



# DRAGON TALES

Monthly Newsletter of the Dragon Dream Team

JANUARY 2019

## **UPCOMING EVENTS AT A GLANCE:**

Tuesday, January 8

Wednesday, January 9, 16, 23...

Tuesday, February 5

Saturday, February 16

Saturday, February 23

*\*further details provided in this newsletter*

Board Meeting – Upper Deck

Team Workouts at PLX Fit Club – 6:00 pm each Wednesday\*

Board/Committee Meeting – Upper Deck

Winter Retreat – Additional information forthcoming

Deadline to submit 2019 team dues\*

Polar Bear Jump – Portage Lakes State Park Beach\*

## **GOOD NEWS:**

Sequoia Fitness and Wellness Center (4211 State Route 44 Rootstown, Ohio 44272) has offered the Dragon Dream Team one free day pass to the facility for each member of the team. How exciting!!! Depending on the board's decision, this could be an additional work out facility for the winter months. Email me for any interest or questions. Thank you! Judy Gibson "Gibby"

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



### **JANUARY**

7 – Barb Fox  
8 – Patti Russo  
27 – Tara Reynolds

### **FEBRUARY**

1 – Sue Stevenson  
2 – Judy Gibson  
5 – Erica Whitmer  
6 – Kathleen Messner  
10 – Nancy Peteya  
10 – Karen Vandervaart  
13 – Carol Carlton  
14 – Susan Colville-Hall  
17 – Dawn Wagner  
25 – Judi Cole

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

 News from the Sunshine Committee:

Much thanks to so many of you who have been providing meals and sending cards. Your help means a lot. We have been praying for Monica Siko, Kim Macaluso, Chris Lutz, Ginny Bache, Juanita Chapman, Madie Griffith, Jill Schieve, and Melissa Samulak this month. We continue to pray for Tara Reynolds, Debbie Pittak, Mary Hlavac, Deann Viebranz, and Christine Petro. Thanks again for all that you do! *“Remember we are all just walking each other home” - Ram Dass ~ submitted by Deb*

**DRAGON MESSAGES:**

Reflections from our 2018 President:

This poem, by Rudyard Kipling, was sent out by Jim Farintosh (FL camp) as a reflection in dragon boating.

***(‘Brother Square-Toes’—Rewards and Fairies)***

If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don’t deal in lies,  
Or being hated, don’t give way to hating,  
And yet don’t look too good, nor talk too wise:  
If you can dream—and not make dreams your master;  
If you can think—and not make thoughts your aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you’ve spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build ’em up with worn-out tools:  
If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: ‘Hold on!’  
If you can talk with crowds and keep your virtue,  
Or walk with Kings—nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds’ worth of distance run,  
Yours is the Earth and everything that’s in it,  
And—which is more—you’ll be a Man, my son!

OR strong WOMEN, glad to help lead you for a year



Amy

**DRAGON MESSAGES continued:**

**Message from our 2019 President:**

Dear Team – First of all I want to say “Wow!” this has been quite a year! Our calendars are always full, and you add an international race in the mix and all the fundraisers and preparations that went along with that, we seemed to live and breathe Dragon Dream Team. The Board especially had some very busy times coordinating and making sure things ran smoothly, but under Amy’s leadership we pulled it off.

Now we are starting a new year and already the calendar is filling up, I hope that I am as organized and capable as the past Presidents have been. We have a lot to do, and if we all work and cooperate together (unlike our government right now) we can accomplish anything! I like having this time of year off from DDT to get family and holidays things done, but I sure miss seeing all of you! Merry Christmas and Happy New Year!

Erica

**Messages from Team Operations:** Weekly team workouts at the new addition to PLX Fit Club, “Studio Above” - 3681 Manchester Rd, Akron, OH, 44319 start **Wednesday, January 9<sup>th</sup> at 6:00PM - 7:00PM** and will continue every Wednesday till April. Team pays \$5 per week per member. We are looking forward to seeing all of you! Merry Christmas and Happy New Year!

*~ submitted by Barb F. and Juanita*



**Message from the Gala Committee:**

As the year closes out and the New Year begins, January brings great sales!!! A great time to pick up items for the Dragon Dream Team gala!! As we enter into the New Year, we are only 4 months from our large fundraiser, the Dragon Dream Team annual gala, on April 6, 2019. As you are shopping, please consider checking out the sale items (non-holiday) and begin to gather any items you'd like to donate! Specifically look for items that would make a great basket (think of a theme and buy items around that theme) for our silent auction, or gem items, or wine!

*~ submitted by Gina*

**Treasurer’s Note\$:**

**2019 Annual Dues:** (repeated from last month): Annual dues for 2019 are \$75.00, payable to Dragon Dream Team (team name must be written out, do not write DDT per bank rules). The deadline for payment is our Winter Retreat on February 16, 2019. Dues may be submitted at the Winter Retreat or prior to the Winter Retreat to treasurer Kristen Evans, 1126 E. University, Wooster, OH 44691.

## UPCOMING EVENTS:



### **Polar Bear Jump**

Mark your calendars for February 23rd, 2019. This is the date for the Portage Lakes Polar Bear Jump at Portage Lakes State Park. For the past few years, members of the Dragon Dream Team have helped at the event, by guiding jumpers into the appropriate warming tents after they have jumped. In early January, we will ask for sign-ups to help with the event. For any questions, please contact Toby at [ketchyalatermom@yahoo.com](mailto:ketchyalatermom@yahoo.com) ~ submitted by Toby

### **Space Coast Dragon Boat Camp - Reminder for Paddlers Staying at the Crowne Plaza**

For all paddlers who are staying at Crowne Plaza this is a reminder to turn in your third room deposit to Toby by January 4<sup>th</sup>. You can drop it off at Toby's home or put it in the mail to:

Toby Bothel  
387 Florian Drive  
New Franklin, OH 44319

### **Space Coast Dragon Boat Camp - Equipment**

Anyone thinking of driving to our training camp in Melbourne? If so, would you consider taking the paddles with you? Airlines are charging ridiculous fees for baggage. I know I can't manage with just a carry on. Please contact Trish Chapman at (330) 289-8565 ~ submitted by Trish



**ACME Receipts:** (last call): Please continue to collect ACME receipts for the Community CASH BACK fundraiser; we can earn up to 5% back from eligible purchases. This runs **August 10 to December 31** and must be turned in by January 10 to Joanne Johnston or Barb Fox. You may also bring your receipts to the PLX workout on January 9 or mail them to Joanne at 1083 Rolling Meadow Rd., Akron OH 44333 or Barb Fox at 4742 Bassett, Atwater, Ohio 44201.

**GETTING TO KNOW OUR MEMBERS:** *Each month we will highlight different DDT members; we will begin this year introducing the DDT 2019 Board Members.*

*Erica Whitmer, President and Archive/Photography Committee Chair, has previously been on the Board, been a committee head, and was on the Festival Committee for 2 years. She works at FirstEnergy Corp as a Compliance Specialist at the Corporate Offices in downtown Akron. Erica lives in Kent with her 5 darling cats that keep her sane. Her hobbies are crafting, painting, traveling, photography and of course dragon boating. She has been with the team since the first meeting over 10 years ago and is very thankful she got that invitation!*

### **GETTING TO KNOW OUR MEMBERS continued:**

*Pam Spencer*, President-Elect, has been a Dragon Dream Team member since 2016. Pam is retired from the Ohio Department of Transportation where she worked in the construction department for over 30 years. Pam is married to Wayne and they enjoy traveling when possible.

*Barb Fox*, Team Operations, is starting her sixth year in this role. She is one of six original Dragon Dream Team members that assisted Dr. Doug Wagner with unloading the first dragon boat at Rex Lake. She is a Sr. Manager in Project Management at GOJO Industries, Inc. at the corporate office and has worked there for thirteen years. Barb and her husband Terry live in Randolph. Barb enjoys making plans for the team and assisting in the team's success!

*Juanita Chapman*, Team Operations, has been a Respiratory Therapist at Aultman hospital for 40 years. In addition to working part time there she is also an on call coordinator for Home Instead Senior Care in North Canton. She loves spending time with her grandchildren, being outside, gardening, walking, kayaking and most especially dragon boating. She has a passion for animal rescue and consequently has three dogs and a guinea pig at home. She and her husband Mark have 5 children and 3 grandchildren between them. Life is good!

*Kristin Evans*, Treasurer, has been a member of the Dragon Dream Team since 2016. Kristen is a compliance and licensing specialist and enjoys gardening and spending time with her two dogs, Penny and Harry in her spare time.

*Toby Bothel*, Marketing & Public Relations, grew up in Marblehead, Massachusetts where she was an avid sailor. Toby moved to Ohio in December of 2014 and the following year she and her husband, Bob, purchased a home on the Portage Lakes, where she enjoys kayaking and, of course, paddling with the Dragon Dream Team. After a 35-year career as a civilian ocean engineer for the U.S. Navy, Toby has started a second career here in Ohio as a STEM (Science, Technology, Engineering, and Mathematics) consultant for K-12 schools across the country.

*Lynn Fritz*, Corresponding Secretary, serving 13 years in the same position, I get to identify members more easily as I have typed all their info into the roster ...etc. to keep everyone informed! My favorite things to do are visiting my grandson, Kaz, in SC, kayaking, gardening and of course dragon boating!

*Kathleen Messner*, Recording Secretary, is a two-time breast cancer survivor who grew up and lives in Norton, but has lived in many towns in Ohio and Florida. Kathleen is married to Tom for 43+ years and have five kids and three granddaughters. She is an active member in her church and volunteers at Hospice and Stan Hywet Hall and Gardens.

### **THANK YOU FROM JUANITA AND GINNY:**

I want to thank you all for the messages, cards, calls and prayers from my dragon sisters. Surgery went well and things are progressing in the right direction. It meant so much to know you were all thinking of me. Love you all! ~ Juanita

I just want to say thanks and how much I appreciated everyone's prayers and good wishes for my recovery. I am doing well and only have a few more weeks of driving and lifting restrictions. Back to normal in the new year. Thank you! ~ Ginny Bache

### **COACHES' CORNER:**

#### **The Musings of a Bored Dragon Boat Coach**

(with apologies to Clement Clark Moore)

With days before Christmas, Coach is in withdrawal.  
No **chicken wing** call-outs, no **choo-choos** at all.  
The **bench drills** are over, **gear 10** for now isn't.  
And yelling "**Hold Water**" means something different.

Saint Nick never calls out, "**Hips to the rail!**"  
Or yells, "**Paddles Up!**" or helps you all bail.  
What if Comet and Cupid as **stroke pair** did sit?  
Would Rudolph and Donner help **Finish It?**

And just cause a sleigh can take off like a rocket,  
Can reindeer make strokes that go **Pocket-to-pocket?**  
Can they **rotate** and **lean** and keep a **straight back?**  
And how's that sled **plane** with those toys in the back?

No, there's no need to worry, everything's safe.  
Our paddles are stowed, the boats' covers in place.  
You're all a great crew, your attitudes bright!  
As Christmas approaches, **PADDLES UP** and good night.  
~written by Coach Allen

#### **Have information and photos to share?**

**Send to Monica Siko ([msiko42@gmail.com](mailto:msiko42@gmail.com)) by the 20<sup>th</sup> 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.