

OCTOBER 2019

DRAGON TALES

THE MONTHLY NEWSLETTER OF THE DRAGON DREAM TEAM



IMPORTANT DATES

Tuesday, October 1, 2019
Board/Committee Meeting
6:00 PM at Craftsmen Dining Hall

Wednesday, October 2, 2019
Last Practice

Saturday, October 5, 2019
Bonfire 6:00 PM
Details in this newsletter

Sunday, October 6, 2019
Making Strides Walk
Akron, Ohio

Thursday, October 10, 2019
Gala Pre-Planning Meeting
Gina's House 6:30 PM

Saturday, October 19, 2019
Marketplace

Saturday, October 26, 2019
Car Smash Fundraiser
11:00 AM – 5:00 PM

Monday, October 28, 2019
Texas Roadhouse Fundraiser
4:00 PM – 10:00 PM

OCTOBER & NOVEMBER BIRTHDAYS

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

OCTOBER

4 – Cheryl Deitch
Linda Latham
5 – Darlene McCarty
12 – Chris Lutz
23 – Jean Zorko
28 – Lynn Fritz

NOVEMBER

3 – Mary Ann Breslin
4 – Pam Massoli
6 – Barb Marie
9 – Chris Ballenger
12 – Barbara Oakes
14 – Deb Merrow
15 – Chris Nine
26 – Deborah Pittak



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 Monica Siko. Also, we continue to keep Deann, Tara, Chris, Deb and Mary in our thoughts and prayers. It is so wonderful to see some of them at practice. They are each one an inspiration!!!

~submitted by Deb M.

Tough times never last, but tough people do!
Robert H. Schuller

DRAGON MESSAGES

Message from President

As you know, we were planning a picnic for **Saturday October 5th**, but things have changed. Instead Gina offered to have a bon-fire at her house! All members, coaches and their significant others are invited. We thought that your significant others would be more likely to want to attend a bon-fire rather than a picnic. We have had bon-fires at Gina's in the past and they always have been a lot of fun.

Place 5116 S. Arlington Rd, North Canton

Time 6:00 p.m.

Date Saturday, October 5th

Bring Chair, a dish to pass, and any alcohol you may want

The team will provide the main dish and some non-alcoholic drinks. If the weather is bad, not to worry, we will move inside Gina's house. Look for a follow-up e-mail from Sandie with information about what food to bring and to get a count of the people attending. Hope you all can make it!!

~submitted by Erica

Message from Team Operations

Boats Out – We will be taking the boats out of the water on October 2nd. We will start out with a leisurely paddle for about a half hour or so and then take all three boats to the large docks and load them on to the trailers for winter repairs and storage (we will not be power cleaning them). We all are needed to load the boats, and some will go with Deann to clean-up the boat house for winter closing. Please plan on attending to do one last paddle in 2019, get one last picture in with boats, get the boats out of the water and clean the boathouse.

Thank-You to the Coaches, Steerers, Committees, Board and members for a great paddling season; Paddles Up 2019!

Please watch for the update on winter workout in the November Newsletter!

~ submitted by Barb and Juanita

Message from Social Media

Hello Ladies! October is almost here and I am still hoping to get some volunteers to share a part of their story for Breast Cancer Awareness month. I truly believe that people find inspiration from hearing others story. I have shared my own personal journey in About Magazine a few years ago and was overwhelmed by the incredible feedback. Please let me know if you are interested. I would like to have something by the first week in October. Thanks! ~submitted by Jen M.

Message from Public Relations/Marketing Committee

Making Strides Against Breast Cancer Akron Walk - Sunday, October 6, 2019

Thanks to those who have joined our walk team for the American Cancer Society Making Strides Against Breast Cancer Walk in Akron on October 6th. We welcome: Cheryl Deitch, Rene Petrovich, Juanita Chapman, and Kristen Evans who joined the walk team this month. They join DDT walkers Sarah Butler, Luci Bullock, Janeen Nelson, Deb Mellow, Erica Whitmer, Terri Snyder, Nancy Peteya, Lee Runkle, Monica Siko, Carolyn Bernstorf and Toby Bothel.



We have raised \$920 to date. Here are the details for the walk:

- Registration Begins: 8:00 a.m.
- Program Begins: 9:00 a.m.
- Walk Begins: 10:00 a.m.
- Location: [Lock 3 \(200 S. Main St. Akron, OH 44308\)](#)

Please meet at Lock 3 at 7:45 a.m. so we can be ready to welcome walkers! Please plan to stay until approximately 11:30 a.m. so that we can congratulate the walkers by making a paddle arch for them to walk through. Please plan to wear your race shirt and black pants, paddling shorts or paddling skirt!!

Even if you aren't planning on walking, please consider signing up and helping at the welcome table and as part of the Paddle Arch. You can join the walk team at following link: <http://main.acsevents.org/goto/DragonDreamTeam>

CAR SMASH – October 26, 2019

What is a Car Smash and what's in it for us? The Dragon Dream Team was approached by Millennium Transmission and Auto Care about being the recipient of funds from their annual Car Smash that they hold each year in Akron to "Smash out Cancer". For \$5, participants get three smashes of a junk car! Also, during the entire month of October, Millennium Transmission and Auto Care will donate \$10 for every oil change they perform. We will set up a Dragon Dream Team information table at the event, and team members will be asked to contribute items for the bake sale. Attached to this Newsletter are two flyers to promote the Car Smash. Here are the details:

What: Car Smash to Smash out Cancer

Where: Millennium Transmission and Auto Repair
119 West Waterloo Road, Akron

When: October 26, 2019 – 11 a.m. – 5 p.m.

Message from President-Elect



Just a reminder for everybody, if you, your family or friends shop on Amazon, please start shopping on [Smile.Amazon.com](https://www.amazon.com/smile) to support the Dragon Dream Team because Amazon donates 0.5% of the price of your eligible Amazon Smile purchases to the charitable organization of your choice. So, while you are making purchases, the Dragon Dream Team can also benefit!

Come one, come all to the Texas Roadhouse at 5025 Dressler Road NW in Canton on **Monday, October 28th from 4:00 p.m. to 10:00 p.m.**

It's the Dragon Dream Team's 10% Donation Night! Just bring the flyer and the Texas Roadhouse will donate 10% of your total food purchases to the Dragon Dream Team. You eat and the team benefits! Do not forget to pass the word on to family and friends about this event.



Message from President-Elect continued

General Elections - Just a reminder that elections are just around the corner. So, if you want to run or nominate someone (if you nominate someone ask them first) for a board position or a committee chair, the time is now! ~ submitted by Pam

Message from the Gala Committee

Pat and Gina will be hosting a Gala Kick Off Meeting on **Thursday, October 10th at 6:30 p.m.** The meeting will take place at Gina Fortunato's house (5116 Arlington Road, North Canton, OH 44720). If you are interested in being on the Gala Committee, please plan to attend! The more the merrier. We will have early discussions on the theme of our Gala and begin planning our key team fundraiser. If you are able to attend please let Gina know (ginafortunato411@gmail.com), as she will have pizza and snacks for the group and would like to get an estimate count. ~ submitted by Gina and Pat

Message from Mary Ann

LOOKING FOR SHOES!

The Traveling Triennials are collecting new and gently used shoes for those in need and to help fund our trip to the 2020 convention. We are looking for all sizes, colors and styles of men's, women's and children's shoes. The shoes will be picked up and delivered to those in need by Funds2orgs. Tell your FAMILY, FRIENDS, CO-WORKERS, NEIGHBORS! We need 2500 pairs of shoes by the end of November! "The Traveling Triennials" are stepping out in faith and with your help to reach the minimum 2500 pairs of shoes. Collection started September 8 and will end November 27. Please contact me at 330-854-2770 or 330-835-7212 (please leave a message). I will make arrangements to meet you or pick up shoes. In appreciation, Mary Ann



***Thanks for another great season
Coach Allen and Coach Sara!***

COACHES' CORNER

Do You Believe?

Competition is all about belief. You have to believe that you know what you're doing. You have to believe that you're physically ready for the challenge. And you have to believe in your coaching.

As I look back over 5 years of coaching this team, I can see a lot of things. When I was first asked to coach, I told the board that I would only coach if they wanted to build a team that could win. I also advised them that it would take 3 years to turn the existing culture around. I believed.

The first couple of years were tough. Resistance to change was high. But, at the end of the 2015 season, we won our first competition. And, excuse the pun, we were off to the races! We never looked back. In 2018, we placed third in the world. At the conclusion of the race in Italy, some members of the team said they didn't know we were that good. I knew. In previous races, we had beaten the numbers 2, 7 and 14 teams from Sarasota and taken 2nd to the number 4 team in a 200m sprint. We practiced very hard to get to that level of competitive paddling.

A great deal of competition is personal responsibility. You'll only ever be as good as you want to make yourself. That's the heart of being competitive. You need to work to have the best stroke possible. You need to work to make yourself the strongest paddler possible. And you need to develop mental discipline, because in dragon boating, to be good, you must submit self to team. All that matters is the boat – and how the team can work together to make that boat go faster!

Ultimately, the old axiom still holds. Whether you believe you can, or you believe you can't, you're probably right! I prefer to believe that we can!

Paddles Up!
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.