

## REDCLIFFE RED DRAGON BOAT CLUB

Talobilla Park, Klinger  
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### MONDAY

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

### WEDNESDAY

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

### SATURDAY

Training – 6:00am arrival for 6:30am (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 OCTOBER & NOVEMBER BIRTHDAYS

- 1 October – Simon Argus
- 8 October – Brett O'Leary
- 21 October – Carolyn Wiseman
- 25 October – Natalie Mason
- 4 November – Mel Voigt
- 8 November – Harry Colvile
- 12 November – Gillian Robinson
- 13 November – Kerry Ingebrigtsen
- 18 November – Tina Van Kuyl
- 18 November – Anne Neiland
- 25 November – Vince de Gregorio

★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

October - November 2023

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

Paddlers ... are you ready??

With the weather warming up it's wonderful to see so many keen paddlers at training, and we're more than ready to fire up for the season ahead. It's already kicked off with the first regatta held on 17<sup>th</sup> September and hosted by our truly awesome club. I believe Iris summed the day up, and the team spirit, perfectly: "Amazing work everyone. So many Reds and we were all helping out until the end. You are my tribe!" The positive support and camaraderie amongst all our members is what makes our club so special.

I wanted to share a story from my trip to England. On the flight from Doha to Manchester I sat near an Australian lady and we struck up a conversation. She was passionately telling me that she was a dragon boat paddler and within the first sentence she mentioned that she had been doing it for 17 years and she still hadn't perfected her technique! So I figured there's hope for me yet! She paddles with the Canberra Dragon Flyers so maybe we'll see her at Nationals.

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

Happy reading!  
Lyn R.  
EIC (Editor in Chief)



(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.)



Today's  
Top Tip



## A NOTE FROM OUR PRESIDENT ...

Ready..Set..Go!!

What a great start to the racing season!

Tin Can Bay Regatta was a lot of fun. The 101 Dalmatians idea was fantastic and Del was a fabulous Cruella. Vince did an amazing job as Sweep. We had some new paddlers at their first regatta and they did a great job.

Now to our very own Redcliffe Red Dragons Regatta. WOW!!!! What a huge effort from Iciar in organising it. The club made the largest profit to date, \$11k. This was only possible with the great effort from everyone that helped out on the day. A special mention goes to Peggy, her team and those that donated to the raffles, they alone made \$1500. I have no doubt, paddlers come to our regatta for the raffles. 😊

We also had a very successful Bunnings BBQ in August. Well done Lisa and team.

These events are only as good as they are because of the consistent volunteering that happens. It goes to show that we work well on the water and off the water. Great effort and huge thanks to you all!

After the last newsletter, we've had some interest in paddlers becoming Sweeps. Barb had a go the other day and did a great job. Thanks to those paddlers that are willing to spend the extra time after a session to give people a chance to sweep. I know there's others in the club that want to give it a go. Saturdays are the best days. Please reach out to the Sweeps, Coaches or Committee if you want to give it a go.

Our AGM is on Saturday 14 October. There will be a bacon & egg brekky straight after training. Most importantly the Secretary and President roles are vacant. These two positions are necessary to be filled to keep the club going. I have loved being President and this Committee has been the best I've worked with. Due to family commitments, I need to step down and will only be able to make the occasional Monday or Wednesday paddle.

See you all at the AGM.

Happy paddling.

Mel



## New Members ...

We have 3 new members since the last newsletter which brings us to 51 paid up DBQ members and no-one on the Dragon Pass.

Please welcome our newest members:



Tina Ikenasio



Francis McKeown

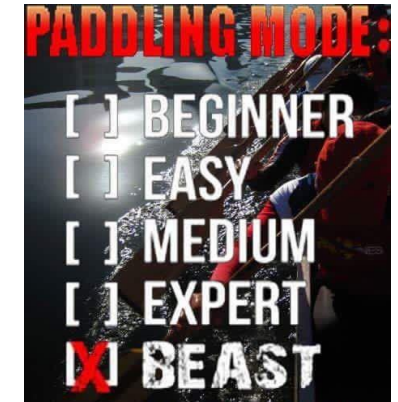


Clinton Storey

Don't forget to register for training and events on RevSport.

[www.revolutionise.com.au](http://www.revolutionise.com.au)

revolutioniseSPORT



For all the latest pics and news, like our Facebook page.



**Redcliffe Red Dragons**

1.1K likes • 1.4K followers



## DATES WORTH NOTING

# Come 'n Try

- Saturday 7<sup>th</sup> October 9:30am
- Saturday 25<sup>th</sup> November 9:30am

**Volunteers needed**

**Coomera Dragons Regatta**  
Oxenford Lake  
Sunday 8<sup>th</sup> October  
6:00am – 5:00pm



**Sunday 8<sup>th</sup> October**  
**Pho3nix QLD Triathlon Series**  
5:00am to 11:00am

Volunteer day for those not going to the Regatta.  
Meet at Pelican Park, Clontarf in Club uniform

**Saturday 14th October**



# AGM

Annual General Meeting

BBQ Breakfast  
8:15am after training - \$5

AGM  
9:30am

Positions open:  
President  
Secretary

*Saturday 28<sup>th</sup> October*  
*9:00am*

*Pinks Team building session after training*

Sunday 5<sup>th</sup> November  
Kids In Need Regatta  
7:00am - 3:00pm  
Jack Evans Bay, Tweed Heads



**Kids in Need Association**

**DBQ Coast to Coast Festival 2023**



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

**Sunday 3<sup>rd</sup> December**  
**8:00am - 4:00pm**

DA Gold Coast  
Christmas on the Creek -  
Currumbin Creek



**Saturday 16<sup>th</sup> December**  
**Rothwell store**

## REDCLIFFE PINK SNAPDRAGONS NEWS ...

The Pink Snapdragons would like to thank those at the Reds who worked so hard on maintaining their boat. It was a big effort and very much appreciated.

And while we're on thanks, the Reds would like to give a reciprocal big thank you to the Pinks for their donation of a carbon fibre paddle for the Club's Regatta raffle prizes.

*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 - Anne Neiland

My dear friend Sonia invited me to my first 'Come and Try' around May last year 2022. I felt very nervous to start, especially after Sonia told me the story when the boat tipped over and everyone ended up in the canal very wet. The upside of this story was Sonia has been paddling for around 15 years and only tipped once. So, what are the odds!!!!???? Everyone at the club was very friendly, encouraging and welcoming.

I was absolutely astounded with myself that I enjoyed paddling as much as I did, and I became an official member of Red Dragon Boat Club in July 22.

I used to watch the dragon boats out on the bay on a Saturday morning while I was walking my dog along the path at Scarborough and thought "it might be nice to get myself onto one of those boats one day". From the land it didn't look that hard, gee was I mistaken on that thought!!!!!!! Paddling is a very aerobic exercise and a great way to maintain fitness.

I decided that the more I trained, the more confident I felt on the water. The Wednesday training session was, and is, a very energetic group of paddlers, and at times I wondered maybe I should just do the Saturday session and leave the Wednesday session to the more experienced stronger paddlers. But then I said some strong words to self "I can do this". All the other team members were very encouraging and the coaches with Iciar, Lisa and Cheryl helped me with their patience and repeated instructions to feel that we all can paddle, and eventually I felt better in myself.

I participated in my first regatta at the Tin Can Bay fun regatta dressed as a dalmatian of sorts. Certainly, a fun day, competitive yet with lots of fun and laughter. I mean how serious can one be with floppy ears and a big black dot on my nose!

My mischievous puppy partner and myself got our paddles mixed up and on the way to the start of the race here we are trying to swap out paddles before the horn blows. It was so funny at the time. And then the race started, and the smiles turned into gasping for air. Anyway, fun all round.

I am still enjoying my paddling, and the team spirit is certainly vital and inclusive. Here I am, 64 years young, and thinking of myself in very loose terminology "a sports paddler"!

Anne



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## The ABC's of Teamwork

# TEAMWORK

- A**cting as one.
- B**elieving in each other.
- C**ommitting to excellence.
- D**oing whatever it takes.
- E**mbracing a common vision.
- F**ostering group intelligence.
- G**iving the benefit of the doubt.
- H**arnessing the power of many.
- I**nspiring cooperation, not competition.
- J**uggling skills and talents.
- K**indling collaborative genius.
- L**ooking out for each other.
- M**ore "we" and less "me" thinking.
- N**ot minding who gets the credit.
- O**vercoming obstacles together.
- P**utting principles before personalities.
- Q**uickly resolving differences.
- R**ecognizing each other's strengths.
- S**haring the workload.
- T**reating each other with respect.
- U**tilizing everyone's skills.
- V**aluing everybody's input.
- W**orking side by side.
- X**pecting exponential results.
- Y**earning to succeed together.
- Z**estfully making a difference.

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## COACH'S REPORT ...

We are a quarter into the new 2023/2024 dragon boat season. The training has gone back to basics with technique sessions both on and off water on Saturday mornings and increasing cardio fitness through endurance training. Sessions leading up to regattas have been including race starts and races. Improving on these will go a long way to getting us out of the blocks and keep us up with the other boats in our goal to cross over the finish line in first position. Great work to all those who have been attending training.

Over the past month, coaches have been focusing on technique and have introduced land-based sessions on those days where there are insufficient paddlers to attend training or no Sweep available. Currently, there have been 3 sessions held with each coach having the opportunity to run a session each. Basically, a session consists of a circuit of exercises that include the exercises required if you are trying out for the QLD State teams and that are beneficial to us as dragon boat paddlers to help improve our overall fitness, cardio and strength, which will hopefully lead to better performances on the water at training as well as at club regattas. Everyone is encouraged to perform at their respective level of fitness and try to improve with each session.

One of the exercises includes time on the ERG which is finally being put to use on a regular basis as the 1 minute timer for completing each exercise, as well as teaching and correcting technique of paddlers. The club has recently purchased a Concept 2 rower which will prove to be another beneficial tool both for coaches and paddlers.

It is great to see some friendly and healthy rivalry when it comes to performing these exercises especially on the ERG, as well as the support everyone gives to each other. I am sure there will be a similar friendly rivalry amongst the members now we have the new Concept 2 rower.

I am pleased to say, as coaches, that the attendances at these sessions have been very encouraging with an average of 10 attendees at each session. From the feedback we have been receiving, everyone is enjoying and benefiting from each session, and it is a great way to bond, work as a team and get to know fellow members while encouraging each other along the way to improve at each session.

The technique sessions are being accepted well and we hope to show the members footage of our filming to help them better understand what we are wanting to achieve and what we are seeing, compared to what they think they are already doing.

Cheryl, Lisa and I are hoping that members will continue to take advantage of these training sessions when offered and will benefit from the rewards of doing so.

Please keep an eye out on RevSport for upcoming land-based sessions and feel free to contact any of the coaches for any questions you may have.

Cheers  
Iciar  
On behalf of the coaching team



## REGATTA NEWS ...



First week in September saw the first of the regattas for the 2023/2024 regatta season. This was hosted by Cooloola Dragon Boat Club at Tin Can Bay. This is always the best regatta to give new paddlers to the club the experience as to exactly what is involved at regattas while having fun doing so, as this regatta is usually more relaxed than the others.

On Saturday, Redcliffe entered 2 teams for the Diamond Dash REDCLIFFE WHITE and RED enabling all paddlers to experience the course. We had a few new paddlers to the event who had a blast, as did everyone else, joining in the fun of dressing up in the club's traditional Tiaras and Tutus. WHITE and RED were 7<sup>th</sup> and 8<sup>th</sup> place from a field of 10 crews resulting with WHITE claiming boasting rights for completing the course in a better time.

Sunday saw Mixed 20's 200m racing where Redcliffe entered two teams but unfortunately neither team made the finals in their division.

Similar to last year, there was a Fancy Dress theme for the clubs racing on the Sunday. This year Redcliffe's theme was **101 Dalmatians** with everyone getting into the spirit of things by dressing up in puppy dog ears and spotted shirts and Del making a fantastic Cruella de Vil. We came in 2<sup>nd</sup> place, winning \$75 for our efforts, behind 1<sup>st</sup> place winners BRD who were all Cruella de Vils.



**CONGRATULATIONS** to Vince, our club provisional Sweep and Iris, our first time Drummer, who both did a fantastic job in their respective roles. Vince successfully swept 3 races – 2 of which contributed to his 4 compulsory races required to attain his Level 3 accreditation, and hopes to become fully accredited after sweeping his remaining 2 races at the Coomera regatta being held in early October. Time will tell if another dragon would have been unleashed where Iris our newest drummer is concerned.



## THERESA LYMBERY'S STORY

***If you may be thinking of committing to further competitions, Theresa Lymbery, a former Redcliffe paddler, shares her inspiring story ...***

Some of you may know me and my story already, some may not. My name is Theresa and I'm a past Redcliffe paddler.

I started my journey in 2018 when I moved to the Redcliffe Peninsula and needed an interest. The children had left home and we had downsized somewhat.

Enter - a Dragonboat on a training run. "I could do that" I said to my husband as the canoe paddled past. It looked relaxing being on the water as the sun set across the bay. Little did I know that this was a training run in preparation for the State Championships. How hard could this be I thought... I was in the canoe for their next training session... at a 60 stroke rate I was told to try and keep up and try and keep out of the way.

Come the State Comp and I was hooked.

By the 2019 season I was trying out for the Queensland team and was quietly disappointed not to make the cut, but travelled to Canberra and competed with the Redcliffe team in my first interstate event.

When selection for 2020 rolled around, I was ready and made the team. Unfortunately, Covid saw a stop to any interstate events.

Since that time, I have had the opportunity to paddle with a combined Redcliffe / Lakers team at Pan Pacific Masters and Australian Masters events, both locally, interstate and internationally, as well as paddle for Queensland at the inaugural Coast to Coast Festival and the returned State Comp held in Adelaide and then Albury-Wodonga.

It was around this time that I made the decision to move to another club to advance my opportunities in the sport. My decision was made with consultation with Iciar, my mentor and Dragon-Guide.

2022 saw me throw my hat in the ring for selection for the Australian Auroras team, competing the following year in Thailand. My initial thought process was to go along to the Come-and-Try to see what was involved. That done, I thought "well, I'll go along to the selection camp in Canberra just to see what the competition is like". Wow, what an awesome experience! Just to be in the same room as these accomplished athletes and included like I was one of them!

I remember receiving the email announcing the Auroras team, I remember a state of disbelief as I read my name. It was about then that I heard the Redcliffe squad paddling past and I couldn't resist shouting out the news to them!

After the 2022 Nationals at Albury, while my teammates and fellow Dragon paddlers took an end of season break, my training ramped up. Training for Australia is a commitment. Financial, emotional and physical.

Weekly training included 3 weight sessions at the gym , 1-2 gym cardio sessions, 3 paddling sessions with the Brisbane based Aurora members (this was at BRD, so across the Gateway), 1 session with my club at Kawana and 2 training sessions with the Outriggers (great for cross training endurance). I'd also try to squeeze in at least 1 yoga session to give me a good stretch.

Training with the Auroras also meant committing to compulsory 3 day training camps, one at Jervis Bay and one, luckily, in Brisbane. This left very little time for family and friends and I am grateful to those who supported my journey.

Our coach worked very hard to create a champion team, not a team of champions. One of the points that Coach Kristin Chick stressed was that we come together as a team, supporting and encouraging each other, especially the experienced Auroras to welcome the newbies. By the time we hit Thailand we knew each other well enough to feel comfortable and relaxed and were performing to her expectations.



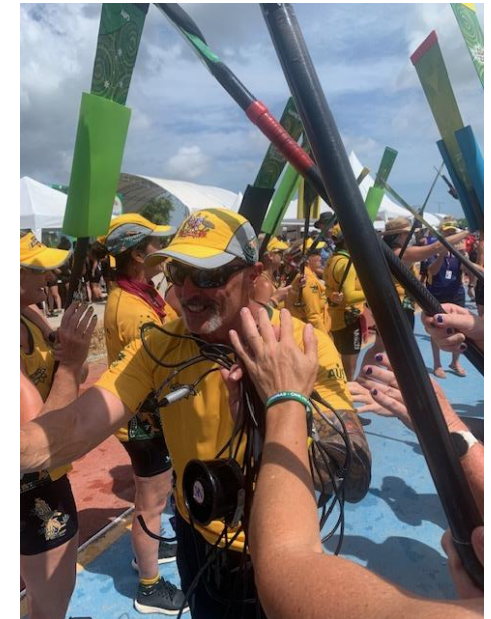
This was our coach's first time coaching at this level, although she is a very experienced paddler and accomplished coach. AusDBF allowed her the freedom to coach in her unique style and it has proved to be a successful formula.

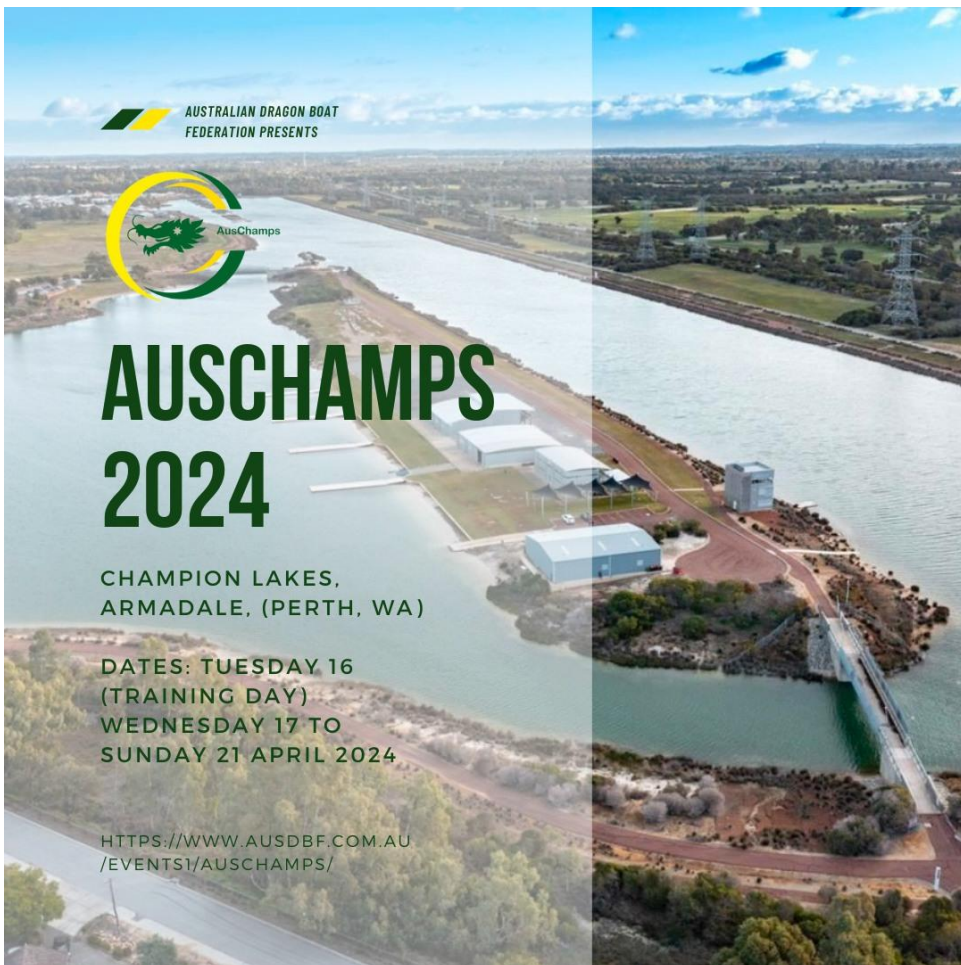
After arriving in Thailand, we had two days of training and acclimatising to the hot, humid weather. Day one of the event and at breakfast in the hotel dining room I was overwhelmed with emotion. 304 paddlers, all in green and gold and I can't quite believe I'm here. Thank you to an experienced Senior C coach that I know, who talked me back down and helped me compose myself.

Six days of racing and they were fast and furious, the support from the team always with us, support from the other Auroras from all age groups, other countries and all spectators, constant. The coach's job is tough, no one wants to miss out on being in the boat, but not everyone can be in the boat for every race. Our coach did a great job of spreading the love and I am honoured to be coming home with 3 bronze medals. The Senior B squad collectively paddled in 15 races and medalled in 10, not bad for a motley crew from all over Australia that only paddled together about 4 times before going onto the world stage. Overall Australia brought home 60 medals, finishing 5th in the world.

If you think you can, give it a go, you might surprise yourself.

Theresa





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

## LEMON DRIZZLE CAKE

...a delicious English delight which is too good not to share!

Prep time: 15 minutes

Cooking time: 45 minutes

### INGREDIENTS:

225g unsalted butter, softened

225g caster sugar

4 eggs

225g self-raising flour

1 lemon zested

For the drizzle topping:

1 ½ lemons, juiced

85g caster sugar



### METHOD:

1. Heat the oven to 180C/160C fan/gas 4.
2. Beat together the butter and caster sugar until pale and creamy, then add the eggs, one at a time, slowly mixing through.
3. Sift in the self-raising flour, then add the lemon zest and mix until well combined.
4. Line a loaf tin (8cm x 21cm) with greaseproof paper, then spoon in the mixture and level the top with a spoon.
5. Bake for 45-50 mins until a thin skewer inserted into the centre of the cake comes out clean.
6. While the cake is cooling in its tin, mix together the lemon juice and caster sugar to make the drizzle.
7. Prick the warm cake all over with a skewer or fork, then pour over the drizzle – the juice will sink in and the sugar will form a lovely, crisp topping.
8. Leave in the tin until completely cool, then remove and serve. *Will keep in an airtight container for 3-4 days, or freeze for up to 1 month.*

Source: <https://www.bbcgoodfood.com/recipes/lemon-drizzle-cake>