

MARCH 2019

DRAGON TALES

THE MONTHLY NEWSLETTER OF THE DRAGON DREAM TEAM



IMPORTANT DATES

Tuesday, March 5, 2019

Board Meeting
6:00 PM at Pick's Restaurant

Wednesdays in March

Team Workouts
6:00 PM at PLX Fit Club

Saturday, March 23, 2019

General Membership Meeting
Craftsman Park Dining Hall

Tuesday, April 2, 2019

Board/Committee Meeting
6:00 PM at Craftsman Dining Hall

Gala Setup

Time and date TBD
Guy's Party Center

Saturday, April 6, 2019

Breast of Friends Gala

Sun.-Sat., April 7-13

Space Coast Dragon Boat Camp
Indian Harbour, FL

Saturday, April 20, 2019

BOATS IN THE WATER!

MARCH & APRIL BIRTHDAYS

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

MARCH

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

APRIL

13 – Lee Runkle
18 – Rhonda Klein
24 – Pam Friend
24 – Davida Pantuso
28 – Pat Donnelly



PRAYERS

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

News from the Sunshine Committee

Thank you for praying for Kristen Evans, Toby Bothel, Marilyn Purdy, Madie Griffith, and Katie Byard this month. Also, thank you for keeping Debbie Pittak, Tara Reynolds, Mary Hlavac, Deann Viebranz, and Christine Petro in your thoughts and prayers. You are all amazing and your thoughts and prayers make a great team even stronger. Thank you! ~ submitted by Deb M.

DRAGON MESSAGES

Message from Team Operations

Mark your calendars...the races for 2019 have been decided at the recent retreat:

June 8th & 9th - Ontario, Canada

July 20th our Festival

August 10th - Lake Chautauqua, NY

September 28th - Indianapolis, Indiana

We will be putting the boats in the water on April 20th (hopefully won't be snowing)! Practice will start the following week on April 22nd.

We are working on scheduling a Training Camp in May with award winning Worlds coach and Bow-Wave Space Coast Camp Leader Jim Farintosh. More to come!

Please mark your calendars as we will be scheduling ERGs for scores to assist in race determination at the Boat House on April 15th from 5:30 pm to 7:30 pm and after we take the boats out on April 20th. We will be scheduling six people every 20 minutes on both left and right sides for a total of 36 people and then on Saturday for one hour with six people for the same 20 minutes process. More details on the scheduling of the time slots to come. ~ submitted by Barb and Juanita

Message from Gala Committee

Invitations for gala tickets are available at the rectory. Tickets are \$65.00 a person. We are accepting baskets, gems, and live auction items through March 21st. Items can be dropped off at the rectory Tuesday/Thursday from 9:00 am – 11:00 am and Thursday evenings from 5:30 pm – 7:30 pm and select Saturdays. ~ submitted by Gina

Message from Social Media Committee

As a reminder for those on Facebook, please consider inviting friends and family to like our page. Please like and share our events so we can reach as many people as possible!

Thank you! ~ submitted by Jen

Message from Archival/Photography Committee

The Archivist/Photography committee is going to create a scrapbook of our trip/experiences. We have plenty of photos. What we would like from you are your favorite memories, funny stories etc. about the race and the different places that you/we visited. Please write some down and email to Linda @ tms1962@yahoo.com ~ submitted by Linda

Message from Marketing/Public Relations

Thanks to everyone who helped with the Polar Bear Jump - both stuffing packets and on the jump day. It is a great opportunity to give back to the community and to an organization who helps with our festival each summer.

~ submitted by Toby



GETTING TO KNOW OUR MEMBERS

This month we introduce the 2019 Committee Chairs

Judy Akins, Outreach Chair, has lived most of her life in Portage Lakes. She attended the University of Akron where she earned a BSN and an MSN. For most of her career she was an administrator in home health care. She is now happily retired and spends her time with her three children and four grandchildren as well as serves as a volunteer at the Akron Zoo. If she is not busy with those things you will find her on a golf course or in a boat!

Trish Chapman, Equipment Chair, currently lives in Springfield Township with her husband John and son John Patrick. In her spare time she is crocheting afghans, hats and scarves. She has also joined a quilting group that donates crib quilts to children's hospital (The Linus Project). This team has made such positive changes to her life. She thanks the team for the opportunity to become a committee chair and is looking forward to her new responsibilities caring for the team's equipment.

Susan Colville-Hall, New Members Chair, grew up in Mt. Vernon, Ohio, and graduated from The Ohio State University (three times). She became a Dragon Dream Team member in August 2013 when she retired after a long career in teaching (18 years in secondary, 27 at the university level). It took a long time to "earn her dragon wings" but she was happy to learn how to paddle a dragon boat, in part due to Space Coast Training Camp. She loves to travel and bike with her husband, Steve Hall. Movies, theater and good books are also her passion. She is a member of the Rotary Club of Akron, is District Trainer for Rotary District 6630 and serves on the board of Global Ties-Akron.

Pat Donnelly, Gala Co-Chair, is originally from Massachusetts. She has been married to Jerry for almost 28 years. She has two adult children, four grandchildren, a great-grandson, Crosby, and a great-granddaughter, Grace. She feels very blessed. Pat retired as a teacher of special needs children and is now involved with a number of volunteer organizations. She enjoys walking and hiking, taking French lessons and cooking gourmet dinners.

Dorothy Farkas, Garden Co-Chair, has been a member of the DDT since 2016. She not only immediately fell in love with dragon boating but has also gotten to know so many new people who have become such good friends. Dorothy was born in Barberton in the Portage Lakes area and recalls family visits to Pav's ice cream in the late 50's. She attended Lockwood Grade School, the building that now houses PLX Fit Club. Growing up in a family of eight siblings, she learned from an early age how to be a team player! Dorothy worked for her husband's infectious disease medical practice as billing manager for over 30 years. Her husband passed away from pancreatic cancer in 2012. Dorothy recently downsized from their home in Bath, where their children grew up and which they built in 1992. She now lives in Green, close to her children and just minutes from Craftsman Park. Dorothy has two children, Valerie (a stay at home mom) and Joey (a professor of Genetics and other Sciences) and two grandchildren, Elijah and Evie, both of whom bring much joy and laughter to their Grandma/Mamaw. Hobbies and passions include sewing, gardening, nature, healthy living and family. Dorothy spends winters in Siesta Key-Sarasota Florida, where she paddles with the local team, Survivors in Sync.

Gina Fortunato, Gala Co-Chair, is one of the founding members of the Dragon Dream Team and has held the position of President, Vice President, Festival Co-Chair, and now Gala Co-Chair. In addition to dragon boating Gina enjoys being on the water in her kayak and hanging out with her three horses. Summer is definitely her favorite time of year!

Sandie Fugitt, Social Co-Chair, grew up in Uniontown, Ohio and still lives there. She retired from Bridgestone in 2012 after 45 years of service. Sandie has been married to John for over 47 years. She has two grown children and six adorable grandchildren. She was always a girly-girl and never in her wildest dreams expected to be paddling a dragon boat or exercising as a senior citizen. While she does love being on the water, she was planning on a beach and a good book.

GETTING TO KNOW OUR MEMBERS continued

Judy Gibson, Garden Co-Chair, grew up in Alliance, Ohio. She is married to Rob and resides in Atwater, Ohio with their two children, Parker and Megan, dog Cosmo and chickens. Judy has been an RN, BSN for 21 years and has worked in various positions: hospice, educator, family practice, urgent care and currently dermatology. Her hobbies include biking, reading, gardening, painting, kayaking, yoga and raising pigs. Judy has been volunteering at Center of Hope for two years. She is looking forward to making new friends. Thanks for the invite, Juanita!

Chris Lutz, Social Co-Chair, has been a member of the team since 2007. Chris has served as Fundraising Chair, Team Ops Co-Chair, and presently Social Co-Chair along with Sandie. She is retired from the Summit County Prosecutor's Office. Chris is married and has three children and six grandchildren.

Jen May, Social Media Chair, joined the team late in 2017. Jen has been at The Timken Company for a little over a year now as a Sr. Purchasing Agent in Supply Chain. Jen and husband John celebrated their 20th anniversary in October. They live in Alliance and have a son and two grandsons who they love to spend time with. Jen is an active member in her church and just started her second year serving on the council. In her spare time, she enjoys gardening, swimming, boating, genealogy, travel, and is always up for a good board game!

Debbie Merrow, Sunshine Chair, grew up in Akron, Ohio. She taught Special Education for 30 years in Akron Public Schools. She retired three years ago to spend more time with her husband, three daughters, their spouses, and eight beautiful grandchildren! She also enjoys gardening, canning and dragon boating.

Tara Reynolds, Web Design Chair, although not actively paddling due to a lung cancer diagnosis, she still enjoys staying involved with the Dragon Dream Team. Tara's primary contributions include graphic design and website work. Tara and her husband are getting ready to move from Wadsworth to Canton. They have one daughter who lives in Nashville, TN; one geriatric rat terrier and two cats. In addition to supporting the team, she enjoys reading, writing, knitting, movies, cooking and playing in the dirt with flowers.

Monica Siko, Newsletter Chair, was raised and currently resides in Uniontown, Ohio. This year marks her 24th year of employment at the Summit County Court of Common Pleas working in court administration. Monica is married to David and they have four children together and are looking forward to celebrating two weddings this summer as two of her boys will be married. Brady and Milo, lab mixes complete their family. As soon as Monica put the paddle in the water, she fell in love and added dragon boating to the top of her list of favorite things to do! She also enjoys reading, gardening, and a good cup of coffee.

Deann Viebranz, Boathouse Chair, is a retired middle school math teacher. She enjoys her family, traveling, sporting events, and outdoor activities. Deann joined the Dragon Dream Team in 2017 and was elected to the boathouse committee this year.

Dawn Wagner, Non-Paddler Chair, survivor and member of DDT for 7 years. She is a registered dietitian at Aultman Alliance Community Hospital for 29 years. Dawn is married to Rich and enjoys traveling to visit children in Oregon and Colorado.

DRAGON DELIGHTS



Amy at the Ottawa Ice Dragon Boat Festival

This was my adventure with the composite team I'm on with Dorothy Farkas. JoAnn Moore, the USA southeast representative of IBCPC, gathered us from around the world in her travels. We made it to the finals and came in 6th out of the 50 women's teams. The boat is on big ice skates and the paddle has a horse hoof base that when hit on the ice prongs come out to grab the ice. The stroke is different in that you totally lean out of the boat, start stroke about at hip then driving down you push back to drive forward. I was in front left stroke position. The finals were in the dark with the ice lit up beautifully with blue and purple lights. Wish you all could have been there!
~submitted by Amy

From Chinadaily.com

OTTAWA -- The first World Club Crew Ice Dragon Boat Championships (WCCIC) of International Ice Dragon Boat Federation (IIDBF) was held Saturday in Dows Lake, Ottawa.

Altogether 125 teams are competing during the championships, a main part of the 2019 Ottawa Ice Dragon Boat Festival, against a temperature as low as -16 C in the presence of thousands of people.

The teams are from Britain, Canada, China, Hungary, Ireland, New Zealand, South Korea, Ukraine and the United States.

"It has really become one of the largest and the most appealing winter events in the world," said Chinese Ambassador to Canada Lu Shaye, adding that cultural exchange leads to deep contact between countries and peoples.

The Chinese Embassy in Ottawa has been supporting the serial championships since its inception in 2017.



Amy racing in the first World Club Crew Ice Dragon Boat Championships

MORE DRAGON DELIGHTS!

Lee, Bob, and Oliver finally made it to Florida! Each day feels like a day of vacation and Oliver loves the dog park on the beach. Lee practices on the Banana River (same place camp is held) with Heart and Soul in Melbourne and misses all of us!



Lee and Bob



Lee after practice



Oliver lounging by the pool

DRAGON MESSAGES

Hi there,

Well, it's that time of year again! This is our 17th Annual St. Baldrick's Foundation Event in memory of our niece, Abbey Foltz. We lost Abbey to a childhood cancer at the age of 19 in 2000.

Did you know that worldwide, a child is diagnosed with cancer every two minutes – that's 300,000 kids every year! This is why I'm shaving my head on March 10th at North Canton Racquet Club, to raise money for lifesaving childhood cancer research.

I would be honored if you supported me with a donation to help me exceed my fundraising goal of \$5,000.

Your contribution supports the St. Baldrick's Foundation, the largest non-government funder of childhood cancer research grants. Please visit my personal fundraising page at <https://www.stbaldricks.org/participants/mypage/991016/2019> to make a donation and learn more about St. Baldrick's. Or a check made out to St. Baldrick's Foundation sent to me at 1104 Bevan St., Coventry Township, Ohio 44203

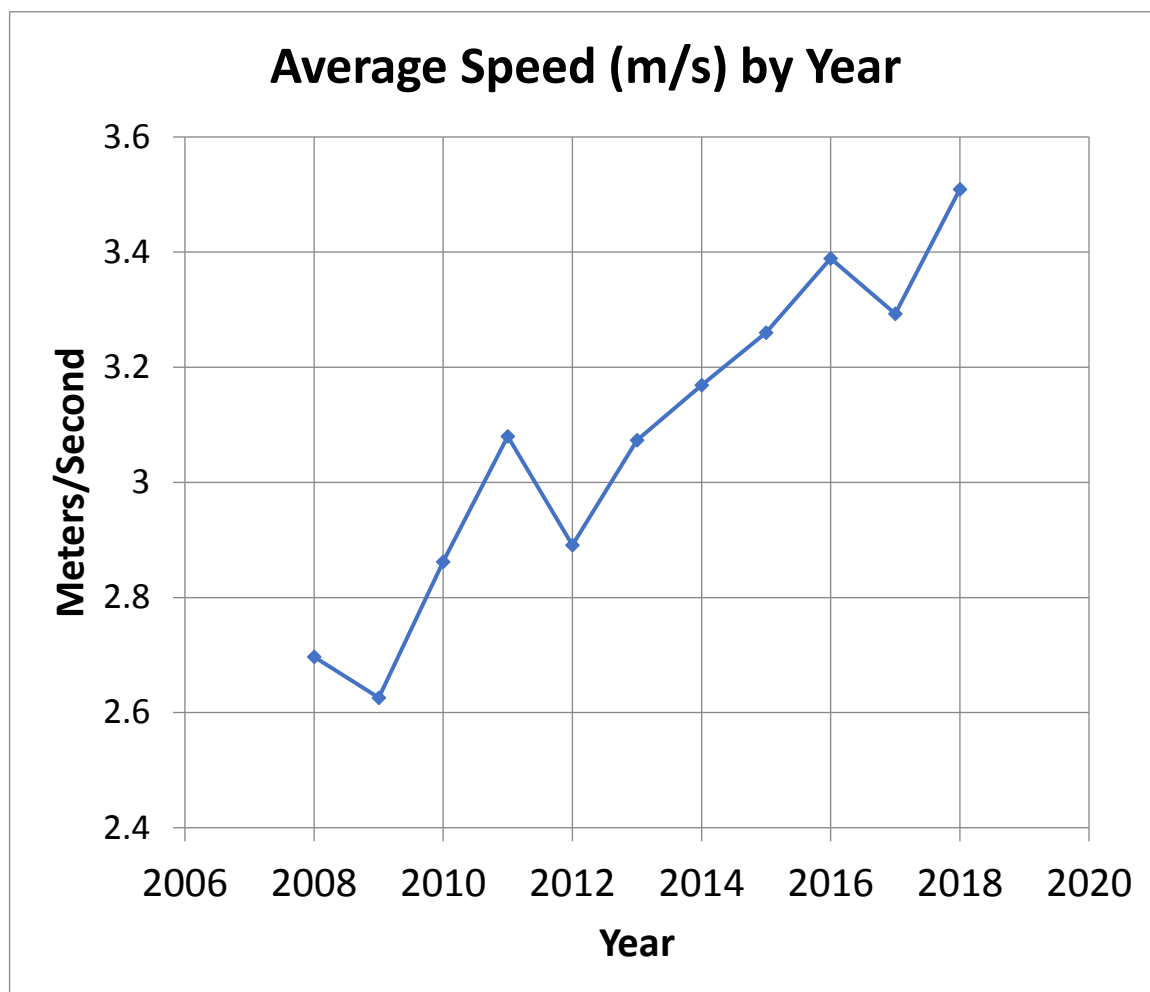
Thank you so much for being a hero to kids with cancer. Together, we will make a difference.
Fondly - Sue S.

THANK YOU

Many thanks to everyone who continues to provide support. I can't tell you how much it means to me and my family to have such a caring group of women ready to lift us up when we need a little help. On or off the water, you are great teammates. Paddles Up for a great season! ~ Tara

COACHES' CORNER

A recent email from Jim Farintosh detailed speeds (m/s) and times for 500-m races based upon those speeds. While you might have found that interesting, we've been doing that for years. After the 2014 IBCPC, in which the winners averaged 3.3 m/s, we recognized that you would need to exceed 3.4 m/s in 2018 in Italy to be competitive. That became the target and you exceeded it (see the graph below).



Dragon Boating is a “nerd-sport”. It’s all about the efficient delivery of power from the boat to the water through the paddle. With good technique and a sound strength-building program, anyone can be a competitive dragon boat paddler. As a team, we’ve shown that we can excel. And that’s because as paddlers, you’ve become exceptional. Now comes the real work. By 2022, I believe that we’ll need to exceed 3.7 m/s. ~ submitted by Coach Allen

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.