

MARCH 2020
DRAGON TALES
THE MONTHLY NEWSLETTER OF THE DRAGON DREAM TEAM



IMPORTANT DATES

Saturday, February 29, 2020
Polar Bear Jump
1:00 PM at PLX State Park

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

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

Friday, March 27, 2020
Gala Set-Up
Time TBD at Guy's Party Center

Saturday, March 28, 2020
Breast of Friends Gala
6:00 PM Guy's Party Center
Members arrive by 5:00 PM

Tuesday, April 7, 2020
Board/Committee Meeting
6:00 PM at Craftsmen Park

MARCH/APRIL BIRTHDAYS

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

MARCH

2 – Janet Canning
8 – Dina Gruely
10 – Johnna Hanood
11 – Jen Muhl
14 – Jill Schieve
23 – Peggy Woodruff
27 – Katie Byard
28 – Juanita Chapman

APRIL

13 – Luci Bullock
Lee Runkle
24 – Pam Friend
Davida Pantuso
28 – Pat Donnelly
24 – Pam Friend



PRAYERS

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

 **News from the Sunshine Committee**

We continue to pray for Deann, Tara, Deb and Barb in our thoughts and prayers. We have provided transportation for two members to treatments this month. We also want to remember the medical problems that Mary Hlavic, Claudia Perge, Janet Canning, and Lee Runkle are experiencing. Hope everything is ok with everyone else. ~ submitted by Deb M.

Remember we are all just waking each other home.

DRAGON MESSAGES

Message from our President

Just a reminder we still have marinara sauce for sale – \$6 a jar or \$70 a case. Remember the proceeds of the sales go toward New Zealand! Please contact Pam Spencer or Lynn Fritz.

Message from Team Operations

The Dragon Dream Team is participating in the following races in 2020:

June 20 th	Hope Chest Dragon Boat Festival, Buffalo, NY
July 25 th	Dragons on the Lake Festival, Portage Lakes State Park
August 8 th	Demo Race with Mov'n Dragons, Marietta, Ohio
August 15 th	Cleveland Dragon Boat Festival, Lorain, Ohio
August 29 th	Hope Floats Challenge, Welland, Ontario, Canada
September 29 th	Pittsburgh Dragon Boat Festival, Pittsburgh, PA

We are working on a possible training camp at our lake for May.

2020 Paddling Season

Attendance requirement will be 65% for both Hope and Dream. The attendance sheets will be pulled four weeks before a race. The attendance must remain at 65% during the weeks leading up to the race.

If you can only paddle on one side, you must obtain a medical excuse from your doctor. Please bring this to erg testing in April.

Ergs and Scored Exercises

The coaches would like to have more data along with erg scores to help when picking teams. The exercises we will be doing are:

- Russian Twists: the number you can do in a minute while holding a 6 lb. weight.
- Planks: How long can you hold a plank position (with good form) for up to 2 minutes. These can be done on hands or forearms.

These exercises along with ergs will be tested in April, date and time to be determined. If you are not sure about these exercises or need practice, Krista at PLX Fitclub is incorporating these in our workouts. Please join us on Wednesdays at 6:00 p.m.



Message from Gala Committee

THANK YOU for all your hard work in securing sponsorships and donations! We are well on our way to yet another successful fundraiser! The staging area will continue to be open on Tuesday and Thursday throughout February, and will be open Saturday, February 29th for final drop off of basket and live auction item materials (any late donations will not be in the program) so please try to get them

Message from Gala Committee continued

in by the end of February. In March, the staging area will remain open on Tuesday 9:30 a.m. to 11:30 a.m. and 5:30 p.m. to 7:30 p.m. No Thursday hours in March. You are welcome to continue dropping off gems, wine and gift certificates, as well as help prepare for the gala. A lot of work goes into the gala, so it takes a village to make it a success! Stop by if you have time. Also, please remember to get your RSVP in by March 15th (both you and your guests need advanced tickets - no ticket sales at the door). Any questions, please reach out to Gina Fortunato or Pat Donnelly.

~submitted by Gina and Pam

Message from Equipment Chair

ATTENTION: Paddlers going to Florida

Mark your calendar to meet me at the boathouse **Monday, March 23rd between 5:30 p.m. - 7:00 p.m.** We will be marking and packing your paddles. Judi Cole is driving to Florida again this year and has once again offered to take them for us. Your vest will still be your responsibility to transport to Florida. ~ submitted by Trish

Message from Web Design Chair

Make Dragondreamteam.org Work for You

If you have not visited the team website recently, grab yourself a cuppa and take a few moments to get reacquainted. The private member page is a great resource for official team documents and forms, meeting minutes, in memoriam tributes and inspirational writings. The public pages -- Events, About, Support and Media Gallery -- can be quite useful when talking to prospective sponsors, community teams and new members. Festival season is around the corner and if you get queasy at the thought of soliciting sponsorships or team support, having your tablet loaded with a gallery of photos or a video can make the job easier and more engaging for everyone. Shutterbugs, take note: as we move into the new season, do not forget to keep the website in mind as you snap photos! Uncluttered horizontal format photos that tell a story showcase the tea at its best. ~ submitted by Tara

Message from New Member Chair

The New Member Luncheon will take place on **Saturday, May 2, 2020 at 11:00 a.m.** in the Craftsmen Park Dining Hall. All current members are invited to attend. Please check your email closer to the date to RSVP and for more details on what to bring to the event.

~ submitted by Dina

Message from Tara

Supporting Portage Lakes Career Center



The students at Portage Lakes Career Center have donated their time and talent to The Dragon Dream Team for several years. Now we have a chance to return the favor. The school's "Neon Lime Cafe" is open Thursdays from 11:30 a.m. to 1:00 p.m. through April 30th. This working cafe gives students hands-on experience as they prepare to work in the real world. The menu is seasonal and features a variety of soups, salads, sandwiches and desserts. For reservations call 330-896-TABL. ~ submitted by Tara and Storm

Message from Sue S.

The 18th Annual North Canton St. Baldrick's Foundation event will be held on Sunday, March 8th from Noon to 5:00 p.m. with over 400 people raising funds and having their heads shaved in solidarity with children going through chemo and for childhood cancer research! The event is held at North Canton Racquet Club, 6330 Promway Avenue NW, North Canton, Ohio 44720.

My sister and I started this event after losing my niece, Abbey Foltz to a childhood cancer at the age of 19 in 2000. We heard about the Foundation in 2002 and decided that in Abbey's memory we would organize an event. That first year in 2003 we had 8 people, including myself after finishing up my radiation for my breast cancer and finally getting my hair growing again! I was fine with shaving, but my sister was hesitant! That year we raised \$5,000! At the 2019 event we raised over \$294,000 with over 600 shaving their heads! Volunteers also contribute in fund raising activities. I'm not shaving this year but am always trying to raise funds for childhood cancer research. We also have many honored children that attend our event and are so special to us, as some were diagnosed in elementary school and are now in college, but still come. We have a majority of children under the age of 18 involved, so our theme the past few years is "kids helping kids!". Jackson, North Canton and Plain Local schools are all involved along with a couple superintendents sharing the stage! If anyone would like to join us that day, there will be food and drinks offered by Quaker Steak and Lube, music, and 22 people at a time, every 10 minutes, getting their heads shaved! It is a pretty powerful day! If you can't join in the festivities, but want to donate you can do so at <https://www.stbaldricks.org/participants/mypage/1042628/2020>

If you prefer to write a check to St. Baldrick's Foundation, you can mail them to me, and I will get them mailed into the Foundation for you! My address is 1104 Bevan Street, Coventry Township, Ohio 44203. This is not a DDT supported event but dealing with cancer at any age is tough and a child are diagnosed with cancer every two minutes all day, every day around the world!

Thank you for your support,
Sue S.

THANK YOU!

A very heartfelt thank you to everyone who has continued to support me. Having you near -- whether it's standing by my side at an appointment or connecting through a text or social media -- has made a hard thing easier. Many blessings to you all! ~ Tara

DRAGON DELIGHTS



Dragon Dream Team members attended the second annual "Akron for Nakon" game on Saturday, February 22nd at the James A. Rhodes Arena. The University of Akron Women's Basketball team partners with the Nakon Foundation for this breast cancer awareness game. Breast cancer survivors/fighters attended a pregame reception, received a gift bag, and had VIP seating for the game.

The Karen P. Nakon Breast Cancer Foundation was established to honor Karen and her graceful and courageous five-year battle against breast cancer. The foundation provides services for Northeast Ohio residents who are undergoing treatment and need financial support.

COACHES' CORNER

Belief

I've used this quote before, but it's one of my favorites, "If you believe you can, or you believe you can't, you're probably right!" It was originally espoused by Henry Ford and represents the idea that everything you do is mental.

If you're asked to do pushups, and your response is, "I can't", ask yourself two questions.

- "Is there a reason?"
- "Have I tried? "

Years ago, I went to a "Boot Camp" class that was offered in my gym on a weekly basis. It didn't cost any extra, so why not try it. My first week the class did 200 cumulative push-ups (20 at a time), 200 cumulative sit-ups, bear crawls and a number of other tortuous exercises. I was sore for days.

When I came back the next week, the instructor (who hadn't said anything when I struggled the week before) looked at me in front of the class and said, "You Came Back!" My response was, "If you think I was going to go through that much pain and not come back, you're crazy!" Was I sore again after that second class? YES! But not as sore. More importantly, did I do it? YES!!!

I've talked before about "the true athlete". I'm going to talk about her again. The true athlete accepts a challenge. With a positive attitude, you can train for anything. It's not always about doing it now. It's about setting a goal and working toward it.

"If you believe you can, or you believe you can't, you're probably right!"

~ 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.