

# JULY 2019

# DRAGON TALES

THE MONTHLY NEWSLETTER OF THE DRAGON DREAM TEAM



## IMPORTANT DATES

**Saturday, June 29, 2019**  
General Membership Meeting  
Craftsmen Park Dining Hall  
Following practice

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

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

**Saturday, July 20, 2019**  
Dragons on the Lake Festival

**Tuesday, August 6, 2019**  
Board/Committee Meeting  
6:00 PM at Craftsmen Dining Hall

**Saturday, August 10, 2019**  
Chautauqua Lake  
Dragon Boat Festival

## JULY & AUGUST BIRTHDAYS

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

### **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

### **AUGUST**

2 – Melissa Samulak  
17 – Debra Hayes  
19 – Kathy Bean  
Diane Thacker  
25 – Bobbi Glendon  
Pam Spencer  
27 – Claudia Perge

## 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 Monica Siko, Kristen Evans and Nancy Peteya. We also want to keep Tara, Debbie, Mary, Deann, and Chris in our thoughts and prayers. I am always so surprised and proud when I ask for help and so many people respond. What a wonderful, giving group of women you are. I am blessed to know each one of you. Thanks again for all that you do. *Remember we are all just walking each other home!* ~ submitted by Deb M.

# DRAGON MESSAGES



## Message from Team Operations

### **Dragons on The Lake** July 20th, 2019

We will have 2 teams racing in our festival. The teams should be selected by July 6th. Please make every effort to attend practices so that we can be ready to race! More details about the festival will be discussed at the General meeting on Saturday, June 29th.

### **Chautauqua Lake Dragon Boat Festival** Saturday, August 10th <http://chqdragonrace.org/>



We will take 2 teams to the race. Please make sure you reserve your room soon if you plan to stay overnight on Friday, June 9th.

I was able to secure the rooms at Chautauqua Harbor Hotel that is right next to our race venue. The address is 10 Dunham Ave. Celeron, NY 14720. Telephone number is: 1-716-489-2800.  
[www.thechautauquaharborhotel.com](http://www.thechautauquaharborhotel.com)

The rate is \$289.00 per night. Check-in is 4:00 p.m. and check-out is 11:00 a.m. There is a full-service restaurant that opens at 7:00 a.m. on the weekends but **not** a continental breakfast. There are indoor and outdoor pools also. **Please call to make your reservations if you choose to stay here by July 3rd. (716) 489-2800. Reference the Dragon Dream Team block of rooms.** Please notify Juanita after you book your room and let her know who you are rooming with.

Another option is the Comfort Inn in Findley Lake, NY. It is located right after you cross into New York. The Comfort Inn is approximately 34 minutes to the venue which is at Lucille Ball Memorial Park (keep in mind that it is Lucy Fest weekend and there may be more traffic than usual). The rate is \$169.00 per night with two queen beds. **I have not secured a block of rooms at this hotel; it is up to you to book a room there if you wish.** The Comfort Inn offers a continental breakfast, but it doesn't open until 7:00 a.m. The Comfort Inn is located at: 3025 NY-426, Findley Lake, NY 14736. Telephone number is: (716) 769-7900.

Thanks,  
Juanita and Barb

**Treasurer's Note:**

Just a reminder to everyone - did you know that if you or your friends order anything from Amazon, you can order it from [Smile.Amazon.com](https://www.smile.amazon.com)? Using your existing information, you may designate the Dragon Dream Team as your charity and the team receives a small percentage of the purchase! This is such an effortless way for friends and family to donate without any additional work. Plus we all know that everyone orders something from Amazon at some point in time! So far this year we have received \$98.43 from this great opportunity - with no effort from us!

*"The good thing about doing little things is that: if it is done well, it can make a big difference compared to doing nothing." ~submitted by Kristen*

**Message from President Elect**

Attention Dragon Dream Team members, we have a new mailing address!  
Thanks! ~ submitted by Pam

Dragon Dream Team  
P.O. Box 26606  
Akron, OH 44319

**Message from Social Media Committee**

Hello Ladies! Looking for volunteers to share some of their BC journey to share on our Facebook page. I would like to feature several survivor stories each month. If you would like to share, please email Jennifer.may74@ [gmail.com](mailto:jennifer.may74@gmail.com). I believe that sharing some of our stories on our social media platform can help others battling but also women who have yet to be diagnosed.  
Thank you! ~ submitted by Jenn

**Message from Equipment Committee**

We are collecting orders for personal vests and paddles.

Paddles	\$167.00
Vests	\$105.00

Please email me if you are interested in either a vest or paddle. This includes those that signed the sheets in the boathouse. Payment must be made prior to orders being placed. Hoping to get orders placed before our festival. [chapmanjp1@att.net](mailto:chapmanjp1@att.net)

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When choosing a vest please try to choose one closest to your size. Ladies are finding vests with the tabs pulled tight. Think of the others who use the larger sizes. Thank you! ~ submitted by Trish

**UPCOMING EVENTS**

**Message from Public Relations/Market Committee**

We are going to participate in the **American Cancer Society's Making Strides Against Breast Cancer Walk on Sunday, October 6th in Akron**. In previous years we have been a Survivor Sponsor, welcoming walkers to our tent/table where they receive a special recognition gift and learn about the Dragon Dream Team. The Sponsorship Level for the Survivor Sponsor is \$3,000.

This month, at the DDT Board meeting, the Board voted to support all Cancer Walks with a maximum donation of \$1,000. Since we might have difficulty reaching the Survivor Sponsor Level, we

are initially going to commit to being a Check-In Sponsor at \$1,500. We will see where we are with our fundraising efforts by the end of July and possibly be able to elevate our commitment to be a Survivor Sponsor.

Many of us have benefited from the American Cancer Society's programs like Reach to Recovery, Road to Recovery, ordered mastectomy products from their **TLC** catalog or received information from their National Cancer Information Center. This is an opportunity to pay it forward to newly diagnosed patients.

Please take time to sign up to walk with our team at following link:  
<http://main.acsevents.org/goto/DragonDreamTeam>

We also hope that you will also be able to donate toward the walk. Please feel free to also reach out to family and friends, who are welcome to sign up to walk with us.

Carolyn Bernstorf and I are the co-leaders for the walk so please let us know if you have any questions. Paddles Up! ~ submitted by Toby

## **THANK YOU!**

I want to thank everyone on the team from the bottom of my heart for all their good thoughts since my recent surgery. In addition, for those of you who have prepared me food, driven to my house to take me to appointments, and mowed and weeded my yard....I am forever thankful to be a part of such a wonderful group of caring women. You all mean the world to me! ~ Kristen

## **DRAGON DELIGHTS**

DDT "Be" Goals for Dragon Boat Competition and Practice

Be Attentive!

Be Focused!

Be Purposeful!

Be Together!

Be Powerful!

Be Awesome!

Be Winners!

Be HAPPY!

Written by Susan Colville-Hall

## COACHES' CORNER

### The Team Concept

Some may think it archaic, but I believe the team concept is still important. Dragonboating might be the ultimate team sport. To be truly effective, every paddler must be doing the same thing and doing it in sync. The whole team is hurt if any paddler fails to do so.

After the third race on Fanshawe Lake, I set the boat to paddle back. When the team executed "Paddles Up!", I heard the boat behind us go, "Oooooooo". As we paddled, their steer said, "Now that's how it's supposed to be done."

It's nice to be recognized for what you do. That type of recognition begins with small things, like snapping the paddles up together, and collecting up front before every stroke. These small things show that we're paying attention to our form, each other and functioning as a Team. And from such small things will great things follow. ~ submitted 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.