



DRAGON TALES

Monthly Newsletter of the Dragon Dream Team

OCTOBER 2018

UPCOMING EVENTS AT A GLANCE:

- | | |
|----------------|---|
| Sat., Sept. 29 | Paddle to the Upper Deck for breakfast * |
| Tues., Oct. 2 | Board and Committee Chair Meeting - Craftsmen Park |
| Sun., Oct. 7 | Making Strides against Breast Cancer Walk – Lock 3, Akron * |
| Sat., Oct. 13 | Paddling Season ends: Boats out / Clean out boathouse * |
| Sat., Oct. 20 | MarketPlace – West United Church of Christ, Fairlawn * |
| Tues., Nov. 6 | Board Meeting - Craftsmen Park |
| Sat., Nov. 10 | General Meeting / Elections – Craftsmen Park * |

* further details provided in this newsletter

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

Congratulations to the *Carney family!* Rhys James Carney was born on August 28th at 11:48 PM... 8 lbs 13 oz and 20 inches long. I'm sure we'll see many more photos from Katie and Jim!



Storm Kolarik is a grandmother! Harper Quinlann Hollaway was born on September 19 at 10:10 AM... 7 lbs 13 oz and 20 inches long! Congratulations Storm and Pam!



DRAGON DELIGHTS: (continued)

Ginny Bache is traveling once again! She and Carden made it to Honolulu, just before Hurricane Olivia. After visiting friends for a few days, they chanced it and went to a beach. They still had restrictions up but they followed the younger folks and were voted the oldest and ugliest on their beach. The waves were huge and Ginny was constantly getting knocked down and rolled around. They had beautiful accommodations and just seeing the flowers and ocean views was exceptional. Ginny thinks that we need a race there!



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

OCTOBER

- 4 – Linda Latham, Cheryl Deitch
- 5 – Darlene McCarty
- 12 – Chris Lutz
- 23 – Jean Zorko
- 28 – Lynn Fritz

NOVEMBER

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

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 have been praying for Debbie Pittak, Tara Reynolds, Mary Hlavac, Trish Chapman, Gina Fortunato, Kathleen Messner, Madie Griffith, and Carol Carlton. As prayer warriors we have been busy. Thank you all for praying for members who need extra support.

Remember we are all just walking each other home!

~ submitted by Deb M

MORE PRAYERS: My granddaughter, Lydia Joanne was still born 4 years ago. My daughter and her husband, Heather and Justin, started the Ohio chapter of Star Legacy Foundation for awareness of stillbirth. The main fundraiser, Lydie’s Loop, was Sept 22. I will gladly answer any questions or you can go to Lydiesloop.org for more information.

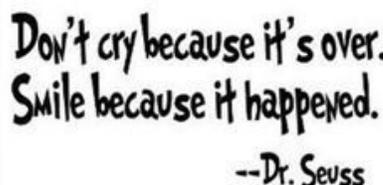
Please keep the family in your thoughts and prayers for the safe arrival of another rainbow baby next month! *~ submitted by Joanne*

DRAGON MESSAGES:

Message from our President:

Note that the General Meeting for Saturday, October 6th has been cancelled.

As a season comes to an end:



DRAGON MESSAGES:

Message from our President: (continued)

Dragon Boating on Ice!

~ submitted by Amy



Message from our President-Elect:

Upcoming Elections:

It is time for elections again! An Election Process sheet and an Open Board and Committee Chair sheet should have been sent to you in a recent e-mail. The Election Process sheet has the instructions and dates for nominations and voting, and the Open Board and Committee Chair sheet will give you a list of duties for each open position for the 2019-2020 term.

There have been a few changes this year in our Committees: the prior Fundraising Committee is now called the Gala Committee (this was done for clarity because there are other fundraising functions like the Festival and MarketPlace for which the committee is not in charge), the Website Committee has been split into two branches, the Website Committee (position up for election next year) and the Social Media Committee (position up for election this year). We have added two additional committees this year due to our changing needs - a new Boathouse Committee that will be in charge of keeping our beautiful boathouse organized, and a new Non-Paddler Committee that will schedule some activities to keep non-paddlers engaged with the team.

Anyone that would like to nominate herself or someone else (get her permission first!) for a position must do so by October 7th, 2018. Please do not tell the Nominating Committee at practice; we don't want to forget anyone. So please e-mail us, text us, or put it in writing. Don't be shy; try something new. If you feel you would like to volunteer to help our wonderful team - let us know!

Thanks,

The Nominating Committee (Erica Whitmer, Toby Bothel, and Denise McCamish)

Message from Team Ops:

Paddle to Breakfast: We will be paddling to the Upper Deck for breakfast on Saturday, 9/29. We will leave promptly at 8:30am, to arrive at 9:00am. We will be gone approximately 2 ½ hours. If you can't paddle and want to meet us there, please arrive at the Upper Deck at 9:00am. They are doing this for the team, so please don't invite family or friends as they aren't opening to the public for breakfast until October 6th. This was a lot of fun last year; hope to see you there!

DRAGON MESSAGES:

Message from Team Ops: (continued)

Boats out: Our last paddle will be October 13th and we will paddle a couple times around Rex Lake, then to the main docks where we will help Gregg Walton and his Craftsmen Park staff take them out of the water. Then we will be cleaning them! Please bring buckets, sponges, and rags for cleaning the boats. If you have a power washer, bring that also as it makes things go a lot quicker. We will take out the baby boat and the pink and black boat first to clean. Once the bigger boat is completed we will help get the pink and white boat out to clean. Gregg will stack them, and we will assist with putting the tarp on them for storage at Rex Lake. We will also assign team members to clean the boathouse at the same time the boats are being cleaned; those members will be informed later. Please try to be there on our last day to participate, to be included in the last paddle and picture with the boats for the 2018 season.

Team Winter Workout at PLX Fit Club: More information will be coming soon.

~ submitted by Barb F and Juanita

Message from Marketing/Public Relations:

October 7th - Making Strides of Akron:

It's not too late to register for our Dragon Dream Team Walk Team in the Making Strides of Akron Walk. This year, the American Cancer Society is teaming with Avon to sponsor the 5K (3.1 mile) Fundraising Walk. The walk will take place on Sunday, October 7, 2018 and will be held at Lock 3 in Akron (200 South Main Street, Akron, OH 44308). Registration opens at 9am and the walk begins at 10am. This year our team will be the Event "Check-In" Sponsor and we will create a paddle arch to congratulate walkers at the end of the route. Please meet at Lock 3 at 8am on Sunday morning so that we can set up and staff our DDT information table. **Please wear your race shirt.** We will bring team paddles for the paddle arch.

You can sign up for DDT's Walk Team at this link: <http://main.acsevents.org/goto/DDT>. You can also donate toward our team's goal of \$1500. We have already raised \$1200.

For more information, or if you have trouble joining the walk team on-line, please contact Toby Bothel at ketchyalatermom@yahoo.com or Carolyn Bernstorf at cwbernstorf@hotmail.com.

~ submitted by Toby

Message from our Outreach Chair:

Boatloads of Hope

I want to share another thank you note we recently received from a recipient of one of our pashminas:

Dear Dragon Boat Team,

Thank you for the beautiful pink shawl. I really appreciated it and wear it with pride.

Thank you,

Barb M

P.S. Everything is going good.

~ submitted by Judy A



DRAGON MESSAGES: (continued)

Message from our New Members Chair:

We are still paddling on the lakes and until recently have been enjoying great weather. Here is a picture of some of our newest and most enthusiastic paddling members: Jill Schieve, Melissa Samulak, Monica Siko, Nancy Peteya, Deann Viebranz, Cheryl Deitch, Davida Pantuso, Claudia Perge, Christine Nine, Brenda Ptak, Ginger Yoder, Sarah Butler, Maria Avila, Kathleen Messner, Christine Krieger and Jen May.

Thank you all!

~ submitted by Susan C-H



NEW MEMBER FORUM:

On September 15th we had our first New Member Forum. This was an “information” meeting, and the members that joined the team in 2017 and 2018 were invited to attend. As you know, we had an unusually large number of members join our team during these last couple seasons. It was necessary to ensure they understood the details of some things that are coming up on our schedule, such as: the elections, how races are voted on, what the Gala is, and Florida camp. Also, some general information such as what the duties are of the Board Officers and the Committee Chairs (the same information presented at our Retreat in February), our DDT history (again the same as presented at the Retreat), how we voted on a competitive team, and details of our practice expectations and race criteria. We also took some pictures of the baby boat with some members that were taught how to paddle in it. We will use one of those in a thank you card to Welty (they donated towards our baby boat). Davida's husband works for Welty so he will be able to give a hint at how we are outgrowing the baby boat and sure would love another bigger one. ;) ~ submitted by Erica



FUN TIMES PRE-RACE WHEELING:

Some DDT members met at Brenda's house to get henna tattoos of dragons before the recent Wheeling, WV race. It was a great time with wonderful camaraderie!

~ submitted by Brenda



WHEELING, WV FESTIVAL: Our final race of the season was in Wheeling, WV. We raced against mixed teams and against the current of the Ohio River. Team Dream came in first in the Club Division. It was hard to see our fantastic race season come to an end. What wonderful memories we have! Thanks to all our friends and family that have supported us!

A few photos from the Wheeling WV Festival: August 25, 2018



The beautiful Ohio River



Team Fun



Henna tattoos



Team Dream preparing to start

WHEELING, WV FESTIVAL: (continued)
A few photos from the Wheeling WV Festival: August 25, 2018



Team Dream



Team Hope



Team Hope



Paddle Arch



Teams Dream and Hope



First place: Club Division

MARKETPLACE – SATURDAY, OCTOBER 20th, 10 A.M -3 P.M.:

- **Craft and Vendor MarketPlace:**

MarketPlace is coming up quickly. Thanks to those of you who have volunteered to help! If you haven't yet volunteered, you can do so in the boathouse. Please be prepared to bring a baked good for the bake sale. We will have a short meeting early October after practice about more specific information. If you have any questions before this meeting, please contact the following:

Barb Fox – Vendor Contact, Friday Set-up

Juanita Chapman/Toby Bothel/Lynn Fritz – Vendor Contact, Welcome, Saturday event contacts

Marilyn Purdy – Bake Sale, Gardner Pies

Patti Russo – Lunch Café

Dawn Wagner – Chinese Auction, 50/50 raffle

Toby Bothel – Public Relations

For the members who won't be here for the MarketPlace, on 10/19 or 10/20, please see Patti to see where you can help get food/drink donations or make food for the café before the event. If you know of other vendors that would like to join our fun day, please share the information that is in the boathouse or let Barb know and she will contact them. ~ *submitted by Barb F*

- **MarketPlace Bake Sale:**

To all Dragon Bakers...

Last year the DDT made a very nice profit from our sales of baked goods at the MarketPlace Bake Sale. This year's MarketPlace is Saturday, Oct. 20th. Please help out by planning to bake for our bake sale. We are requesting **one sort of home-baked item from each member**, whether it be brownies, breads, cookies, candies, cakes, cupcakes or pastries. **Please do not bake pies.** Gardner Pies has agreed to donate 50 pies at their cost, so we'll have plenty!

To clarify for the new members, if you plan to bake brownies, there is no need for you to make homemade candy too. We are asking that all items be **homemade, not purchased at the store.** The amount you bake is totally up to you. You will want to package your items in sizes that are ready to go for purchase. The only exception to this would be some of the cookies that will be sold at our lunch counter, in individual amounts.

Please label your baked goods so that we know what we're selling. You can bring your baked items the morning of MarketPlace, at the beginning of the shift you're working, or the evening before during setup. If you're unable to drop off at any of these times, and still wish to donate baked goods, please call me at 330-571-4955, and we'll work something out. Thanks...and happy baking! ~ *submitted by Marilyn*

ACME RECEIPTS: (repeated from last month)

Start saving Acme receipts dated August 9th – December 29th. The team can earn 5% of eligible Cash Back rewards. There is a box in the boathouse for members to drop off receipts.

Questions? See Joanne Johnston or Barb Fox. ~ *submitted by Barb F*

COACHES' CORNER: Technique

When I used to play golf, a friend once asked me if my golf stroke felt “good.” When I replied that it did, he replied, “Then it’s bad.” That seemed contradictory, but he was referring to the human body’s tendency to slide into “the path of least resistance.” In other words, we find ways to make things easier, but not necessarily right.

Over the course of this last season, stroke degradation has become an issue. With races approaching, it can be impractical or imprudent to make significant changes. Correcting individual stroke issues wastes everyone’s time during team practices. Athletes must look within themselves.

Elite athletes are constantly working on technique. Corey Kluber (Go Tribe!) reviews video to check and adjust his technique between pitching starts. Tiger Woods has a full time coach advising him about his golf stroke. While we may not have their budget, we can each pay attention to and adjust the major aspects of our own stroke. ~ *submitted by Coach Allen*



“The harder you work for something, the greater you’ll feel when you achieve it.”

~ paddlechica.com

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.