

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



IMPORTANT DATES

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

Saturday, May 2, 2020
New Member Luncheon
11:00 AM at Craftsmen Park
POSTPONED

Tuesday, May 5, 2020
Board Meeting
6:00 PM at Craftsmen Park
CANCELED

Saturday, May 9, 2020
Stewart's Caring Place
Hope Walk
9:00 AM Registration
**DDT NOT PARTICIPATING
MAKING A DONATION**

APRIL & MAY BIRTHDAYS

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

APRIL

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

MAY

26 – Denise McCamish
27 – Amy Synk
31 – Sandie Fugitt



PRAYERS

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

 **News from the Sunshine Committee**

This month we have been praying for Jen May and her family and Trish Chapman. We are keeping Barb Oakes, Deb Pittak, Tara Reynolds, Deann Viebranz, and Christine Petro in our thoughts and prayers. Please help us all to do our best to help others this month. Patience is going to be so important. If there are any of you who need help, please let me know and I will see what I can do. ~ submitted by Deb M.

Remember we are all just walking each other home.

DRAGON MESSAGES

Message from Team Operations

Due to the restrictions concerning Covid-19, erg/exercise scoring is on hold for now. As well as putting our boats in the water and the start of our season.

As you probably all know, the governor has ordered all gyms to close at this time so we will not be able to have our weekly exercise at PLX Fit Club. Please continue to exercise on your own including the Russian Twists and Planks. The exercises we shared from Jim Farintosh are great for doing at home with little to no equipment. As the weather is getting warmer, try to get outside as much as possible. Walking, biking, gardening, kayaking are all things you can still do until we have the opportunity to be together again. As we have more clarity of where we stand with the current virus situation, we will share details on when we can get back in the boats. Stay healthy and safe...this too shall pass!

~ submitted by Juanita and Barb



Message from Public Relations Chair

Given the current state of the world, we will not be participating as a team for Stewart's Caring Place Walk on May 9, 2020 but will be donating \$1,000.00. If dates are changed info will follow. Count your blessings in these difficult times. We've been given much as a team. Time for us to give back. ~ submitted by Amy

THANK YOU

Our family would like to thank everyone for their thoughts, prayers, cards, and messages at the passing of John's Mom. Your kind words have brought comfort during this difficult time. ~ Jen M.

DRAGON DELIGHTS

A big THANK YOU to the DDT sisters that braved the cold and envelope stuffing for this year's Polar Bear Jump. Being a record year for participants, we stuffed close to 700 envelopes with our Festival flyers. The organizers/founders are very appreciative of our teams' continual support. It was amazing to find out this event started on the dock in their backyard and now raised \$170,000+ going to the Ronald McDonald House of Akron and the Akron Rotary Camp. It was a lot of fun guarding the warming tent and seeing everyone's clothing choices and expressions after the jump. I'm inspired to jump next year! Hoping to find ways this year to be more involved with ALL our "friends" on the lake.

~ submitted by Amy



DDT members at the 2020 Polar Bear Jump



DDT members stuffing envelopes for the 2020 Polar Bear Jump

COACHES' CORNER

"Lift Weight to Lose Weight"

I wish I could claim the title as my own, but I borrowed it from a podcast entitled "Food, we need to talk". There's an interesting discussion within this podcast about the effects of exercise on losing weight.

Many of us practice aerobic exercise in an effort to lose weight. And if you're just looking at calories burned, there is a direct connection. If you walk a mile, the average individual burns about 100 calories. Strangely enough, if you run a mile, the average individual burns about 100 calories. That's a work relationship, but I won't go into the math associated with that.

But that's all there is. After we stop walking (running), our bodies go back into their normal mode with regard to burning calories. In other words, we burned calories while aerobically working out, but our base metabolism doesn't really change. Exercise physiologists will tell you that the average individual burns about 6 calories per pound of muscle per day at rest (base metabolism). Can we change that?

Since the units are calories per pound of muscle, if we build more muscle, do we burn more calories? YES! Although you don't burn many calories while lifting weights, the added muscle burns up to 50% more calories per pound per day AT REST (base metabolism)! Now, only about 30% of the average individual's mass is muscle. So, regular weight training (resistance exercises) can result in an average increase of up to 9% in the number of calories you burn per day at rest.

Additionally, as individuals age, they tend to lose muscle mass. That's why it gets harder to lose weight as you get older. But, by lifting weights, you can slow that trend and increase your metabolism. Experts say it doesn't take much. Lifting weights twice a week is adequate to make positive changes.

~ 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.