

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



IMPORTANT DATES

Wednesday July 1, 2020
7:00 p.m.
ZOOM Social Meeting

Tuesday July 7, 2020
6:00 p.m.
Board Meeting

JULY & AUGUST BIRTHDAYS

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

JULY

3 – Susan Balmert
10 – Connie Delehanty
14 – Marilyn Purdy
25 – Jessica Mader
27 – Chris Krieger
31 – Judy Akins
Ginny Bache

AUGUST

2 – Melissa Samulak
17 – Debra Hayes
19 – Kathy Bean
Diane Thacker
25 – Bobbi Glendon
Pam Spencer
27 – Claudia Perge



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 still focusing on all staying safe. We prayed for Amy Synk this month. As always, we pray for Deb, Tara, Deann, Barb, and Christine. Please stay safe and take care of yourselves.

~ submitted by Deb M.

Remember we are all just walking each other home.

DRAGON MESSAGES

Message from Team Operations

Hi All - It has been good to see some of you at the kayak paddles at Portage Lakes and Silver Lakes! Please join us as we physical distance, exercise and do a little talking! Thanks to Toby and Jill for organizing these events! We are hoping to do more coming up soon. Remember, if up to ten of you want to use our docks, you can do so to launch your kayaks per Gregg Walton. Also, after speaking with Gregg he is hoping that after July 5th, he will have more guidance from the Health Department/ Governor DeWine as to whether we can use the pavilions for more than 10 people.

We will also be discussing ways that we can take the boats out to ensure physical distancing with volunteer steers at the July Board Meeting. This will be challenging, and we will be keeping in mind the Governor's recommendations. See the picture below as an example of how some teams are making physical distancing work. Thanks, and stay well ~ Barb and Juanita!



Message from Sunshine Chair

Thanks to Deb Pittak for letting us come over and visit while we worked. Thanks to Sandy Fugitt, Laura Beringer, Barb Oakes, Erica Whitmer, Katie Byard, Holly Ross, Joanne Johnston, Susan Colville Hall, and Deb Merrow who all worked on Deb's yard and had a great time. After work we took time to eat pizza and visit. ~ submitted by Deb M.





Message from Erica

Hello Team – Two quick items: As a reminder if you have been finding some cool things (or normal things) to do while off – send me a picture and/or tell me about it – share! I will include a special section in the 2020 photo album for “Quarantine Time”. I received a few submissions and wanted to remind you all to continue to send me stories or pictures to include in the album.

I would also like to form an email group that is not part of the official “team” communications as I cannot reach out to you like I would want to through team communications. I would like to form a group to keep in touch during our shutdown this year. This is a different and special year; I think it calls for more communications! After seeing some of you at the kayak paddle, it made me feel like we are losing touch. What our team has is special and I would hate to lose that because of the virus, we need to reach out and support each other, maybe there is more that you want to say than a couple of lines on Facebook for all to see, or maybe you just want to share with your dragon boat sisters something wonderful, whatever it is this group will be designed keep in touch with each other, it is not official team communications. I will put it together if you will send me an e-mail (ericawhitmer@gmail.com) or a text (330-204-3474) I will put you on the list. Contact me, the more on the list the more interesting it can be! Missing you all ~ Erica

THANK YOU

Thank you once again for your prayers and acts of kindness during my latest down time. ~ Amy

DRAGON DELIGHTS



Our boats are in our building, looking fantastic, and ready for use!

KAYAK ADVENTURES











COACHES' CORNER

Working Out in a Pandemic

After Governor DeWine re-opened the gyms in the state, I decided to go back to mine and check it out. I expected that there would be health checks before entry, cleaners hovering in each area, or at least monitors reminding us to keep our masks in place, clean the equipment and maintain social distancing.

All that concern was unwarranted. No one manned the check-in desk. I was the only one present wearing a mask (including the staff). The only hint to added cleaning was the addition of a commercial canister of Clorox wipes – not that I saw anyone using them, except me. And the Cross-Fit class participants were standing shoulder-to-shoulder between exercises. I left the gym realizing that the pandemic was over, and I hadn't received the email.

As a result, Coach Sara and I were emailing about a proposal for a good pandemic exercise program. We really wanted something that didn't require special equipment or a gym (and the associated suspension of all pandemic caution) and wouldn't force *Psycho* (our beloved editor) to make Dragon Tales look like a volume of the Encyclopedia Britannica. (For those of you who don't know what that is, check with me later.)

Coach Sara and I kept coming back to Jim Farintosh's annual missive regarding basic exercises for dragon boating. Coach Sara was **kind** enough (don't tell her I said that) to put it on her Google drive and we've included a link below.

<https://drive.google.com/open?id=1NTgGdUrGG6ldy0gChoXxBVIVVyaf2RIh>

Pick a few exercises. Start slowly with minimal repetitions and minimal weight. Increase the number of repetitions and/or weight as you feel comfortable. Add more exercises over time. Develop a repertoire. Over time, you'll get stronger, feel better, and, when the time is right, be ready to get back on the water.

Paddles UP!!
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.