



Pink Bits & Tit Bits Quarterly Newsletter

December Edition 2019



A Note from the President

Hello fellow Pinkies. Here we are with Christmas just around the corner. We have achieved so much in the second half of this year. We have ramped up our fundraising efforts with the IBCPC Participatory Festival in New Zealand in 2022 firmly in our sights. We have had much success with the plant sale, the high tea, and ongoing Bunnings sausage sizzles. That success is down to all those Pink Snapdragon members who give their time and effort to achieve the best results. So, a big thank you to all who have given so much. And as always, I encourage everyone to participate and support your club in any way you can.

Another significant event for us was the blessing and 'awakening of the dragon' for our new dragon boat. A moving ceremony followed by the launching of our boat for her inaugural paddle. Next will be the naming ceremony. Finally, I'd just like to wish everyone well over the festive season. Take the time to relax, enjoy time with your family and friends, eat, drink and be merry and see you on the water in 2020!

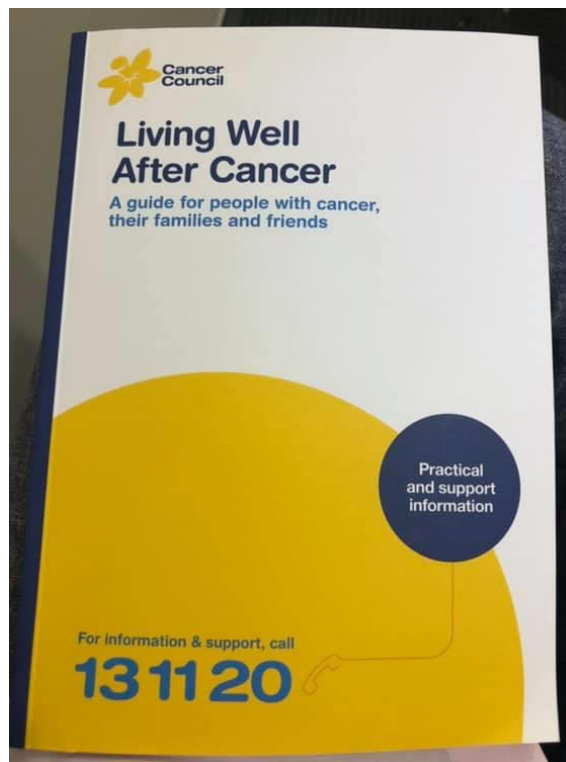
Yours in Pink



Christine Johnston



Cancer Council Session



Christine and Sonia attended an interesting free session on 'survivorship' this afternoon - life after cancer treatment ends.

Professor Michael Poulsen spoke about key factors to achieve happiness:

- CONNECT
- BE ACTIVE
- TAKE NOTICE OF THE WORLD
- KEEP LEARNING
- GIVE TO OTHERS

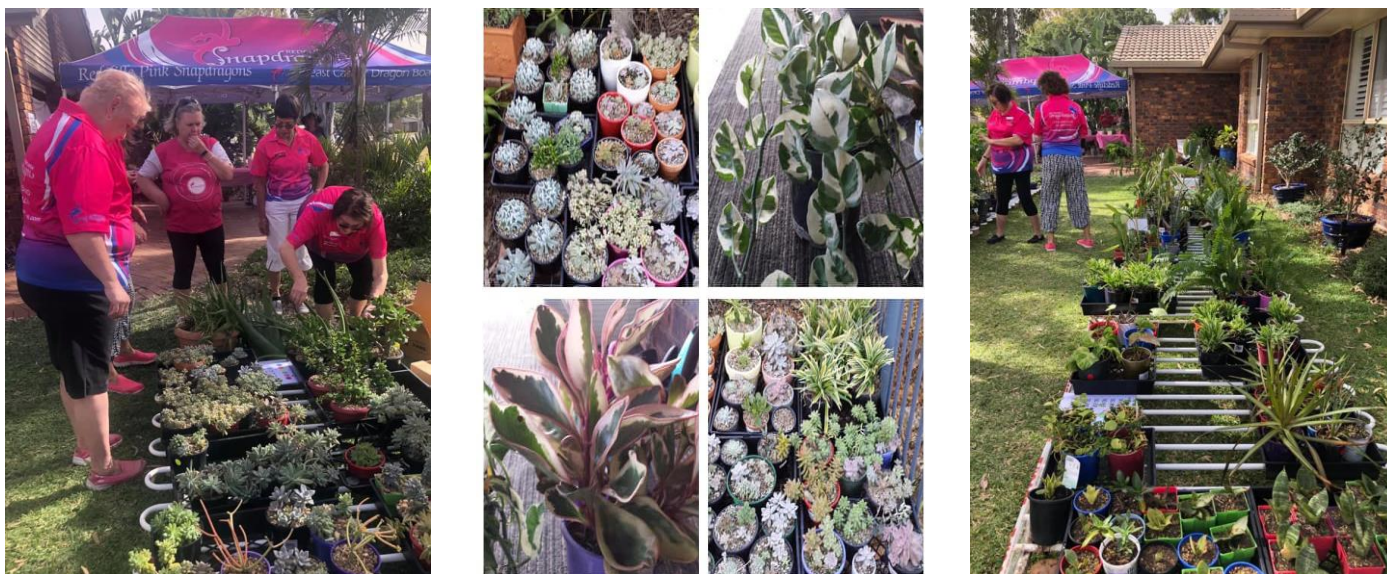
Everything you can achieve getting out on the water in a dragon boat.



Fundraising

Plant Sale 7th September

A very successful morning selling plants towards our fundraising goals. All grown by our very talented members!



Bunnings Sausage Sizzles



Saturday 28th September

Another successful super Saturday fund raising at Bunnings North Lakes.



Wednesday 11th December

Christmas Fun at the BBQ



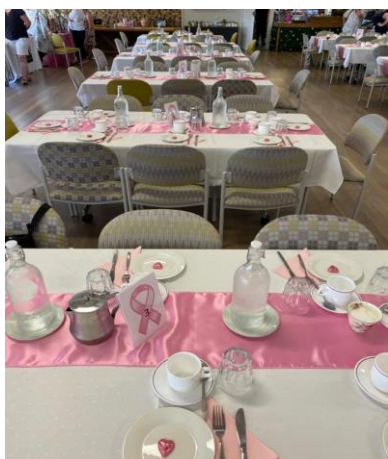
Laughternoon Tea – 27th October

October 27 saw 120 ladies and one brave gentleman, Neil, at the Scarborough Bowls Club enjoying a Sunday afternoon high tea. Included were our special guests Yvette D'Ath and Koliana Winchester. The afternoon was filled with much laughter thanks to Lenore Mc Donald our MC. The extremely delicious food was supplied by the Bowls Club kitchen. Our President, Christine presented a very enjoyable and informative presentation about the Snapdragons and the largest number of raffle prizes I think most of us have seen in one place. Maria Ellick from Bellarosa Consultancy provided the fashion parade.

Congratulations to Sonia for her amazing effort at bringing the afternoon together and thank you to the other members of our little committee Julie, Margery, Sue and Barb. From the feedback that Sonia and I received everyone who attended had an amazing afternoon.

Stay tuned for October 2020!

Lyn Grigg





Sincere Thanks

The Pinks Snapdragons would like to take this opportunity to sincerely thank Maria Ellick of Bellarosa Consultancy for her tremendous support for our High Tea. Maria devoted a great deal of energy and enthusiasm to this event - in particular the fashion parade of fabulous Pinkies strutting the catwalk modelling attractive and versatile swimwear and sportswear fashions - which are all available through Maria's business "Bellarosa Consultancy". Maria is well known to many of our Club's Breast Cancer Survivors through the personalised breast care consulting and home fitting service she has offered them pre and post breast surgery. If you are interested in contacting Maria, then please phone her on her mobile 0412 223 472 or via her website www.bellarosa.net.au or via email at maria@bellarosa.net.au





Relay for Life - 12th September

Again this year the weather threatened and the Relay was moved to the Southern Cross Kippa Ring Campus. A number of the Snapdragons participated in the survivors and carers opening lap then enjoyed the delicious afternoon tea that was provided.



BCNA Presentation - 18th September

President Christine gave a well received presentation on dragon boating and the wonderful Pink Snapdragons to the lovely ladies of the BCNA Metro North Breast Cancer Support Group this afternoon. Christine was ably supported by Sue Drinkwater and Helen Foster who spoke about their own personal experiences of dragon boating with the Pinkies. Sue also sold some more plants! A successful afternoon.





REDCLIFFE PINK
Snapdragons

Breast Cancer Dragon Boat Club Inc.
Redcliffe, Queensland, Australia

Noosa Pink Paddle - 20th September

A glorious morning out for the Pink Snapdragons who joined with MSS Pink to participate in the Paddle in Pink event in Noosa. We mixed it with lots of SUPs, kayaks and a giant Pink Flamingo. Excellent fun!





Longreach Regatta - 21st September

Longreach. An outback town that's home to the Qantas Museum, Stockman's Hall of Fame, Cobb & Co stage coach experience, to name a few attractions, and the Thompson River. The Thompson River is where paddlers came for the inaugural Longreach River Paddle on the 21st September 2019.

The day started windy and dusty but all Redcliffe paddlers were ready for a day of paddling, socializing and just experiencing the community atmosphere. The paddling commenced with a 10km race which was daunting as all water craft started at the same time. Skilful steering meant that no one was injured. This was followed by a 5km paddle and later in the day some novelty 100m sprints which we participated in with our usual 'come and join us there's plenty of room' spirit.

There were a variety of different food stalls which catered for all tastes. Entertainment was provided by local singers, barefoot water skiing demonstrations, interviews with locals, big and small yellow duck races and an extended wait in Cow Pad Bingo for a massive bull to defecate on a lucky number square to win a prize.

The day concluded with a fireworks spectacular. What an exhausting but fun filled day. Thanks Longreach what a great experience.

By Rosetta Lynis



Paddling with our parent club, Red Dragons



Racing on the Thompson River



Yellow Duck Races



Cow Pat Bingo! Where will it fall???



REDCLIFFE PINK
Snapdragons

Breast Cancer Dragon Boat Club Inc.
Redcliffe, Queensland, Australia

Social Paddle – 12th October

The weather gods were not kind to us for the come and try held on Saturday 12 October, with rain and cold keeping us off the water. Three lovely ladies, Kim, Ros and Jo braved the elements to join us and enjoy the Pink Snapdragons hospitality instead. President Christine led a very moving mini field of women ceremony remembering our fallen angels. An enjoyable morning despite the weather.



Here is the delicious recipe for the **Lemon Slice** that Margery brought to the Social Paddle.

Ingredients

250 g sweet plain biscuits
125 g butter melted
3/4 cup coconut
1/2 can condensed milk
1 lemon zested

Icing

2 cups icing sugar
1 1/2 tbs butter melted
1/4 cup lemon juice *to taste

Method

STEP 1 - Crush biscuits and mix in coconut.
STEP 2 - Add finely grated lemon rind and mix.
STEP 3 - Combine melted butter and condensed milk and add to dry mixture. Stir well.
STEP 4 - Press into a lined slice tin and set in fridge.
STEP 5 - Icing: Mix all icing ingredients (with lemon juice to taste) and ice when cooled.





Brisbane Breast Bank – 31st October

Pink Snapdragon members Christine, Debra, Fran and Ann attended the Brisbane Breast Bank's annual community research showcase, to hear about the exciting projects currently underway in breast cancer research.

We are excited to be supporting the Brisbane Breast Bank this year with a percentage of our fundraising being donated to their research project.



Snapdragons with Dr Jodi Saunus, Senior Fellow and Brain Metastasis Program Leader at UQCCR.



Boat Blessing – 13th November

It was a very special day, on Wednesday 13 November, for the Redcliffe Red Dragons Dragon Boat Club and the Redcliffe Pink Snapdragons Breast Cancer Dragon Boat Club, with the traditional Buddhist blessing and ‘awakening of the dragon’ of their new dragon boats. This moving ceremony was led by the Venerable Chueh Tang and Venerable Miao Xin and involved prayers, offering of incense, blessing with holy water and dotting the eyes of the dragons with red paint to awaken them and give them sight.

In Asian culture the blessing and Awakening Ceremony is about respecting the dragon and getting him into a good and friendly mood towards you, the team, and the community. The ritual serves to ward off evil and to sanctify and bless the boats. It is to make our dragon boats strong and fierce and therefore fit to compete in races. It is considered bad luck to race in a dragon boat that has not been properly awakened.

Both clubs are grateful to the Queensland Government who provided \$13,000 to the Red Dragons and \$7,500 to the Pink Snapdragons to purchase the new dragon boats to enable Queenslanders to participate in sport and recreation activities.

Despite the windy and smoky conditions, the ceremony was conducted without a hitch. Both boats were then taken for a paddle in the Newport waters to truly launch them.





Out and About

Dinner at The Green, Scarborough Bowls Club
Friday 13th September



Lunch at Beardsy's Bar and Kitchen
Wednesday 13th November



Celebrating Christmas

The Snapdragons Christmas Party was held on Saturday 14th December 2019. An enjoyable evening spent eating, drinking and making merry. Secret Santa and pass the parcel for a bit of fun. A very merry Christmas to all our members, supporters and followers. We hope the fat man in the red suit is good to you and we look forward to seeing you all again next year.





On Wednesday night 17th December was the annual **Christmas Lolly Run**.

It was a lovely night and paddle. Many people came out to greet us and received bags of lollies. Some of the Christmas lights were spectacular.





Best Wishes to those celebrating up coming Birthdays.

JANUARY	FEBRUARY	MARCH
Sue Drinkwater 15 th Karen Hitchcock 17 th Erlinda May 21 st	Jill Aplin 3 rd Jill Heuving 11 th Margery Barnes 14 th Angela Kenzler 26 th	Helen Foster 11 th Elaine Hill 15 th

Calendar of Events

DATE	TIME	DETAILS	LOCATION
JANUARY 2020			
Saturday 4 th		First Day Training after Christmas	Clubhouse, Talobilla Park
		Sausage Sizzle Fundraiser	Bunnings Northlakes
Saturday 11 th	9.30am	General Meeting	Clubhouse, Talobilla Park
Sunday 12 th		Red/Lakers Regatta	Kawana Waters
APRIL			
Saturday 18 th	9.30am	General Meeting	Clubhouse, Talobilla Park
JULY			
Saturday 18 th	9.30am	General Meeting	Clubhouse, Talobilla Park