

FEBRUARY 2019

DRAGON TALES

THE MONTHLY NEWSLETTER OF THE DRAGON DREAM TEAM



IMPORTANT DATES

Tuesday, February 5, 2019
Board/Committee Meeting
6:00 PM at Pick's Restaurant

Wednesdays in February
Team Workouts
6:00 PM at PLX Fit Club

Saturday, February 16, 2019
Winter Retreat
8:00 AM at Akron General
Medical Center - Green

Saturday, February 23, 2019
Polar Bear Jump
1:00 PM at PLX State Park

Tuesday, March 5, 2019
Board Meeting
6:00 PM at Pick's Restaurant

FEBRUARY/MARCH BIRTHDAYS

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

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

MARCH

8 – Michelle Lang-Schock
10 – Johnna Hanood
14 – Jill Schieve
23 – Peggy Woodruff
27 – Katie Byard
28 – Juanita Chapman



PRAYERS

*if a DDT member is in need of prayers or support, please contact **Deb Merrow**, Sunshine Chair*

News from the Sunshine Committee

Our thoughts and prayers have been for Tara Reynolds, Mary Hlavic, Deb Pittak, Deann Viebranz and Christine Petro. They have said thank you all for the support you have shown. We are a great team!!! ~ submitted by Deb

UPCOMING EVENTS

ANNUAL RETREAT

Save the date - we will be holding our annual Retreat on **Saturday February 16** at the Akron General Health and Wellness Center in Green. It is the same place as the last couple years, it is a very nice place, thank you Gina for getting us a room again this year. The address is 1940 Town Park Blvd, Uniontown. It is really in Green but shows a Uniontown address online so I think that you will need to use Uniontown in your GPS.

We will set up at 8AM, and social/breakfast time will begin at 8:30AM - breakfast will be provided by the team - the meeting will start at 9AM and we will finish up around 1PM, and we will need everyone to help clean up afterwards. There will be much team information presented, and we will be voting on races, you will want to come! So save the date and there will be more information sent about the Retreat later. See you soon! ~ submitted by Erica

POLAR BEAR JUMP

Once again, this year, we would like to have members of the Dragon Team support the Portage Lakes Polar Bear Jump. We volunteer at the warming tents, making sure that the jumpers enter the correct tent after they have jumped. The Polar Bear Jumpers usually reciprocate by entering a team in our Festival.

Date: Saturday, February 23, 2019

Where: The beach at Portage Lakes State Park (where we have our Festival)

Time: Please arrive at 1pm. The jump will take place between 2-3:30pm.

Where will the money go this year? Akron Food Bank

How many DDT volunteers are needed? about 12

What should I wear? WARM clothes, waterproof boots, heavy socks, hat

If you are helping on Saturday, you will also need to sign up for the volunteer team on:

<http://www.portagelakespolarbearclub.com>

Choose the "chicken" option if you are not jumping. You can still raise money and choose "free t-shirt" option (add your size). All volunteers must register online because of the need for a waiver.



Polar Bear Jump - Packet Stuffing

Date: Wednesday, February 20, 2019

Where: The Akron Food Bank, 350 Opportunity Parkway, Akron, OH 44307-2234

Time: 5:30-7pm (includes dinner)

How many DDT volunteers are needed? 2

Please let Toby Bothel know if you can help at either event!

Thank you!! ~ submitted by Toby

DRAGON MESSAGES

Treasurer's Note

2019 Annual Dues: Annual dues for 2019 are \$75 and are due on or before the Winter Retreat on February 16, 2019. You may pay at the retreat or either of the following 2 methods:

1. Electronically via, Zelle app – enter phone #419-651-3746 (see additional instructions below), or
2. Check made payable to Dragon Dream Team
Mail to: Kristen Evans
1126 E. University St.
Wooster, OH 44691



To Access Zelle (Zellepay.com): If your bank is a partner, it will be on your mobile banking app. Download the app to your mobile device or tablet via the App Store or Google Play.

If you do not have a smart phone, you may be able to use Zelle online if you use online banking and your bank is a Zelle partner.

There are no fees to use Zelle. I receive a notification via email or text from Zelle when the money is sent. Please make sure to put 2019 dues in the memo field when sending. Thank you! ~ submitted by Kristin

Message from Team Operations

Reminder, please join us at PLX on Wednesday's at 6:00 PM. They have dedicated a room to the Dragon Dream Team. We have had 17 to 20 people at each of the classes so far. We look forward to seeing everybody. Please remember, if you can't join us, keep your fitness levels up and work hard over the winter months.

Please watch your email the week of February 16th as we will be sending out a pre-read of the race options. There will be one bus trip, of course our race in July and potentially three car trips, for a possible total of five races in 2019. If everything works out, we will do one race a month starting in May and ending in September. Keep a look out for the pre-read! ~ submitted by Barb and Juanita

Message from the Gala Committee

The 2019 DDT "Breast of Friends" gala planning is underway! Please mark your calendar for **Saturday, April 6th**. The Gala will be held at Guy's Party Center in Akron. Tickets will be \$65 for guests and team members. Tickets include a fabulous meal, open bar, and a chance to bid on many, many wonderful baskets, live auction items and 50/50. We will be starting to gather donated items at the staging area (1584 Creighton Road, Akron, OH) on Tuesday and Thursdays from 9am-11am. Evening hours and Saturdays will be added at a later date.

Message from the Gala Committee continued

You can also bring any donations to the DDT Retreat in February. If you did not pick up donation and sponsorship forms at the gala meeting, we will have them available at the retreat. In addition, gala invitations will be available at the retreat for your friends and family. ~ submitted by Gina

GOOD NEWS

The photos show the progress on the pink chair taking place at Portage Lakes Career Center. Dale keeps me updated with photos regularly. I think everyone will be pleasantly surprised when they see the finished chair! ~ submitted by Dorothy



DRAGON DELIGHTS

On March 10th I'm shaving my head for childhood cancer research! This St. Baldrick's Foundation event was started in 2003 by my sister and myself in memory of my niece Abbey Foltz. She died from a pediatric cancer at the age of 19. This will be our 17th year and the fourth time I'm shaving my head in memory of Abbey.

People raise funds by shaving their heads showing solidarity with the children going through chemo. The event is family friendly and we have many school age children participating by shaving their heads as well as many volunteers to help organize and run the event that day. It's held at the North Canton Racquet Club from 12 to 5. We consider our event "children helping children", since there's so many school-age children shaving in the past few years.

I can provide more information about the event if anyone would be interested.
Thanks - Sue Stevenson

DRAGON DELIGHTS

I am a ski instructor at Boston Mills It would be fun to have a group go out together! Let me know! Wednesday evenings are good!

Text me [330.603.0930](tel:330.603.0930)
or jpack5@hotmail.com

~ submitted by Johanna



Johanna and Susan on the slopes at Boston Mills



Toby Bothel and her husband are in Costa Rica, visiting Toby's daughter and her family. They are exploring the Southern Pacific part of the country, using Uvita as their home base. They are NOT missing the cold Ohio weather!
~ submitted by Toby



DRAGON DELIGHTS

I wrote this poem just as Gayle Workman finished her last treatment ending a very tough period in her life. I wrote this poem just as we were hosting the 2016 Dragons on the Lake Festival and paddling with all our new Dragon Dream Team sisters with the idea of a welcome to all breast cancer survivors. I request a reprint for Melissa Samulak and other new members who are dealing with their treatment or just recently finished. ~ submitted by Susan C-H

Hope

To all of you, survivors of this insidious disease that threatens to take away our self-assurance, our glory, our joy

To each and every one of you, survivors of that surgery that alters the way we look and changes the way we feel

To you our special Breast of Friend, survivor of Chemo - that cocktail of chemicals that depletes our energy and our enthusiasm to get up and go

We welcome you all, survivors of those many delayed treatments, those moments of doubt, those eternally long-waits with prognoses we don't want to hear

On Rex Lake, in the Portage Lakes, we paddle for hope, hope that brings good health and better relationships

We paddle for hope, hope that brings people with high potential together and great company to build a solid Hope Chest with Boatloads of Hope

We paddle for life, life after breast cancer that gives strength to a community of sisters and camaraderie among team members

We are women of many faiths, many ages and many professions

But,

We have ONE heart and we are ONE team as we paddle as ONE for HOPE for all!

by Susan Colville-Hall
The Dragon Dream Team



Sunset behind boathouse – December 2018

COACHES' CORNER

Happy New Year! I'm hoping that among your resolutions, you've included a reaffirmation of your commitment to dragon boating. If you're planning to go to Florida for training camp, you should already be well into your training program. If you're not, it's widely believed that it takes at least 8 weeks for muscle gains to be established from a training program. To do that, you need to workout at least 3 times per week. Your program should emphasize core and upper body strength, as well as an aerobic component. Eight weeks! That sounds like April and Florida! And then we'll be back on Rex Lake! ~ submitted by Coach Allen



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Have information and photos to share?

Send to Monica Siko (msiko42@gmail.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.