligent and ambitious.

### The Dragon Boat

Originally Dragon Boat was used for religious purposes as a way to appease the rain Gods. Each boat has an ornately carved dragon's head at the bow and a tail in the stern. The boat is painted with scales. The paddles symbolically represent the dragon's claws, the drum represents the heart.

### The Dragon Boat Festival

The traditional Chinese Dragon Boat Festival (also known as Tuen Ng, Duanwu, Double Fifth, Dumpling Festival or Poet's Day) is held on the fifth day of the fifth Chinese lunar month (varying from late May to middle June). It is celebrated not only as a festival but also a public holiday in the People's Republic of China. The fifth Chinese lunar month is traditionally considered a month of death and disease, evil and darkness, due to the high summer temperatures in China. Therefore, venerating the awakening Dragon was meant to avert misfortune and encourage rainfall, needed for the fertility of crops and prosperity of the people. This annual celebration is meant to protect the people from evil & disease for the rest of the year.

### The 'Awaking the Dragon' Ceremony

The ceremony called 'Awakening the Dragon' or 'Dotting of the Eye' traditionally involves a Taoist priest dotting the protruding eyes of the dragon head carved on the boats, thus ending its slumber. The ceremony is practiced at many Dragon Boat events throughout the world today, sometimes with event dignitaries performing the 'dotting of the eye'.

### The 'Laying the Dragon to Rest' Ceremony

Another tradition rarely practised nowadays involved the laying to rest of the boat at the end of the racing season.

After the Dragon Boat Festival it was practice to sink the boats under water by loading them up with stones. As the dragon boats were made of teak and would often warp and crack with the changes in temperature and humidity, so once the head and tail were removed and the boats sat under water until raised and painted with a protective varnish, just before the next Dragon Boat Festival.

### The Legend of Qu Yuan

One legend connected to the Dragon Boat Festival concerns a famous Chinese patriot poet named Qu Yuan. He lived in the period called 'the Period of Warring States' (475-221BC) during which the area today known as China was torn into seven main states battling among themselves.



Qu Yuan was a minister who advocated reforms in his home state of Chu. He was loyal to the Chu Emperor who fell under the influence of other corrupt, jealous ministers who eventually managed to turn the king against him. Qu Yuan was banished from the State of Chu he loved, and wrote passionate poetry expressing his concerns for its future. Struck by grief at the news that the State of Chu had been taken by the State of Qin in 278 BC, Qu Yuan grabbed a large rock and threw himself into the Mi Luo River. According to the legend, when news of his drowning became known, boats were launched by the local fishermen in a race to be first to recover Qu Yuan's body. Thus dragon boat racing was born. The furious splashing of paddles and banging of drums used these days to get the crews in time, has its origin in the fishermen's bid to scare off fish and other river creatures from defiling his body. On returning to shore, the dejected fishermen decided that if they had been better paddlers the outcome could have been different and thus they began to train. To commemorate this sacrifice, the people began to organise Dragon Boat Festivals in his memory. Since then, dragon boat racing has become a major part of Chinese culture, representing patriotism and group integrity.

### The Rice Dumplings

According to the legend, the fishermen began throwing rice into the river as an offering to Qu Yuan, so that his spirit could be nourished in the next world. But one night, Qu Yuan appeared in a dream to one of the fishermen, telling him that the fish were eating the rice offerings, that to prevent it, the rice ought to be wrapped in silk – later replaced by bamboo leaves (called Zongzi or Doongs) – to protect the offerings. The practice of making offerings of *Zongzi's* is an extremely important part of the Festival. For the gourmet, it is encouraging to note that the culinary treat is still widely practised among Chinese communities all over the world.



Source:  
[www.dragonboatvictoria.com.au](http://www.dragonboatvictoria.com.au)