

**FEBRUARY 2020**  
**DRAGON TALES**  
THE MONTHLY NEWSLETTER OF THE DRAGON DREAM TEAM



**IMPORTANT DATES**

**Tuesday, February 4, 2020**  
Board/Committee Meeting  
6:00 PM at TKM Print Solutions

**Wednesdays in February**  
Team Workouts  
6:00 PM at PLX Fit Club

**Saturday, February 15, 2020**  
Membership Retreat  
8:30 AM Social Breakfast  
9:00 AM Meeting  
Cleveland Clinic/Akron General  
Wellness Center – Green

**Saturday, February 29, 2020**  
Gala Meeting  
10:00 AM at Gala Staging Area  
&  
Polar Bear Jump  
1:00 PM at PLX State Park

**Tuesday, March 3, 2020**  
Board Meeting  
6:00 PM at TKM Print Solutions

**FEBRUARY/MARCH BIRTHDAYS**

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

**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

**MARCH**

- 2 – Janet Canning
- 8 – Dina Gruey
- 11 – Jen Muhl
- 10 – Johnna Hanood
- 23 – Peggy Woodruff
- 27 – Katie Byard
- 28 – Juanita Chapman



**PRAYERS**

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

 **News from the Sunshine Committee**

Welcome to 2020. Hope this is a great year for everyone. We are keeping Barb Oakes, Deb Pittak, Tara Reynolds, Deann Viebranz, Christine Petro in our thoughts and prayers. Also, please remember the medical problems that Mary Hlavic, Claudia Perge, Janet Canning, and Lee Runkle are experiencing.

*Remember we are all just walking each other home.*

*~submitted by Deb M.*

## DRAGON MESSAGES

### Treasurer's Note

**2020 Annual Dues:** Annual dues for 2020 are \$75 and are due on or before the Retreat on February 15, 2020. You can submit payment before or at the retreat either via check or Zelle.

Mail Checks to:  
Dragon Dream Team  
C/O Kristen Evans (Dues)  
PO Box 26606  
Akron, OH 44319

Zelle to:  
(419) 651-3746

### Message from Team Operations



PLX workouts are every Wednesday beginning at 6:00 p.m. to 7:15 p.m. through April 8<sup>th</sup>.

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

~ submitted by Barb and Juanita

### Message from the Gala Committee

The Gala planning is currently underway! Look for weekly e-mail updates regarding number of baskets, gems and live auction items we've had donated. Come and join your DDT teammates at the staging area! Currently, the Gala staging area is open on Tuesday/Thursday mornings from 9:30 a.m. to 11:30 a.m. and Tuesday evenings from 5:30 p.m. to 7:30 p.m. Starting in February, we will be adding Thursday nights (5:30 p.m. to 7:30 p.m.) to the schedule also! Pat and Gina will be hosting a team Gala Meeting at the staging area on **Saturday, February 29th at 10:00 a.m.** If you've never been to a Gala, or are on a committee, please join us for a rundown of the event. Saturday, February 29th will also be the **last day** to drop off donations at the staging area. Thank you in advance for the support for the Gala! ~ submitted by Gina

### Message from Social Media Committee

Just a friendly reminder to please check out the updates to our Facebook page as I have started posting in recognition of our Gala sponsors. Also, please like and share the Gala Eventbrite invitation post. Thank you! ~ submitted by Jen M.

## THANK YOU!

I would like to express a big thank you for the cards, calls and visits that my Dragon Boat sisters provided during my recovery. I am on the mend – walking and driving. I am on chemo and tolerating the drugs well at this point. I hope to see you at the retreat. Thank you! ~ Barb Oakes

## COACHES' CORNER

### Exercise

If it sounds like I harp on exercise, you're very perceptive. Believe it or not, I've been a proponent of regular strenuous exercise all my life.

Load bearing and aerobic exercise are for your benefit. Regular exercise has been shown to lower cholesterol, help to prevent diabetes, increase lifespan and reduce the risk of senility according to current scientific studies. Aside from that and on a more selfish note, appropriate exercise can also improve your ability to paddle a dragon boat.

So, how can you help yourself to get regular exercise? Dr. Janet Brill makes the following suggestions in her book "Cholesterol Down":

1. Buy and wear a pedometer. Target at least 10,000 steps per day.
2. Draw up a weekly exercise schedule and use it. Reward yourself at the end of each week in which you meet your plan.
3. Put a treadmill in front of the TV. Only watch while you walk.
4. Keep a pair of walking shoes in the trunk of your car. Seize the moment. If you're waiting somewhere – walk.
5. For early exercise, prepare your gear the night before.
6. Hire a personal trainer. If you're paying, you'll take it more seriously. Where I workout, the trainers apply penalty exercises to their clients if they're late.
7. Learn/practice time management. Pencil exercise into your calendar.
8. Schedule 30 minutes of walking after dinner every night.
9. Join/Organize an exercise group or a walking club. Accountability to others improves commitment.
10. Buy exercise gadgets such as a heart monitor or a GPS watch.

Discuss any exercise plan (including dragon boating) with your physician. With a doctor's approval, an exercise plan can help you to feel better and be stronger. Ultimately, it's your decision.

~ 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.