

# DECEMBER 2019

# DRAGON TALES

THE MONTHLY NEWSLETTER OF THE DRAGON DREAM TEAM



## IMPORTANT DATES

**Tuesday, December 3, 2019**  
Board/Committee Meeting  
6:00 PM Craftsmen Park

**Thursday, December 5, 2019**  
Christmas Party  
6:00 PM Guy's Party Center

**Saturday, December 14, 2019**  
Hower House Tour & Lunch  
12:00 PM Hower House

**Wednesday, January 8, 2020**  
Team Workouts  
6:00 PM PLX Fit Club

## DECEMBER & JANUARY BIRTHDAYS

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

### DECEMBER

7 – Terri Snyder  
8 – Betsy Lambright  
21 – Noel Johnson  
28 – Trish Chapman

### JANUARY

7 – Barb Fox  
8 – Patti Russo  
27 – Tara Reynolds



## PRAYERS

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

## 👉 News from the Sunshine Committee

We have been praying for Monica and she is finished YEAH!!!!!!  
We are also praying for Barb Oakes. We continue to keep Tara, Debbie, Chris, Mary, and Deann in our thoughts and prayers.

“Remember we are all just walking each other home”

~ submitted by Deb M.

# DRAGON MESSAGES

## Message from President-Elect

If you were unable to be at the November 16, 2019 Election/General Meeting, below are the election results:

**Board** – Vice President: Lynn Fritz, Team Operations: Barb Fox, Marketing/PR: Karen Koch and Corresponding Secretary: Deann Viebranz

**Committee Chairs** – Gala: Pat Donnelly, Equipment Maintenance: Trish Chapman, Web Design: Tara Reynolds, Archivist/Photography: Erica Whitman, New Members: Claudia Perge, Social: Rene Petrovich and Garden: Dorothy Farkas.

**AMAZON SMILE** - With the holiday season just around the corner, if you, your family or friends shop on Amazon, use Smile.Amazon.com 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 holiday purchases, the Dragon Dream Team can also benefit! ~ submitted by Pam



## Message from Team Operations



PLX workouts will begin on **Wednesday, January 8<sup>th</sup>** from 6:00 p.m. to 7:15 p.m. through April 8<sup>th</sup>. We will be upstairs for workouts and twice a month we will do TRX downstairs. We will again rotate on to the Ergs as part of the weekly workouts. PLX Fit Club is located at Lockwood School - 3681 Manchester Rd. Akron, Ohio 44319. Get ready for the 2020 season with the team doing core focused workouts!  
~ submitted by Barb and Juanita

## Message from Betsy

Tammy's Totes is no longer active. Since we are already in the habit of collecting sample bottles of shampoos, toothpaste, soap, etcetera when we stay in hotels or see great deals at the store, I would like to continue collecting these items for People Care Pet Pantry [www.peoplecarepetpantry.com](http://www.peoplecarepetpantry.com). The primary focus of People Care Pet Pantry (PCPP) is the monthly distribution to families in need to provide pet food to help families keep their pets in their home and out of shelters. I will collect and deliver items to PCPP. There will be a tote in the boathouse for small items. If you have pet food or pet items to donate to the PCPP, please **DO NOT LEAVE THEM IN THE BOATHOUSE** I will take them and put them in my car. Thank you! ~ Betsy



**ACME RECEIPTS:** Please bring your Acme receipts to the Christmas party on December 5th and continue to save through the end of 2019. Thanks! ~ Barb

**Message from Mary Ann**

**LAST CALL FOR SHOES**

I will be collecting shoes until the middle of December. Please bring your unwanted (gently used) shoes to our Christmas party or call me and leave a message at (330) 854-2770 or (330) 835-7212. I would be happy to meet you or pick up shoes. If you are having guests for Thanksgiving dinner, please ask them to bring their unwanted shoes (or ask your host/hostess) to request guests to bring them. Our goal is 2,500 pairs and we are currently at 500 pairs. So, please keep them coming – you can ask co-workers, friends and relatives too! Thank you in advance for helping us get to Phoenix, Arizona in July of 2020. ~ submitted by Mary Ann

**DRAGON DELIGHTS**

Dorothy Farkas represented the Dragon Dream Team in a special “PinkTober” event in Punta Gorda, Florida the weekend of October 25, 2019. Breast cancer survivors registered as individuals and were assigned to composite teams of 10 paddlers on arrival. Volunteer captains and steers were assigned ahead of time. Dorothy volunteered to steer for her team, which finished in 4th place overall out of 8 BCS teams. This was meant to be a very fun event and it was! Dorothy hopes more Dragon Dream Team members will attend this event next year. ~ submitted by Dorothy



# COACHES' CORNER

## “WINTER IS COMING!”

I don't know if George R.R. Martin trademarked that phrase, but he should have. Here in Northeast Ohio, we can relate to exactly what that means. It's dark, cold and snowy! I once overheard another airline passenger question how anyone could winter in Northeast Ohio. My only response was anyone who winters in Northeast Ohio either has character or is a character.

So, what's one to do? We're two months from the end of paddling and our conditioning has faded. We could just accept that and wait until next spring to try to get it back. Or we could proactively attack the problem.

The true athlete never quits training. The emphasis of the training may change, but the effort does not. If you're a gym member, try six workouts a week alternating strength and endurance training. Try to include stationary rowing, inverse rowing, planks and other core exercises. If you're not a gym member and don't own any training equipment, consider body-weight training with planks, push-ups, eccentric bridges and squats. Alternate your body-weight training sessions with running or speed walking (endurance).

Time is always the challenge. Scheduling conflicts make it difficult to find the time to work out. I get it. Instead of giving up, I switched to early training sessions before the workday started. I've never been interrupted by a phone call or a meeting at 5 AM. That may not work for you, but the point is to find a time and make it your own.

Whatever you do, your workout has to be a habit. True athletes don't try to build a workout into their day. True athletes build their day around their workout.

~ 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.