

MAY 2019

DRAGON TALES

THE MONTHLY NEWSLETTER OF THE DRAGON DREAM TEAM



IMPORTANT DATES

Saturday, April 27, 2019

New Member Luncheon
Craftsman Park
Dining Hall
11:00 am

Wednesday, May 1, 2019

Gala Recap Meeting
After Practice

May 3rd – 5th

DDT Training Camp
Craftsman Park
details on page 4

Tuesday, May 7, 2019

Board Meeting 6:00 pm
Craftsman Park Dining Hall

Saturday, May 11, 2019

Hope Walk 9:00 am
Stewart's Caring Place

APRIL & MAY BIRTHDAYS

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

MAY

26 – Denise McCamish
27 – Amy Synk
31 – Sandie Fugitt

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

PRAYERS

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

News from the Sunshine Committee

This month we have been praying for Coach Allen and Carolyn who lost their father. We also remember Tara Reynolds, Deb Pittak, Deann Vibranz, Mary Hlavac and Christine Petro in our thoughts and prayers.

I also want to say that I appreciate so much all of the cards, thoughts and prayers that were sent my way. This truly is a wonderful group of supporters. Thank you all ~ Deb

UPCOMING EVENTS

New Member Luncheon Saturday, April 27, 2019

The New Member luncheon will take place on Saturday, April 27th at 11:00 am in the Dining Hall at Craftsmen Park. We currently have 14 potential new members attending. All current members are invited to attend the luncheon. Please RSVP to Claudia Perge @ cperge@neo.rr.com ASAP if you plan to attend. Current members with last names starting with A-M are asked to bring a salad to share and last names starting with N-Z are asked to bring a dessert to share. ~ submitted by Kathleen M.

Stewart's Caring Place Walk Saturday, May 11, 2019



Please consider supporting the Stewart's Caring Place Walk on Saturday, May 11th. We will meet at 9:00 am at Stewart's Caring Place, 2955 West Market Street, Akron, OH 44333. The walk begins at 10 am. At the end of the walk we will welcome the walkers who cross the finish line with a Dragon Dream Team paddle arch. We will pre-pay the team's registration fee. The walk takes place on a Saturday when there is both casual and competitive practice. Participation in the walk will NOT count toward on-the-water practice attendance. Please let me know whether you will be able to attend the walk. ~ submitted by Toby (ketchyalatermom@yahoo.com)

DRAGON MESSAGES

Message from Non-Paddling Committee

Ladies, you missed a beautiful night at the Lake on Wednesday, April 24th! Anyone interested in staying active with DDT but cannot paddle at this time, we are meeting at 5:45 pm on Wednesdays for warm-ups, announcements, and Circle of Strength. We can then take a walk around the park or along the lake and decide what else we would like to do to keep active. Anyone interested in participating please contact Dawn Wagner. Those of you who have already expressed interest please come out next Wednesday, May 1st. If there are empty seats on a boat, we will take turns enjoying a ride on the boat. ~ submitted by Dawn

Message from Gala Committee

Thank you again to those that helped with our 2019 gala. Pat and I are so proud of you!!! **We raised a record breaking \$41,327!!!** Job well done! Following practice on Wednesday, May 1st, Pat and I would like to hold a "Gala Recap" meeting. During this meeting we'd like to get the teams feedback on 1) what went well 2) what we may need to change up and 3) any additional ideas for the Gala. ~ submitted by Pat and Gina



Message from Team Operations

Training Camp with Jim Farintosh Friday, May 3rd through Sunday, May 5th

Friday, May 3, 2019, 6:00 PM – 7:30 PM

Meet and greet, orientation, brief talk and housekeeping discussions regarding Saturday and Sunday schedules. Pizza and pop will be served.

Saturday, May 4, 2019

- 8:30 AM to 11:30 AM – Warm-up/stretching/load boats, water training in the boats and cool down
- 11:30 AM to 1:00 PM – Lunch will be provided – any debriefing as needed
- 1:00 PM to 3:30 PM – Warm-up/stretching, water training, wrap up, cool down

Sunday, May 5, 2019, 9:00 AM – 11:30 AM

Warm-up/stretching, water training, closing and cool down

Members not attending the camp are invited to come for pizza at the Friday night meet and greet with Jim and for lunch on Saturday. Please notify Barb or Juanita if you are attending the two meals, so the social committee can plan accordingly.

Dawn Wagner has volunteered to have the Saturday lunch ready for the team when they return from training on the lake, if you are not attending camp please notify Dawn if you can assist with set-up.

Rowbust Breast Cancer Survivor Dragon Boat Race London Ontario, Canada – June 7th to 9th

1. Please notify Barb and Juanita if you plan to attend the Gala on Saturday June 8th. The cost for the Gala is \$43.75, the team will pay \$20 and our members are responsible for \$23.75. This is to honor Breast Cancer Survivors and will be buffet style with all types of food and a program. DDT supporter/non-paddlers members are welcome to travel with the team for this fun 3-day event. Any DDT members planning to race or attend the event need to notify Barb or Juanita if you are attending the Gala by Friday, 5/3/19. If you would like to bring guests please sign-up in the boathouse by May 3, 2019.
2. More details will follow with race details, departure times and hotel accommodations.



Message from Garden Committee

On Thursday, April 18th, from 8:30 am - 1:00 pm, 5 teachers and 25 students from Portage Lakes Career Center (PLCC) worked, along with DDT members Carolyn Bernstorf, Nancy Dapra, Dorothy Farkas, Sandie Fugitt, Judy Gibson, Joanne Johnston, Barb Marie, Deb Merrow and Jean Zorko. Project included:

1. Raking/cleaning up leaves, branches and miscellaneous debris from around boathouse.
2. Pulling weeds, pruning existing perennials and planting additional ground cover and flowers provided by PLCC horticulture program.
3. Spreading 5 yards of mulch. Mulch was graciously donated by Ohio Beauty Cut Stone, and they have agreed to provide it to us every year. (Please keep them in mind for materials you may need for yourself in the future.)
4. Repainting peeling areas on boathouse and concrete walls. In preparation of painting, Dale Dunlevy had scraped and power washed areas to be painted a couple weeks earlier.

DDT treated the volunteers to pizza from D'Angelo's and a cookie tray. A big thank you to everyone who helped make our boathouse area look beautiful for the season. ~ submitted by Dorothy



THANK YOU

With regard to the death of my father, I'd like to thank all of you for your thoughts, prayers and cards. They offered a ray of sunshine in an otherwise dark time. ~ Coach Allen

COACHES' CORNER

Interval Training (or, “Gear 10? Are you kidding me?”)

Over the past few years, we've been designing practices to incorporate interval training. What's interval training? That's when we ask you to go from a relaxed paddling pace (gear 5 or 6) to a hard-core race pace (gears 9 or 10), usually for 1 minute, and then back to the relaxed pace (gears 5 or 6).

So, what's that all about? Interval training is about shocking your body out of its normal state and convincing it that it needs to build more strength and stamina.

For example, most of us can walk for extended periods. We've gotten used to it! If I were to ask you to walk three miles, you might grumble a bit, but you could do it without much difficulty. If I asked you to run three miles, it would be more difficult. Training to run usually uses interval training – run a minute, walk 3 minutes and repeat.

Our interval training is designed to build your strength for racing. We use a simplified RPE scale (Rate of Perceived Exertion). Since it's perceived, it's about what you personally can do. The scale goes from 1 to 10 and we call them “Gears”. Gear 1 might be equivalent to sleeping. Gears 5 and 6 are paddling effort levels that you can sustain for an hour or so before becoming exhausted. Gear 8 is the perceived exertion we would employ in a 2,000 meter race (10 minutes), gear 9 for a 500-meter race (2-1/2 minutes) and gear 10 for a 250-meter race (1 minute). All of these are based on the idea that if you were to exercise at that level for that amount of time, you would be exhausted. To get the most benefit, you need to really apply yourself during our “up” intervals. And, if you're doing it right, when we go to gears 9 or 10, you shouldn't be able to talk.

Remember – it's about “perceived exertion”. The gains you get out of your interval training will be based on the effort you put into it. ~ 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.