

JUNE 2019

DRAGON TALES

THE MONTHLY NEWSLETTER OF THE DRAGON DREAM TEAM



IMPORTANT DATES

Tuesday, June 4, 2019
Board/Committee Meeting
6:00 PM at Craftsman Dining Hall

June 7 – 9, 2019
Fanshawe Dragon Boat Festival
Ontario, Canada

Saturday, June 29, 2019
General Membership Meeting
Craftsman Park Dining Hall
Time TBD

Tuesday, July 2, 2019
Board Meeting
6:00 PM at Craftsman Dining Hall

Friday, July 19, 2019
Dragons on the Lake
Festival Setup Time TBD

Saturday, July 20, 2019
Dragons on the Lake Festival

JUNE & JULY BIRTHDAYS

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

JUNE

8 – Laura Beringer
10 – Jen May
13 – Brenda Ptak
14 – Tommy Cheuy
20 – Mary Hlavac
21 – Holly Ross
22 – Monica Siko
27 – Kristen Evans
28 – Connie Torgersen
29 – Toby Bothel
30 – Deann Viebranz

July

3 – Susan Balmert
Lee Orin
5 – Janeen Nelson
6 – Maria Avila
10 – Connie Delehanty
14 – Marilyn Purdy
25 – Jessica Mader
27 – Chris Krieger
31 – Judy Akins
Ginny Bache
Madie Griffith



PRAYERS

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

👓 News from the Sunshine Committee

We are praying for Kristen Evans, Davida Pantuso, and Monica Siko and her family. As always we keep Tara, Mary, Debbie, Deann, and Chris in our thoughts and prayers. Thank you all for everything you do! Remember we are all just walking each other home. ~ submitted by Deb M.

DRAGON MESSAGES

Message from Team Operations

New Member Training

Welcome new members! We are so glad you have joined us, and we look forward to getting to know each of you!

Coach Allen will begin new member training sessions Tuesdays at 7:00 p.m. and Saturdays at 10:00 a.m. The first session will be Tuesday, May 21st. He would also appreciate any seasoned members willing to help with these sessions. Please see Coach Allen if you are able to help.



Fanshawe Dragon Boat Festival June 8 & 9, London, Ontario Canada

Bus

The bus will leave Craftsman's Park at 9:00 a.m. on Friday, June 7th. Please be at the park and ready to go between 8:30 a.m. - 8:45 a.m. Cars can be left at the park while we are gone. Exact parking location to be announced. Races on Sunday will be over between 2:00 p.m. – 4:00 p.m. with a 6-hour bus ride home.

Trading Pins

In the past and in Italy we have traded pins with other BCS teams. It's a lot fun to see what teams you can get and a great way to meet other survivors. We have pins available at \$1.00 a piece if members are interested in buying. Please see Toby if interested. ~ submitted by Juanita and Barb

Message from Festival Committee

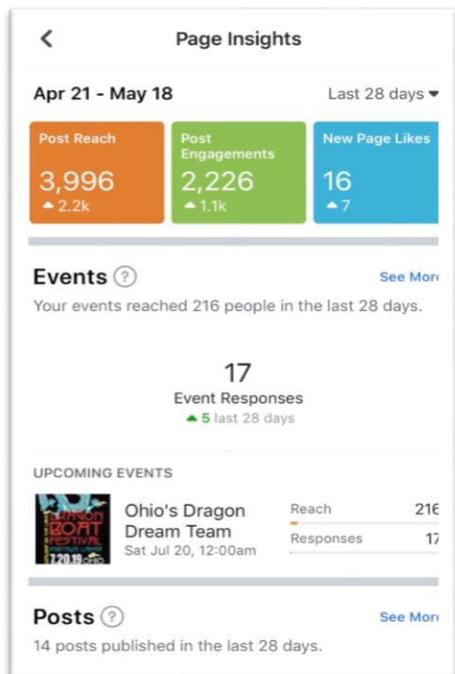
The festival is coming fast and will be here before we know it! As the sun starts to shine, the teams start to roll in. If you have anyone that is looking to form a team, please remind them that the discount deadline is June 1st. I am still looking for help to get a kayak and/or SUP board donated for our raffle (this brought in over \$1,000 last year). Please let me know if you have any questions.
~submitted by Coach Sara

Message from Non-Paddling Committee

A few of you have expressed interest in enjoying the lake atmosphere and team comradery during casual practices. We will meet on Wednesdays at 5:45 p.m. The next meeting is Wednesday, May 29th. Then weekly starting Wednesday, June 12th. When space allows, we can take rides with our team. ~ submitted by Dawn

Message from Gala Committee

2019 was GREAT...and now we can think ahead to 2020!!! Our 2020 Breast of Friends Gala will be **Saturday, March 28, 2020** at Guy's Party Center. We will have both rooms again so we can continue to spread out and grow! Thank you for all of your great ideas at the Gala recap meeting last month. The Gala co-chairs will be looking for committee heads starting in Aug/Sept so we can get a jump start in reaching out to corporations and sponsors. If you are interested in helping, please let Gina or Pat know! ~ submitted by Gina



Message from Social Media Committee

I would like to encourage everyone to check our Facebook page every so often for updates, especially when we have events that we want to encourage people to participate in and attend. These fundraisers are important to our team and help ensure we can keep doing what we love. Please like, share, and invite your friends and family to like our page and check out our website. Here are a few of the metrics Facebook provides to see snapshots of our page activity. Thanks for your support! ~ submitted by Jen M.

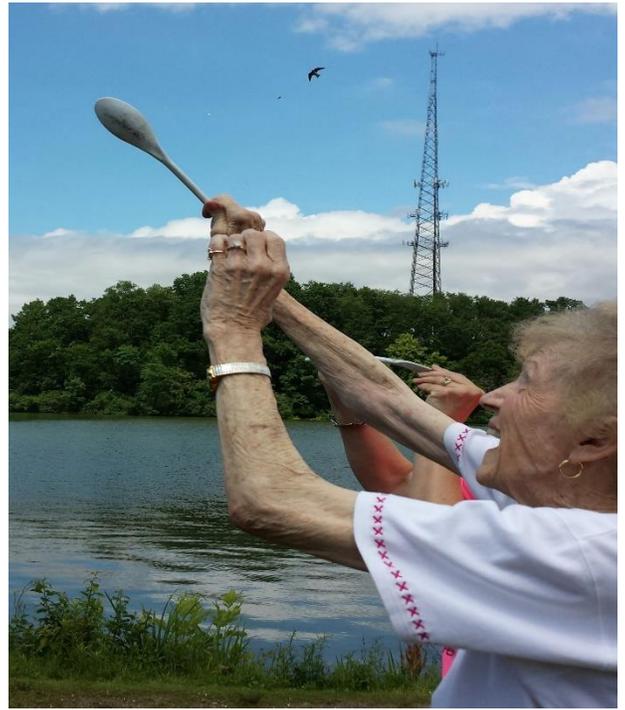
Message from Garden Committee

Before practice on May 13, 2019, the team gathered for the reveal of the Pink Chair. It was presented to the team by Tyler and Kail, the two students who constructed it over the winter, under the supervision of Dale Dunlevy from PLCC. The new chair is beautiful and should last many years. The boys were invited to paddle in the boat with the team. ~ submitted by Dorothy



Message from Storm

I would like to share information about the Purple Martin Fest at Portage Lakes. The event will be held June 22, from 1:00 p.m. - 4:00 p.m. at the North Reservoir Boat Launch Ramp State Mill Road. The purple martins, which eat thousands of pounds of mosquitoes at the lakes, don't have enough to eat early in the season, and volunteers spring scrambled eggs into the air with spoons to feed them. If you come to the fest, you will be able to do that, too! And the volunteers lower the big sets of nesting gourds to check the health of the babies. You will be able to carry a baby bird to a volunteer for its health check! The picture is of my mother, who had a blast at the event. ~ submitted by Susan Kolarik



DRAGON DELIGHTS



A few superheroes and famous characters decided to be part of the Dragon Dream Team paddle arch at the Stewart's Caring Place Hope Walk on Saturday, May 11, 2019. Maui (of Disney's Moana) fame, even brought his own paddle. The Dragon Dream Team continued its support of the Stewart's annual event celebrating breast cancer survivorship by greeting walkers with cheers and high fives at the finish line. Thanks to all Dragon Dream Team members who gave up a beautiful morning paddling to support our mission and share our message of hope with sister survivors. ~ submitted by Susan Balmert

COACHES' CORNER

One-on-One Training

As a coach, one of the biggest challenges is filtering all of the incoming data to come up with a cogent go-forward plan. For example, during a recent training session, I was steering the boat, watching a stop-watch for segment timing, calculating the next cycle switch point and trying to watch what's happening on the boat. With all of that, I have difficulty also focusing on what each individual is doing.

So, how do we address individual paddling technique? One-on-One training fills that need. It gives the athlete and the coach an opportunity to review the athlete's stroke and make adjustments.

Mentally, one-on-one training is very challenging for me. I look first for obvious problems. If there aren't any (and there often aren't), then I look for advanced techniques to help improve the athlete's paddling technique. It's a chance for me to help you, and in turn, your chance to help the team. Take advantage of it. I encourage every active paddler to attend at least one of these sessions.

~ 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.