



DRAGON TALES

Monthly Newsletter of the Dragon Dream Team

APRIL 2018

UPCOMING EVENTS AT A GLANCE:

| | |
|--------------------------|---|
| 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 * |
| Tues., May 1 | Board Meeting – Craftsmen Park |
| Sat., May 5 | General Membership Mtg - Craftsmen Park Dining Hall |
| Sat., May 5 | Boats in Water (First Practice) * |
| Sat., May 12 | Stewart’s Caring Place Annual Hope Walk – Fairlawn |
| Sat., May 12 | New Members Luncheon – Craftsmen Park |
| Sun., May 20 | Open Paddle for community |
| Sun., May 27 | DDT at the RubberDucks – Canal Park, Akron * |

* further details provided in this newsletter

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

Susan Colville-Hall recently spent time in Colorado, where her activities included participating in Susan G. Komen’s Snowshoe for the Cure and skiing at Copper Mountain Ski Resort in the Colorado Rockies. She also was so lucky to witness the Sandhill Crane migration in Monte Vista, Colorado, where over 15,000 cranes flew in to feed on the barley fields on their way north to Wyoming, Idaho, Utah, Montana and Canada. Some make it all the way to Alaska.



DRAGON DELIGHTS: (continued)

Dorothy Farkas has been spending her winter in Sarasota, paddling with Survivors in Sync. She's getting ready to say goodbye to Sarasota (her second home) for the summer. She'll be back for our Gala. She is bringing home 2 gold medals and memories of a third race in which the SIS won a gold trophy as a team, but no individual medals. Pictures below include SIS' first race, where they had to wade in the water, the finish line tower (where the team works out weekly with a gorgeous view) and the lake (which she will miss, but not the alligators). Dorothy writes, "At the race this past Sunday a very large alligator was in one of the race lanes and the official thought it was a big log." Also pictured below is one of the many sunsets she loves to watch from her lanai. Dorothy is sad to leave, as always, but she's anxious to get back home and see everyone. She has missed us all!



BIRTHDAYS: APRIL / MAY

Members: If we have omitted your birthday, please let us know.

APRIL

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

MAY

26 – Denise McCamish
27 – Amy Synk
31 – Sandie Fugitt

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

 **News from the Sunshine Committee:**

For the month of March we have been praying for Dawn Wagner, Mary Hlavac, Karen Vandervaart, Chris Lutz and Doreen Hazlett. We continue to pray for Lee Runkle's sister. We are also continuing to remember in our prayers our members who are still in treatment.

"Remember, we are all just walking each other home"

~ submitted by Deb M

DRAGON MESSAGES:

Message from our President:

The well-attended yearly Retreat was full of information to gear us up for the new season! In the coming year we have our new beautiful website to improve communication, a budget to keep us conscious of our spending, Coach Sara heading our Festival Committee and new paddles, thanks to a \$10,500 donation from Crum and Forster Pet Insurance, Gina, Betsy and Trish's workplace.

We learned the importance of laughter from our speaker. Laughter bonds us as does working hard together towards one goal. After a record year of new members let us not forget the Mission that was set before us by the founding team members: To support and care for each other, increase self-esteem, and increase physical and emotional wellness through paddling! Looking forward to a season full of hard work and laughter. :)

Paddles Up,
Amy



Dragon Dream Team Members at the annual Retreat



Gina, Betsy, Trish and Amy



Laughter Workshop

DRAGON MESSAGES: (continued)

Treasurer's Note\$:

Annual Dues: We currently have 66 paid members for 2018. Dues paid after Jan 31st are \$100.00 (\$75.00 plus late fee of \$25.00). A detailed financial report was presented at the annual retreat.

Gala: Just a reminder that the annual Gala is our main operating fundraiser for each year. When you buy items for the auction keep your receipts for the items. You write the retail price on the auction donor sheet you turn in but the sales or actual price you pay can be used as donations on your personal income tax report.

Every member is expected to participate by donating a silent auction basket with a minimum retail value of \$80.00; a Gem (a mini basket) with retail of \$30.00; and a bottle of wine retail \$20.00 for the Live Auction Wine barrel.

You do not have to spend \$80.00 on a basket, for example: I asked Canton Players Guild for a donation last year and they gave us 4 tickets for live performance of Mary Poppins valued at \$116.00. All I spent was \$\$ for an umbrella as a basket prop.

~ *submitted by Dawn*

(For more details and reminders about our upcoming Gala, continue reading on page 5.)

Messages from Team Ops:

Italy: We are adding another excursion to our Florence trip to include Sienna and San Gimignano. The Traveler's website will be updated shortly for you to go on and add the excursion to your trip. We will send an email once it has been added.

We need everyone going to Italy to enter their passport information on the website (even if you have booked your own flights), this way MCI can present a complete team list to the hotel at check in – otherwise, each person must check in with their passport which takes a VERY long time. Also, please check and confirm that you and your guest have TRIPLE checked that their names are on the website and are exactly as they appear on their passports AND that the passport data is completely accurate. Once we issue airline tickets from this list any name corrections are very expensive.

Buffalo Race: Please contact Juanita or Barb if you are interested in racing in Buffalo; it looks like we will be taking two boats.

Practice season: Boats will come out of storage (thanks Greg and Lynn Fritz) May 2nd, and we will start practice on Saturday, May 5th at 8:30 AM for Competitive practice and Combined practice at 9:15 till 10:00 AM. We will then have Competitive practice every Monday at 5:45 PM to 7:45 PM with warm-up and cool-down. Wednesdays will always be Competitive and Casual Paddle at 5:45 PM to 7:45 PM with warm-up and cool-down. We will not alternate Casual practice times this year as they will always be Wednesdays and Combined on Saturday at 9:15 AM.

~ *submitted by Barb F and Juanita*

DRAGON MESSAGES: (continued)

Message from the Gala Committee:

A Gala meeting was held on March 20; conclusions and reminders are as follows:

Friday, April 13th - Gala Set up: Meet at Rectory at 12:15 pm if you have a large vehicle.

Meet at Guys (500 E Waterloo Rd, Akron) if you don't have a large vehicle to help unload and transport baskets.

Saturday, April 14th - Gala 6pm: Wear black, red and green or any combo of such for our Italy theme

- Speakers: Deann, Gina, Judy Akins
- Tip Boards: Bicycle, lottery tickets, 50/50
- First Choice chances \$50.00

Reminders

- Reservations are coming in; the deadline is soon. Be sure and put on reverse side of RSVP who you want at your table.
- Sign up any donors who gave items for a basket but did not give a full basket as all donors will be mentioned in program.
- Last date to bring in baskets and wine is Tuesday March 27th. Gems can be brought in after this date, since they are not listed in the program.

~ taken from email to team from Lynn 3/21/18



Messages from the Italy Fundraising Committee: "Forward to Florence"

REVISED RubberDucks Ticket Flyer Has Arrived; Ticket Sales Deadline Extended to May 1

Hello Team,

Great news - the revised RubberDucks flyer has arrived - see attached; also, we are extending the time to sell your 10 Ducks tickets to **May 1, 2018**, knowing there's a lot we have to do with the Gala coming up. Please take a breath and relax a bit on your ticket selling!

You now can post, copy, and share this revised flyer as you would like to help in selling your tickets to the May 27, 2018 RubberDucks game. Also, please use the ticket order form at the bottom of the original flyer for your ticket order record keeping. Fill out and use the order form to keep you organized. **Also collect payment from your ticket buyers (cash or check payable to "Dragon Dream Team") when you take their ticket order(s).** Please be sure your ticket pre-order info and money you have collected total up correctly.

After you have pre-sold your tickets and completed your order form(s), you can give this to me at an upcoming meeting (or the Gala), or you can mail it to me. My home address, if you want to mail it is 13499 Carnation Ave. N.W., Hartville, Ohio, 44632.

All team members going to Italy need to sell at least 10 Ducks tickets in order to earn a travel disbursement payment. We are currently obligated to sell 500 tickets; remember the new selling goal date is **Tuesday, May 1, 2018.**

Team members not going to Italy do not have to sell Ducks tickets - it is optional for them.

Call/ e-mail me if you have any questions! My cell is 330-671-6216.

Thanks for your help, team!

~ Karen K (Kiki)



DRAGON MESSAGES:

Messages from the Italy Fundraising Committee: "Forward to Florence" (continued)

Gardner Pie Company is Supporting our Italy Trip!

We are very excited to announce that The Gardner Pie Company will be hosting a fundraiser to support our trip to Italy! *During the months of April and May they will donate \$1.00 for selected pies sold at their outlet*



store. The varieties included in the fundraiser will change daily but will include 2 of the following Non-GMO varieties -- Pineapple Upside-down, Apple Walnut and Cinnamon Apple – plus select traditional pies as chosen by the outlet manager.

Gardner Non-GMO pies are free from more than 101 artificial preservatives and ingredients. The ingredient labels for this line read like a recipe you would bake at home with whole food ingredients like sugar, wheat flour and sliced apples. These pies are also Non-GMO Project Verified and contain less sugar and salt than traditional recipe pies, so the fruit flavor shines through.

Traditional Gardner pies are an Akron-area staple, with many recipes dating back to the company's beginnings more than 70 years ago.

Please visit the Gardner Pie Outlet Store starting Monday, April 2, 2018 to purchase your pie and help support the Forward to Florence Campaign. Gardner Pie is located at 191 Logan Pkwy, Akron, OH 44319. They are open Monday-Friday from 8-4, Saturday from 8-12. They are closed on Sundays. Check out their Facebook page (Gardner Pie Company Outlet Store) to see what's available today.

As always, be sure to pass the word on to your friends and family. See also the attached flyer emailed with this newsletter.

~ submitted by Tara

Message from the Equipment Chair:

Florida Training Camp attendees: Please email Trish Chapman at Chapmanpa1@gmail.com with the following information:

Paddle size needed _____

Life Vest Size Needed _____

If you have either or both you will need to email me that information as well.

Paddles will be packed the week prior to our leaving. Names will be taped on each paddle. I will re-collect them on the 28th to pack for the trip home.

Life vests will be available for pick up the week prior; a location will be determined at a later date for pick up.

~ submitted by Trish

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 |

COACHES' CORNER

As some of you know, I'm all about the numbers. But, I'm constantly reminded that it's also about technique and attitude.

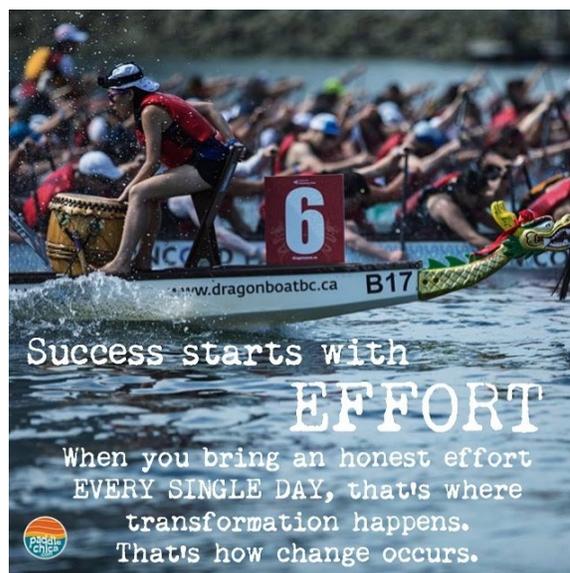
On March 14 at PLX Fit Club, ten of thirteen people who paddled on the ergs set new personal best distances. That's impressive. It says that as a group, you're getting stronger.

When I pondered that miraculous improvement, the only common factor for the group was the trainers at PLX, Karen and Krista. They've developed a program intended to build the muscle groups that will make you better paddlers. So, the next time you're there, try to follow whatever suggestions they make (technique), recognize that the exercises they're suggesting will make you stronger (attitude), and take a moment to say, "Thank you!"

~ submitted by Coach Allen

Success Starts with Effort. How much effort are YOU putting into your training?

~ paddlechica.com



Message from the Newsletter Chair:

Note about the upcoming May newsletter: The deadline for submittals for the May newsletter will be a couple days earlier than usual. Submittals will be due Tues, April 17, with the newsletter being issued *before* many of our members head to Florida Training Camp on April 22. I will send a reminder to the team. Please be sure to email your submissions to me on time... thanks in advance! ~ Carolyn

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.