



DRAGON TALES

Monthly Newsletter of the Dragon Dream Team

MARCH 2018

UPCOMING EVENTS AT A GLANCE:

Wed., Feb. 28, March 7,14 ...	Team Workouts - PLX Fit Club (Wednesday evenings)
Tues., March 6	Board Meeting – Upper Deck
Tues., April 3	Board / Committee Chair Mtg. – Upper Deck
Fri., April 13	DDT Gala set-up *
Sat., April 14	DDT Gala – Guy’s Party Center *
Sun. – Sat., April 22-28	Space Coast Dragon Boat Camp – Indian Harbour, FL

** further details provided in this newsletter*

DRAGON DELIGHTS: *Interesting news to share about a member, or about yourself.*

Jessica Mader, the founder of the Dragon Dream Team, is always thrilled to have visitors! Members of our team recently had a nice visit with her at Laurel Lake Retirement Community in Hudson. She is always happy to hear the latest DDT news, and is still very proud of us! For some great conversation, don’t hesitate to give Jessica a call and set up a time to visit.



Visiting Jessica Mader
February 7, 2018

Christine Krieger is certainly the proud mother! If anyone shopped the Sears Wish Book this Holiday Season, you may have seen her daughter, Casey (age 17), in several of the ads (pages 1, 5-6, 39-40, 43-44, 55-56, 89-90, 99-100 of the [Sears Wish Book 2017](#)). It took 7 full days in Chicago to complete the ads. She is so proud of Casey; this was her biggest job in the year and a half that she was contracted with Wilhelmina Modeling Agency in Miami. Christine feels blessed to have been by her daughter’s side during this exciting journey!

DRAGON DELIGHTS: (continued)

Susan Colville-Hall and Joanne Johnston have been skiing together at Boston Mills where Joanne is a ski instructor. They recreate between Joanne's lessons and duties. It's a great way to get into and keep in shape. Putting on boots and skis is challenging enough. Then you have to go to the top of the hill and ski down! (See also Susan's poem at the end of this newsletter.)



Joanne Johnston and Susan Colville-Hall
Boston Mills ~ January 25, 2018

MARCH / APRIL BIRTHDAYS: *Members: If we have omitted your birthday, please let us know.*

MARCH

10 – Linda Griffith
23 – Peggy Woodruff
27 – Katie Byard
28 – Juanita Chapman

APRIL

13 – Lee Runkle
24 – Pam Friend
28 – Pat Donnelly

PRAYERS: *If a DDT member is in need of prayers and/or support, please contact **Deb Merrow**, Sunshine Chair.*

 **News from the Sunshine Committee:**

This month we have been praying for injured or hurting team members. Juanita Chapman, Karen Vandervaart, and Mary Hlavac could all use our continued prayers.

'We are all just walking each other home.'

Ram Dazz

~ submitted by Deb M

DRAGON MESSAGES:

Message from Team Operations:

If you were unable to attend the retreat, please see Barb or Juanita regarding the following items:

1. Placing your order by March 1st for the t-shirt that will be given in Italy.
2. Input from Italy participants on an additional excursion while we are in Florence.
3. If you would like to participate in the races in Buffalo on June 16th, we are taking sign-ups; please note if you sign-up and do not attend you will be charged \$50 to reimburse the team for the boat fee paid on your behalf. Please check your calendar, this will be a car trip and an overnight stay.

Please remember we are exercising at 6:30 every Wednesday evening at PLX Fit Club, we need to be prepared for the 2018 season. *~ submitted by Barb F and Juanita*

DRAGON MESSAGES: (continued)

Message from Marketing/Public Relations:

15th Annual Polar Bear Jump

Fifteen members of the Dragon Dream Team volunteered their time over the last few weeks to support the Portage Lakes Polar Bear Club. On Thursday, February 15th, we stuffed Jumper "packets" for the Polar Bear Jumpers at the Akron Ronald McDonald House. And then on Saturday, February 17th, we volunteered at the Polar Bear Jump at Portage Lakes State Park. Members of the Portage Lakes Polar Bear Club help out at our Festival, so it was great to be able to reciprocate on Saturday. Although we didn't jump, we did provide "crowd control" at the warming tents for entire afternoon. This

year the Jump raised over \$150,000 to support two important local charities: the Akron Rotary Club camps for special needs children, and the Akron Ronald McDonald House.

Thanks to the following members who helped on Thursday night and who braved the cold (and mud) on Saturday to help during the Jump: Lynn Fritz, Barb Fox, Ginny Bache, Jen May, Barb Oakes, Trish Chapman, Storm Kolarik, Judy Akins, Deb Merrow, MaryAnn Breslin, Chris Ballenger, Erica Whitmer, Peggy Woodruff and Kathy Bean.

~ submitted by Toby



Assisting with the Polar Bear Jump
February 17, 2018

Message from the Gala Committee:

Hi Ladies!

I just wanted to touch on a few things for the Gala. Once again, the date is Saturday, April 14th at 6:00 pm at Guy's Party Center on Waterloo Road. DDT members are \$50, and guests are \$60 per person. This includes appetizers, dinner, dessert, and Open Bar. Invitations are now available with the response cards, be sure to include menu choice and any diet restrictions. Response cards must reach Marilyn by March 31. On Friday, April 13th we will meet at the Rectory for transport of baskets and then set up. More details will follow. The Rectory will be open in the evenings, Monday and Thursdays 6-8, starting February 26th. We are asking that every team member donate a basket with the retail value of \$80, Gem with value of \$25, and a bottle of wine with a value of at least \$20. We are also in need of large empty baskets. Our final day of accepting auction items is Monday, March 26th. Keep watching for updates from Erica. Remember, everyone's support and efforts make the Gala a success for all of us!

Truly,

Patti Russo

GETTING TO KNOW OUR MEMBERS: *Each month we will highlight different DDT members:*

Katie (Byard - she uses this at work) *Carney* joined the DDT last spring with the encouragement of Storm, a fellow member of Fairlawn-West United Church of Christ, the Akron church where the DDT had its MarketPlace last year. Katie is married to Jim Carney (31 years this September, yay!) and is stepmom to three adult sons: William (Heather), Patrick (Michelle) and Michael (Laura) Carney; and grandmother to Michael and Laura's kiddos, Wolf, nearly 3, and June, about 18 months. Katie also is soon to be a grandma to Michelle and Patrick's first baby, due this August, and she's a stepgrandma(?) to Michelle's daughter, Owen, 12. (There will not be a test.) She has enjoyed her job reporting at the Beacon Journal since 1983 (she started when she was 11 - joke!). She also enjoys gardening, cooking, binge-watching Netflix, reading, traveling, and sweeping the floor (yeah, weird). And she loves the DDT! She marvels at the warmth the team has shown her and wonders where she'd be without it!

PADDLING NEWS: (repeated from last month)

The Dragon Dream Team is participating in the following races during 2018. All are welcome and encouraged to come and cheer the team on to victory!

Sat., June 16	Hope Chest Festival – Buffalo NY
Fri. – Sun. July 6-8	IBCPC Festival - Florence Italy
Sat., July 28	Dragons on the Lake Festival – Portage Lakes State Park OH
Sat., Aug. 25	Dragon Boat Wheeling Festival - Wheeling WV

RACE LIKE YOU PRACTICE: I heard this story a while back and thought of Coach Allen and the team's goal to race the way we practice. This article/quote is another spin on the same idea that is timely due to the Winter Olympics. Former Olympian Kristi Yamaguchi became a mentor to Karen Chen and advised her (among other things) to "skate dumb," in other words, don't stress on the big day, just let your body do what it knows best. Here's a portion from the article:

Chen also knows to relax and let her body do what it does best. Obsessing about it will only hold her back. Yamaguchi has been telling her as much since Chen surfaced as one of America's best performers.

"She told me to skate dumb," Chen recalled before the World Championships in Helsinki.

To read the entire article, use the following link:

<https://www.mercurynews.com/2017/05/30/karen-chen-hopes-to-join-kristi-yamaguchi-on-olympic-stage/> ~ submitted by Tara

How to Get Fit

- Eat cleanly
- Get your body moving
- Drink lots of water



Caution: Side effects may include happiness, radiance and amazing health.

~ Daily Fit

WHY I SKI
by Susan-Colville Hall

Bundled for the cold, I reach the top of the snowy crest
A beautiful, spectacular panorama spreads before me
I gaze on the world below in awe of winter's expanse –
Views abound in every direction of the Cuyahoga Valley
As I gather the courage to put my muscles to the test
Household and personal problems just melt away
For the challenge to arrive at the bottom in one piece
Saps every brain cell and muscle in my "getting-older" body

After the first carving of my turn the pace sets in
And slowly I gain a rhythm that allows me
To weave my way down the white powdered slope
Exhilarated by the beauty of the setting and
By the motion of the skis with my legs and total core,
I arrive at the foot of Buttermilk unharmed
Eager to board the next lift to the top to start all over
Will it be easier? I ask or do I just go for again the thrill?

Have information and photos to share?

Send to Carolyn Bernstorf (cwbernstorf@hotmail.com) by the 20th of the month and it will be included in the following month's *Dragon Tales*, issued by the end of each month.

The Dragon Dream Team is Ohio's first group of breast cancer survivors participating in the team sport of dragon boating. Inspired by the courage of the dragon and the power of the paddle, our mission is to support and care for each other, increase self-esteem, physical and emotional wellness through paddling. The Dragon Dream Team demonstrates that life after breast cancer can be full, active and beyond all expectations. Our "Boatloads of Hope" community outreach program offers encouragement and support to breast cancer survivors and their families during the treatment phase of their cancer journey by the delivery of pashminas in area hospitals and cancer facilities, along with a powerful message of hope. The Dragon Dream Team is a 501(c)(3) organization.