

JANUARY 2020

DRAGON TALES

THE MONTHLY NEWSLETTER OF THE DRAGON DREAM TEAM



IMPORTANT DATES

Tuesday, January 7, 2020

Board Meeting
6:00 PM at TKM Print Solutions
760 Killian Road, Akron

Wednesday, January 8, 2020

Team Workouts on Wednesdays
6:00 PM PLX Fit Club

Tuesday, February 4, 2020

Board/Committee Meeting
6:00 PM location TBD

Saturday, February 15, 2020

Winter Retreat
8:30 AM Breakfast
9:00 AM Meeting
Cleveland Clinic AGMC
Wellness Center – Green

Saturday, February 29, 2020

Polar Bear Jump
Portage Lakes State Park
More information to come!

JANUARY & FEBRUARY BIRTHDAYS

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

JANUARY

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

FEBRUARY

1 – Sue Stevenson
2 – Judy Gibson
5 – Erica Whitmer
6 – Kathleen Messner
10 – Nancy Peteya
10 – Karen Vandervaart
13 – Carol Carlton
14 – Susan Colville-Hall
17 – Dawn Wagner
25 – Judi Cole



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 thinking about and praying for Claudia Perge and Janet Canning who will not be able to paddle due to illness. Our list of members who continue to receive treatment is growing. We are praying for Tara, Debbie, Christine, Barb, Deann, and Mary. All these ladies could use some encouragement.

“Remember we are all just walking each other home”

~ submitted by Deb M.

DRAGON MESSAGES

Message from Team Operations



PLX workouts will begin on **Wednesday, January 8th** from 6:00 p.m. to 7:15 p.m. through April 8th.

PLX Fit Club is located at Lockwood School - 3681 Manchester Rd. Akron, Ohio 44319.

Happy New Year from Team Ops!
~ submitted by Barb and Juanita

Message from Erica

Look at our beautiful storage building! On December 9th and 10th they finally came out to build it in the cold rain. We still need to install the extra-large garage door and we will receive some large file cabinets and shelves donated by Kristen's place of work. So, some work yet to be done, but we will soon be storing items from the boathouse (whatever we don't use on a regular basis) and will be able to remove items stored at team members' houses to ensure items are readily available and centrally located. Plus, we will be able to store our boats in the winter. Big step for the team! Thank you, Pam, for being at the park when they were building to ensure it all went smoothly.

~ submitted by Erica



LAST CALL – ACME Receipts: Please bring your Acme receipts to the first PLX workout or mail to Joanne Johnston **by January 8** at 1083 Rolling Meadow Rd., Akron OH 44333 Thanks! ~ Barb



Hower House 2019

We volunteered to decorate a room in the Hower House again for 2019. In September two of our members went to the meeting with the Hower House staff to get final instructions of what you are and are not allowed to do concerning the antiques when decorating (example: no nails, tape, or putty when hanging decorations), then our team volunteer decorators (Lynn, Patti, Laura, Dawn, Mary H., Erica) collaborated to come up with decorations for the theme of Winter Wonderland. We used the team decorations, made decorations, and brought some from home to combine into a beautiful room. We had the Ballroom this year, it is on the 3rd floor and is the largest room in the house with the tallest tree – a 9-foot fat tree! They did have two ladders for us to use and we needed them. On December 14th, eight members gathered to tour the Hower House to see our decorated room and the other rooms done by different organizations and volunteers. After going through the house and seeing all the beautiful ideas people had – I still think ours is best! We decorated in pink lights, woodland animals and lots of icicles to create our tree “Pink Ice”. We also used our pink dragon, she gets around, she spends her summers in our garden and the holidays in Hower House. After the tour we went to their gift shop, where they have some nice gift ideas, then we went to Waterloo Restaurant for lunch which is always yummy. There are more pictures on Dropbox of decorating day and tour day – we weren’t supposed to take pictures, but we snuck some anyway – so please do not post on social media. If you did not have time to come to the tour but you would still like to see Hower House decorated for the holidays, you can go to howerhouse.org for hours of operation. We will be taking down all our hard work the first weekend in January. Enjoy Your Holidays! ~ Erica



DRAGON DELIGHTS

While vacationing and celebrating family members 50th birthdays in Maui this past November I was able to get in a paddling practice. On a beautiful Tuesday morning I got up early to join the Mana’olano Pink Paddlers at Sugar Beach for practice. Just like a local, I pulled onto the side of the road to park and headed to the beach to meet at the tree with the pink paddle. I had a lesson on how to get into and out of the double-hull canoe, then we were pushing the canoe out onto the water. To paddle these double-hull canoes, a member calls out commands to switch paddling sides - you are the only one in the row, so you paddle left and right. We paddled in the Maalaea Bay where you can see the islands of Lana’i and Kaho’olawe and also see sea turtles heads pop up. When all the canoes are

loaded and on the water they join up and lawa (stop) and do their version of the circle strength. When practice is over the canoes are washed, everyone gets together for coffee, treats and talk. What a beautiful place to practice! ~ submitted by Pam



THANK YOU!

Thank you to everyone who donated shoes! We are no longer collecting shoes, but I appreciate all the donations. Thank You, MaryAnn

A YEAR IN REVIEW

Erica Whitmer, President 2019

Can you believe it is almost the end of the year already, makes you wonder where has the year gone – well let me take five minutes and remind you.

We started out 2019 with our winter PLX exercise program, the Board and Committee Chairs were already having meetings and preparing for the coming season, and we were ramping up for the spring Gala.

Then the Board put on our Retreat and the Committee Chairs started meeting with their respective volunteers, members started planning for the races we picked, and we were all still busily working the Gala preparations.

April arrived with an explosion of activity – The Gala is finally here, totally worth all the work we spent our winter doing, because it is our most profitable yet and a super fun night! Then the next day – I

mean the very next day - we flew down to Florida camp to get our a\$\$es kicked for a week. The following week our beautiful boats were put in the water, the week after that was the New Member Luncheon. Now the season was getting into full swing, Monday and Wednesday evening and Saturday mornings are no longer for anything but paddling.

In May we had a training weekend at Craftsmen Park and were lucky enough to bring Jim Farintosh in, we participated in Stewarts Hope Walk, to do our signature paddle arch at the finish line, and we were preparing for our Festival.

In June the racing starts – we went to London Ontario on a bus for a weekend, we even all made it through the border check. We learned what an unstable dock really feels like, the wind was so heavy you kind of had to dance down the dock or get flung off of it. But we did a couple new things there also, the 200 meter elimination race was fun, and the 1200 meter race was very competitive, and we brought home 2 trophies, one for each boat. And don't forget that we were also preparing for our festival and giving practices to community teams.

July was all about our Festival, preparing for it, volunteering to help Community Teams, Penny and Chris arrived early to teach teams to paddle. The Festival was successful plus we finished first and third in BCS division, two boats get medals.

In August we were two thirds of the way through the paddling season, everyone is sporting a good tan and those arms are visibly tightening up. We went to the Chautaugua Lake race in New York. Beautiful town and beautiful lake, till you paddle out onto it, waves broke over the sides of the boat, bigger waves sometimes slapping us in the face and chest – I would not have wanted to be on the back of the boat standing up, it was not for the faint of heart – but luckily we didn't lose a Coach. We did place 3rd and 5th in the club division because there was no BCS division.

September – the last month of our paddling season, and we went out in style. We went to the Indianapolis Indiana Race, for those of you that have been around for a while know that we have faced Indiana many times in the past and they have always been tough. They are definitely our competitors; the last race was four lanes and both of our teams were in the final four! The race was neck and neck all the way with only 1 second between the times of all four boats, as paddlers we had no idea who won, could have been any one of us. But in the end we were 1st and 2nd, the celebration after that announcement brought tears to my eyes. What a way to finish the season!

You would think that after the paddling was over that we would slow down, but not yet!

In October we were busy too – we had a Bon Fire that was super fun, The Making Strides Walk in Akron, MarketPlace which was the most successful so far, the Car Smash Fundraiser which was kind of cool, and the Texas Roadhouse Fundraiser.

Then in November we had our elections of our new volunteers, and we are already preparing for next year.

So, that is where all the time went and yes we were busy – but the best part that I seen this busy year – even with all the team events and people working, and our family time – members found time to send cards, to visit, to help drive to doctor visits, to help garden and clean, and to provide meals for members in need. This team IS special - and I am very proud to be part of it.

But I have to say – we must all like each other, because we sure do spend a lot of time together.

Merry Christmas Dragon Boat Sisters!

COACHES' CORNER

A Christmas Message

(with the usual apologies to Clement Clark Moore)

'Twas the week before Christmas, our boats have gone south.
Our paddles are hanging, life jackets in-house.
Our team is all huddled at home from the cold.
All paddling has stopped due to winter's harsh hold.

But "Christmas is coming", 'scuse George Martin's misquote,
And all paddlers dream of new stuff for their boat.
They're hoping for gloves, and really dark glasses;
Sandals and butt pads, to cushion our..... seats?

S'we're hoping that Santa will bring all our wishes;
Just to allow us to scare off some fishes.
Snacks and drinks will be left for Nick's reindeer nation,
Cause we know the value of maintaining hydration.

On Dasher, on Dancer, on Prancer and Vixen;
And "FOCUS" - those "CHICKEN WINGS" may need some fixin'.
The cross-wind based landings aren't for the faint-hearted;
And take-offs? Well, just don't get me started.

As you're enjoying your holidays, please take a minute;
To think about your team and all you have in it.
Thank your supporters of this crazy pace;
'Cause without them we wouldn't be able to race.

Happy Holidays!
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.