

## REDCLIFFE RED DRAGON BOAT CLUB

Talobilla Park, Klinger  
Road, Redcliffe, QLD, 4020



Email: [redcliffedragons@gmail.com](mailto:redcliffedragons@gmail.com)

### MONDAY

Training – 5:30pm arrival for 6:00pm (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 DECEMBER /JANUARY BIRTHDAYS

11 December – Bob Rapley  
18 December – Steve Evans  
25 December – Anne Hewitson  
29 December – Mandy Beer  
1 January – Lyn Russell  
2 January – Alan Cuff  
2 January – Tina Ikenasio  
5 January – Mick Cruickshank  
18 January – Mandy Lake  
21 January – Erlinda May

★HAPPY★  
BIRTHDAY!

## YOUR COMMITTEE

President: Andy Coe



Vice-President  
Stephen Evans



Secretary  
Lyn Russell



Treasurer  
Lisa Dunne

Team Registrar  
Simon Argus



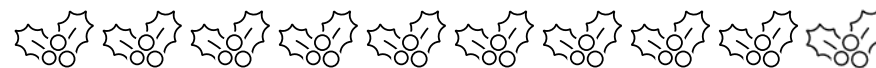
We respectfully acknowledge the Traditional Country across our region. We also acknowledge and pay our respects to the Kabi Kabi, Jinibara and Turrbal Traditional Custodians, and their elders past, present and emerging.



# Redcliffe Red Dragon Boat Club Newsletter

December 2024 – January 2025

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



Hi Everyone

This is a very hurriedly put together Newsletter to keep you informed of some events this December and January.

Firstly though, may I applaud the previous club members who have compiled Newsletters - what an undertaking!! I had absolutely no idea what I was getting into when I offered to get one out for December. So not as many articles as I had hoped! I filled two pages with stuff about me!!

We have a great PAN PACS contribution from Cheryl Rigby (with a little help with the stats from Iciar). This makes interesting reading, especially seeing how close our times were. To our members who participated at Pan Pacs – Congratulations.



**New Members:**



**Larry**



**Norman**

**Top ten signs that you're a Hardcore Dragon Boater:**

10. After a meeting at work, you form a line outside the boardroom and high-five everyone as they file out.
9. Brother's wedding or the Montreal Dragon Boat Festival? Why, that practically answers itself.
8. When stopped at traffic lights, you see a car creeping over the solid white line and yell, "man in the red Holden, back it down or you're disqualified!"
7. You have calluses on your ass and palms, the size of a 50 c piece.
6. When running with your friends to catch the last train home from work, you yell "power up in 3...2...1!!".
5. You are starting to resemble the body shape of a gorilla.
4. You know what a heart attack feels like already.
3. You argue with a 90-year-old lady who is sitting in the middle of the bus, claiming that you always sit in the 'engine room'.
2. After a bout of lovemaking with your significant other, you say 'let it run'
1. You have finally found something that smells worse than a wet dog, ...PADDLING SHOES!

Anon

**CASH FOR CONTAINERS FUND RAISING SCHEME**

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

If you would like to help with the recycling, place them in the bins located inside the Paddlers Den.

Every cent helps!



Club ID Code  
C10002560



**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.



**WINE & SPIRIT BOTTLES NOW BEING COLLECTED**  
Place in the bottle container **NOT** the wheelie bins

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



**Redcliffe Red Dragons**

1.1K likes • 1.4K followers



## DATES WORTH NOTING

Sunday 8th December

8:00am – 4:00pm

DA Gold Coast

Christmas on the Creek

Currumbin

 *Saturday* 

*14 December 2024*

**Christmas Dinner – 6:00pm**

**Belvedere Hotel, Woody Point.**

If the water quality permits:

*Last training: Saturday 14 December 2024*

*Return to training: Saturday 4 January 2025*

### MONDAY 16 DECEMBER



**XMAS LOLLY RUN !!**

17:00 – 19:30

REGISTER ON REV SPORTS

**BUNNINGS**  
warehouse



**22<sup>nd</sup> DECEMBER 2024**

**@ROTHWELL**

**Yes – we know it's near Christmas,  
So we'll have some fun!**

**SUPPORT YOUR CLUB VOLUNTEERS  
AND COME ALONG & BUY A  
SAUSAGE!!!**



**COOMERA REGATTA  
OXENFORD LAKE  
SUNDAY 19 JANUARY 2025**

**BROADWATER BATTLE OF THE  
PADDLER**

**SUNDAY 2 FEBRUARY 2025**

**Emerald lakes, Carrara**

**STATES TITLES  
21 - 23 MARCH 2025  
LAKE KAWANA**

## A NOTE FROM OUR PRESIDENT ...

Welcome to the first newsletter in a long time! Thanks to Gilly for putting together this special edition.

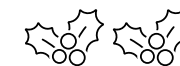
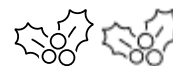
The past 12 months has seen the club go from strength to strength. Our coaches have supported our paddlers in improving stroke and fitness and success at regattas and both States and Nationals has been exciting to watch. This year I hope we build on this success to continue to improve.

As well as being a sports club and helping us all to improve our overall fitness, I think one of the best things about Redcliffe Red Dragons is the sense of community and belonging. I hope everyone feels welcome and appreciated by the club - we all have something to bring, and each person makes our club a better place to be.

I'm looking forward to what the next 12 months brings and am excited for our 20-year celebrations. It feels like a big milestone!

Take care of yourselves and each other.

**Andy**



## PADDLER'S JOURNEY - Gilly Robinson

My two daughters and I attended some MRBC Come and Try events at the beginning of 2012. We tried archery, canoeing, dragon boating & rock climbing. Out of all these, we voted dragon boating to be the best experience.

My youngest daughter, Jodie, and I joined the club; though with her police roster and a running schedule, she left after a few months as she did not have the time. She will not part with her wooden paddle though, "just in case" – I must tell her we don't use wooden ones any more !!

I am not a sporty person (judo and cycling as a youngster & golf badly as an adult) and I am not competitive as I tend to get very nervous, so I do not race in regattas. I paddled in the social boat for several years; however, the longer one paddles, the fitter one gets and eventually I joined in the sports boat. Whilst my husband worked away, at the time I had no dog, I even went to training during the week!

But... I then got some rescue dogs and because I worked during the day, I did not feel right leaving them on their own for 15 hours, so I returned to just Saturday paddling.

I landed the Secretary's job one year, when no one else volunteered, and did it for three years – whilst Cheryl and Tina led the way in getting our new shed. It was a very busy time. I also took the DBQ Official's course which involved me in some Regatta work. I have made my way to Level 2 Official and have had the privilege of being a section Chief in boat handling at the States and marshalling at the Nationals. I feel that this participation is a way I can contribute to the sport and be involved with our club in regattas.

Oh, and also, thank you so much for making me Paddlers' Paddler this year. In all the years I organised this part of the presentation night, not once did I ever think people would vote for me. What a surprise!

Paddling is a large piece of my life, though I have not allowed it to rule my life (not sure hubby would agree with me). I think this has helped me stay paddling for so many years.

We have an awesome club and I love all you great members!



Gilly

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## REDCLIFFE PINK SNAPDRAGONS NEWS ...



### The Pinkies Are on Fire!

The past few months have been an exciting whirlwind for the Pinkies, and we're thrilled to introduce our dynamic new committee members, voted in May 2024. They're already making a huge impact!

### Meet the team driving our success:



- **President:** Kim Weller
- **Secretary:** Tina Ikenasio
- **Treasurer:** Michelle Cooney
- **Team Manager:** Del Martin
- **New Paddler Liaison:** Sonia Anger
- **Fundraising:** Lisa Dunne
- **Uniform Co-ordinator:** Maureen Morgan
- **Website/Social Media:** Mandy Lakes

We're also fortunate to have Sharyn Nunn as our volunteer **Grants Co-ordinator**.

The Pinkies have already achieved some major milestones! Most notably, we've officially become a member group of the national charity Dragons Abreast Australia (DAA) in October 2024. We've embraced the name **DA Moreton Bay Pink Snapdragons** to connect with prospective members spanning the Moreton Bay region while also honouring the legacy of our founder, **Jayne Coe**, who established the club 19 years ago! We're thrilled to celebrate our 20th anniversary in October 2025!

We've also been working hard to grow our club, and we're excited to share that our **Come and Try** session in October 2024 saw 14 enthusiastic participants! Our membership continues to grow, with **17 breast cancer survivors (BCS)** and **14 supporters**, currently registered.

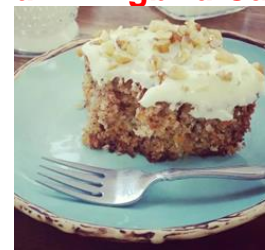
In even more exciting news, **6 of our Pinkies** (including 4 novice paddlers) competed at **Pumicestone DragonFest** in September 2024, as part of a composite team with the Redlands Sea Dragons. With our dedicated sweep, Vince De Gregorio, steering us to success, we proudly returned with some bling!

It's been a busy, rewarding, and exciting time for the Pinkies as we continue to reach new milestones. Our sights are now set on forming a BCS team for the **QLD State Championships** in March 2025, and we're excited and motivated to train alongside the **Redcliffe Red Dragons** in preparation. 🏆🏆🏆

With fresh energy, new ideas, and plenty of passion, the **Pink Snapdragons** are ready to make their mark! Stay tuned for more updates and thank you for your continued support!

*Tina*

## My favourite cake: Carrot and Pineapple (Hummingbird Cake)



### Ingredients

#### Cake:

- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 ¼ cups white sugar
- 1 cup vegetable oil
- 3 large eggs
- 1 teaspoon vanilla extract
- 2 cups shredded carrots
- 1 cup flaked coconut
- 1 cup chopped walnuts
- 1 (8 ounce) can crushed pineapple, drained

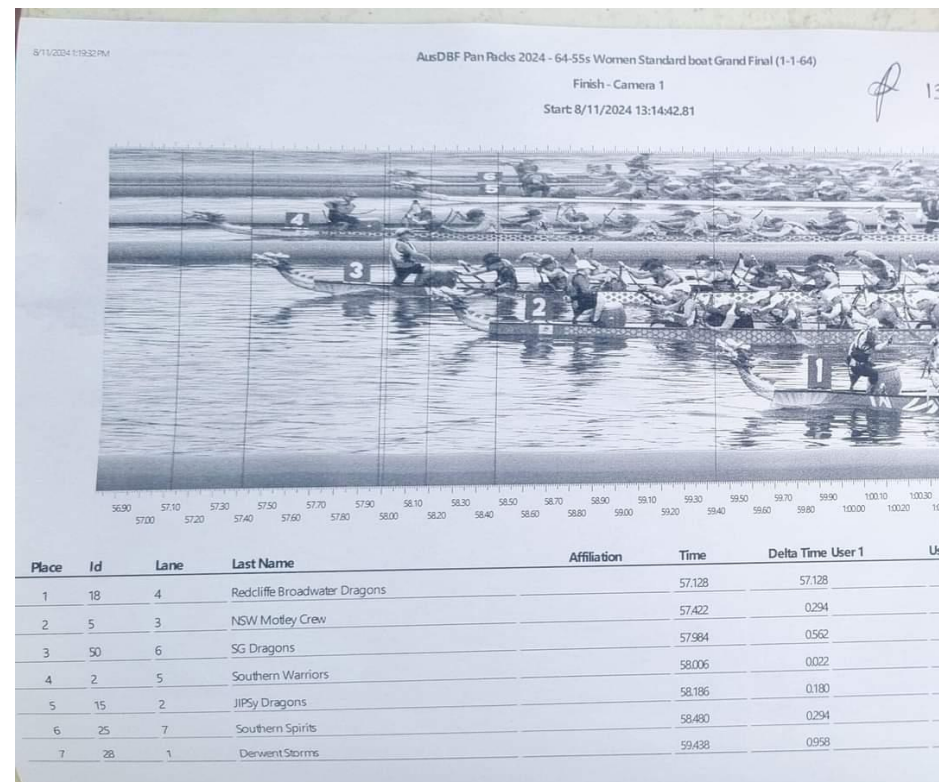
#### Frosting:

- 1 (8 ounce) package cream cheese
- ¼ cup butter, softened
- 2 cups icing sugar

### Directions

1. Gather the ingredients. Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9x13-inch pan.
2. To make the cake: Mix together flour, cinnamon, baking soda, baking powder, and salt in a large bowl. Make a well in the centre and add sugar, oil, eggs, and vanilla. Mix with a wooden spoon until smooth. Stir in carrots, coconut, walnuts, and pineapple. Pour batter into the prepared pan.
3. Bake in the preheated oven until a toothpick inserted into the centre comes out clean, about 45 minutes. Allow cake to cool completely before frosting. (The centre of cake may sink slightly as it cools.)
4. To make the frosting: Beat cream cheese and butter in a mixing bowl until smooth. Add icing sugar; beat until creamy. Spread over top of cake and sprinkle on chopped walnuts.

## COACH'S REPORT



**Barb Powell**

9 Nov · 🧑

Pan Pacific Masters Games done and dusted. Awesome combined crew of Redcliffe and Broadwater. Bronze 500m mixed in 55+ age category on day 1. Silver in the 200m mixed 55+, Gold in the women's 55+ 200m races on day 2. Women's 55+ team scored an extra bronze in the 5km race. I was in the 40's + mixed team for the 5km and placed 7th but we did pass one boat and gather all 3 flags. (10min penalty if you didn't collect all 3 flags) Scored an awesome Singapore team shirt and traded my Redcliffe one. One wet smelly one for a clean dry one. Quite a popular shirt our new Redcliffe uniform.



## REGATTA NEWS



### Pan Pacific Master Games Round Up - By Coach Cheryl

I still can't believe how well you all performed and how proud you all made me for my last Coaching stint at this year's Pan Pacific Games.

**To the 40+ Women**, you were a few Redcliffe Members amongst a majority of Broadwater Paddlers, that were fairly new to the sport. I know words can't console you, or give you a medal but if you knew the field of Teams, as some of us do, that you were competing against, WowWee, you held your own and your time will come. About 2 years ago at States we fielded a Team, and they were about 2 boat lengths behind the field, and that was embarrassing and hard to take; BUT you Women were up there, just not quite strong enough on the day - but hey compared to the 55+ Women, how long has everyone been paddling for? Keep up the good work, listen to your Coaches and do the extra training when asked ... and your day will come. I feel partially responsible, as that 1st race was so powerful. It's a shame we had the dodgy boat and I couldn't hold us straight; I think that may have given everyone the high and belief they needed to go on, but that is racing and I'm afraid to say all a part of it.

**40+ Women Racing - 500m** - you made it to the Final and came 4th (Winning Time was 02.16.7 - and your Time was 02.28.9)

**40+ Women Racing - 200m** - You made it to the Final and came 7<sup>th</sup> (Winning Time was 53.68 - and your Time was 58.57)

**To the 55+ Women**, you were the majority of Redcliffe Members and are an awesome bunch who have been together for a while now and it shows. As Gary says it is the Women that make a good Mixed Team and that you did. Our Men had a lot of racing and you were able to help get them over the line. Our 55+ Mixed kicked us off with a Bronze medal in the 500m racing on day 1; from then on, I think everyone got that hunger that is required to better themselves each time. On day 2 by winning a Silver Medal in the same Category but 200m. Our 55+ Women was the next Category to race and oh boy did they race. You Women are an incredible bunch, when you put your mind to it and that determination, and all that training paid off when OMG 1st "GOLD".

That was the longest wait in the Women's 55+ 200m to get the results. I think the fact we had our Bronze taken away from us on Saturday night might have helped, but hey, if that's what it takes, who wants a Bronze anyway when you can have a Gold?

## REGATTA NEWS cont.....



**55+ Women Racing - 500m** - you made it to the Final and came 6th (Winning Time was 02.27.1 - And your Time was 02.32.5)

**55+ Women Racing - 200m** - You made it to the Final and came 1st (Winning Time was 57.13 - And you were 0.3secs ahead of Motley Crew)



**To the 55+ Men**, what can I say but WOW, you paddled in that heat against Men only in the 40+ category and held your own against them, you backed up in the Mixed Teams of 40 & 55+ and made the finals in every category. I am sorry we couldn't get another 55+ man to paddle with us so you could have been in your own category where I feel you would've shone brighter. But hey I couldn't have asked for anymore from you guys. I think you were all exceptional and gave your all in every race no matter how close together they were, you just backed up and put in time after time.

**40+ Mixed Racing - 500m** - you made it to the Semi Final and came 5th (with a Time of 02.14.7)

**40+ Mixed Racing - 200m** - you made it to the Semi Final and came 6<sup>th</sup> (with a Time of 55.64)

**55+ Mixed Racing - 500m** - You came 3<sup>rd</sup> in the Final (Win Time was 02.10.0 - and your Time was 02.12.2 – 0.01secs behind 2<sup>nd</sup> Place Singapore Dragons & 0.02 behind 1<sup>st</sup> Place Mottley Crew)

**55+ Mixed Racing - 200m** - You came 2<sup>nd</sup> in the Final (Win Time was 51.96 Motley Crew and your Time was 53.11)

**40+ Opens Racing - 500m** - you made it to the Final and came 7th (with a Time of 02.25.0 - The winning Time was 02.10.5)

## REGATTA NEWS cont.....



**40+ Opens Racing - 200m** - you made it to the Final and came 7<sup>th</sup> (with a Time of 54.81 – The WINNING Time was 49.35)

**5Klm Around the Island Race - 40+ Mixed 20's** - You came 7<sup>th</sup> (with a Time of 28.18.810 - The win Time was 26.13.743 – you were 1.42.259secs behind 3<sup>rd</sup> Place)

**5Klm Around the Island Race - 55+ Women 20's** - You came 3<sup>rd</sup> (with a Time of 30.01.571 - The Win Time was 28.24.619 - you were 1.36.952secs behind 1st Place)

A BIG THANK YOU to Renee for driving down every day to enable her to work at night as her work wanted to cancel her leave, her partner wanted a sleep in and Renee drove herself so she wouldn't be late, that's commitment & dedication.

To the whole crew a HUGE THANK YOU for being so easy going, lovable and a joy to compete with. We blended with Broadwater Dragons as if they were our own and vice versa and the whole regatta went along smoothly with no hiccups (that I know of anyway lol) It was such a pleasure for me to finish up this way and I can't thank you all enough and for enabling me to experience the joys of all our achievements and medalling.

Hopefully I may see you back on the water one day, until then keep up the good work Red Broadies.

Thank you  
1 very happy Coach

**Cheryl**

