



DRAGON TALES

Monthly Newsletter of the Dragon Dream Team

NOVEMBER 2018

UPCOMING EVENTS AT A GLANCE:

Mon., Nov. 5, 7, 12, 14... Erg practice – Boathouse (Mon. & Wed. in November) *
Tues., Nov. 6 Board Meeting - Craftsmen Park
Sat., Nov. 10 General Meeting/Elections – Craftsmen Park Dining Hall – 9:30 am *
Fri., Nov. 30 DDT Christmas Party - Katy's Kreations at The Colonade Room, Canton
* further details provided in this newsletter

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

Pat Donnelly became a great-grandmother for the 3rd time Wednesday, October 17th with the birth of Marlie Jane Rye. She was 9lbs. 1 oz. and 20 1/2 inches long. She joins her brother, Crosby, who is just over 2 years old. Pat had the opportunity to spend time with her granddaughter and her husband, and holding little Marlie. She's loving it!!

Joanne Johnston has become a grandmother once again! Grandbabe #6, Samuel Johannes Welliver, arrived safely on October 19th. He weighed in at 7 lb 2 oz and 20 inches long, and is beautiful! Joanne thanks everyone for all their thoughts and prayers.



John and *Jen May* recently celebrated their 20th anniversary. Congratulations, and here's to many more years of happiness! They are blessed to have their son Vince, and grandsons Armoni and Alden.

Carolyn Bernstorf's Master Gardener group from Medina County won the State Award for Kid's Programs at the recent Master Gardener State Conference held in Cincinnati. The program, "Step into the Garden" targeted kids 6-12 years old. Her portion was teaching children about the importance of pollinators to our food production. Pictured is Carolyn dressed as a bee!



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

NOVEMBER

3 – Mary Ann Breslin 12 – Barb Oakes
4 – Pam Massoli 14 – Deb Merrow
6 – Barb Marie 15 – Chris Nine
9 – Christine Ballenger 23 – Christine Petro
11 – Kim Macaluso 26 – Deb Pittak

DECEMBER

6 – Mary Hnath
8 – Betsy Lambright
28 – Trish Chapman

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

 News from the Sunshine Committee:

We prayed for Kristen Evans, Kathy Weichl, and Barb Fox this month. We have also been looking through our old Tshirts for Mary's project, prepared meals for DDT friends, and did yard work for a member. I love the way we pull together to help.

Thank you!

*The older you get
The better you get
Unless you are a banana!
~ Betty White*

~ submitted by Deb M

DRAGON MESSAGES:

Message from our President:

“In the depth of winter, I finally learned that within me there lay an invincible summer.”

~ Albert Camus

As the season closes and winter nears, remember what a privilege it is to be part of a group that lives this.

~ submitted by Amy

Message from our President-Elect:

Upcoming Elections:

Reminder -- Elections are almost here! You should have received an Absentee Ballot in a recent email. If you are not going to be at the November 10th General Meeting, please fill out the Absentee Ballot and get it to one of the Nominating Committee members (names and addresses are on the top of the ballot) by November 8th. That means printing it out, filling it out, signing it, mailing it and making sure we receive it by November 8th.

We ask you to sign your absentee ballot as a double check to ensure everyone only votes once. If you are going to be at the General Meeting you will receive a ballot to fill out there. Please read over the bios from the Absentee Ballot before you come to the meeting - it will save some time.

Thank you to all the members that volunteered to fill the open positions - we couldn't do all that we do without you all!

*The Nominating Committee,
Toby, Denise and Erica*

DRAGON MESSAGES: (continued)

Treasurer's Note:

During this open pledge season to United Way remember you can indicate that your donation come back to Dragon Dream Team. We are registered in Stark and Summit Counties. If you live/work in Wayne, Medina, Portage or other county please indicate Dragon Dream Team and let Dawn Wagner know to contact that particular UW office to provide them our tax ID number to complete our registration in that county.

~ submitted by Dawn

Message from Team Ops:

2018 Race Season: Congratulations team on a great season! We welcomed a record number of new members this spring that jumped right into paddling, racing and becoming active members of our team. We are so proud of all team members, for showing through every event we've had how we love and support one another. We definitely showed the WORLD that there is an active, fit life after breast cancer with our racing this year!

Thank you to Coaches Allen and Sara for your unwavering support and efforts to make us all better paddlers. We couldn't do this without you!

ERGS for November: Barb and Juanita will be taking turns at the boathouse on Monday and Wednesday evenings starting on Monday, November 5th for erg practice. Times start at 6pm and are set up for every 5 minutes. We will be emailing the sign-up sheet from the boathouse and MarketPlace soon. You can contact us to see what times are still open if you are interested and had not previously signed up. If there isn't a good turnout for a night we may have to cancel that night.

Thanks,

Juanita and Barb

Message from our Outreach Committee:

Summa Breast Cancer Conference

On September 26th, the Dragon Dream Team was one of the exhibitors at the Summa Health Cancer Center's Community Breast Cancer Conference. Thanks to Judy Akins, Nancy Peteya, Lee Runkle, Susan Balmert, and Davida Pantuso for giving up a paddling night and representing our team at this event. "You can tell we are really making an impact in the community by the number of survivors coming up to us and sharing their story, thanking us for the pashminas and welcomed message of hope."

~ submitted by Susan B



FUN TIMES! PADDLE TO BREAKFAST – September 29:

Paddling to breakfast at the Upper Deck was the perfect way to celebrate a season of hard work, great friendships, a championship (3rd in the world; 1st in the USA), fun and laughter, and sisterhood in support of breast cancer survivors. ~ Susan C-H's FB post

A few photos from our paddle to the Upper Deck for Breakfast: Sept. 29, 2018:



Docked at the Upper Deck



Fun and friendship!



MAKING STRIDES AGAINST BREAST CANCER WALK – October 7:

We could not have asked for a more perfect day weather-wise for the annual Making Strides walk at Lock 3 in Akron. Thank you to our members and their families who walked the 5K, manned our information table, and/or participated in the pink paddle arch at the finish line. We had a great turnout, with 23 members and Coach Allen participating. The Dragon Dream Team was the Check-In Sponsor for the Akron event, and we put on a memorable showing as always. The team was also recognized during the Opening Ceremony as “an awesome group of ladies,” and our success in Italy was also mentioned!

~ submitted by Carolyn and Toby



Dragon Dream Team supports Making Strides



Warming up!



DDT and supporters



A dragon made of tires



Paddle arch

ACME RECEIPTS:

Continue to save Acme receipts dated August 9th – December 29th. The team can earn 5% of eligible Cash Back rewards. Get your receipts to Joanne Johnston or Barb Fox.

HELPING OUR MEMBERS:



On October 12th, we had a great time helping with some yard work at Deb Pittak's house. It was a cold morning but the sun came out and it became a beautiful afternoon. We enjoyed seeing Deb and eating the treats she provided. Storm is not in the picture because she could not come that day, but went earlier in the week and gave us tips on what to do. It really was a fun day!
~ submitted by Deb M and Judy G

AMAZON SMILE: *Reminder:* If you do any holiday shopping using Amazon, please remember that The Dragon Dream Team is registered with AmazonSmile.com as a charitable organization. Amazon will donate to DDT 0.5% of your total eligible purchases. Spread the word to all of your family, friends and co-workers. This is an ongoing program and the team continues to receive donations every time you shop. Be sure to begin your shopping at smile.amazon.com, and choose the Dragon Dream Team as your charitable organization if you are not yet registered. Thanks! ~ submitted by Carolyn



THANK YOU:

To the Dragon Boat Dream Teams,
Thank you all for being part of the 2018 Dragon Boat Race. Your teams helped make it another fantastic event. I am truly grateful to have so many people support this event for King's Daughters Child Care Center! Thank you for making the trip to Wheeling for our event!
Thank you,

Jamie

Wheeling Dragon Boat Festival



BOATS OUT & CLEAN BOATHOUSE – October 13:

The meaning of teamwork was certainly apparent on the cool, misty morning of October 13th as we took the boats out of the water, cleaned them in preparation for winter storage, and cleaned out our boathouse as well. Thanks to all members who assisted!

~ submitted by Carolyn



BOATS OUT & CLEAN BOATHOUSE: (continued)

Photos from our last paddle and boathouse cleanup on October 13:



One last paddle for the season



Pulling boats out of water (thanks, Gregg!)



A power washer works great!



Cleaning a boat for winter storage



Boathouse is super clean!

COACHES' CORNER: Exercising in the Off-Season

With regard to good exercise programs for the off-season, if you ask the coaches in Florida (Bow Wave), the most repeated exercise device you'll hear about is the Concept 2 Rowing Machine (C2). While I don't want to endorse any particular product, rowing exercises most of the major muscle groups used in paddling. And, performed properly, rowing can help you develop both strength and endurance.

Then the question becomes, what should I do? Ideally, you want to row about 30 to 60 minutes in each session, with at least 3 sessions per week. Obviously, you can't start at that level. So start by setting the resistance on the machine as low as possible. Then begin rowing. If the rowing machine has a stroke rate monitor, strive for a stroke rate (pace) of about 30 (strokes per minute). After a few minutes, you should feel like you're getting a real workout. If you're new to rowing, don't try to go for more than 5 minutes per session during the first week.

As a general rule, from week to week you should add time to each workout, but never more than 20%. Keep this program up until you can row for 30 to 60 minutes in each session. If at any time, you experience pain, STOP.

Rowing will increase the strength in your lower back, your legs, your arms and shoulders. It will also improve your endurance and flexibility.

~ *submitted by Coach Allen*

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.