

AUGUST 2020

DRAGON TALES

THE MONTHLY NEWSLETTER OF THE DRAGON DREAM TEAM



IMPORTANT DATES

Tuesday, August 4, 2020

Board/Committee Meeting
6:00 PM

Springfield Fellowship Church
830 Ewart Road, Akron

**Wednesday, August 5th
& August 19th**

ZOOM Social Meeting at 7:00 PM
Meeting details to follow later!

AUGUST & SEPTEMBER BIRTHDAYS

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

AUGUST

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

SEPTEMBER

- 5 – Pat Testa
- 6 – Rene Petrovich
- 7 – Dorothy Farkas
- 11 – Susan Kolarik
- 12 – Gina Fortunato
- 14 – Kathy Weichl
- 16 – Joanne Johnston
- 18 – Carolyn Bernstorf
- 19 – Doreen Hazlett
- 24 – Sarah Butler
- 29 – Nancy Dapra



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 all been praying for Pat Donnelly, Kristen Evans, Claudia Perge and Jen May. We are keeping Barb Oakes, Deb Pittak, Tara Reynolds, Deann Viebranz, Christine Petro in our thoughts and prayers. Thank you all for caring so much about our sisters. Please be safe.~ submitted by Deb M.

Remember we are all just walking each other home.

DRAGON MESSAGES

Message from Team Operations

Please feel free to join Dragonheart Vermont in their virtual festivities August 1st and throughout the first week of August. There are virtual BCS symposiums and many educational talks, for example Jim Farintosh made a YouTube video called "Covid and Your Dragon Boat Crew...Challenges and Opportunities". You can join the virtual event as a participant or click the link that was emailed by Deann last week and Dragonheart Vermont is accepting donations too. Our Flower Ceremony is posted on this link also, please contact me or Juanita if you need help accessing the link.

Please continue to stay active; Kayaking, Biking, Running, Walking, Working Out, Swimming, etc. We still need to be ready for the 2021 season. This Pandemic will end, and we will be back in the boats together - Paddles UP! ~ Barb and Juanita!

Message from Tara

Four years ago, I asked DDT members to help a young woman with two young children and a newborn who left a terrible domestic abuse situation with nothing more than the clothes on her back. Although this story had nothing to do with breast cancer, and not one of us knew the woman directly, team members didn't hesitate to step up to contribute diapers, clothing, household goods and gift cards - as you can see from this 2016 photo, the back of my car was full to the brim! This weekend my high school classmate, the social worker who brought the case to my attention through social media, shared this update: Mom is working full-time at an assisted living, the two older children are doing well and the baby is thriving with her new adopted family. You did good, DDT.

"No act of kindness, no matter how small, is ever wasted."

--Aesop



THANK YOU!

I would like to thank everyone for their cards and words of comfort following the death of my sister, Gail Elrod. She was my "right arm", helping me at my home, hiking the trails, going on Senior Field Trips, and she even paddled on some of our Friends and Family teams. I am certainly going to miss her.

~ Pat Donnelly

Thank you for the thoughts and prayers for my Mom. She is recovering well, and we just learned her pathology results are negative for malignancy and metastasis! As always, thank you for your love and care! ~ Jen May

THANK YOU! continued

To my Dragon Boat Sisters,

I want to thank you all so much for the outpouring of love, condolences, and support for both the passing of my brother and for my health issues. My brother, Mike, had stage 4 kidney cancer. It is difficult to lose a sibling, but he passed peacefully and for that I am grateful.

My new pacemaker is working perfectly! It is an amazing little thing. No wires so I can use my upper body with no limitations. I was looking forward to paddling again but unfortunately have had a setback. I started having back pain the end of April and was diagnosed in June with lumbar compression fractures. (If any of you have had these, I would like to hear how you are doing). They are healing well and Praise the Lord they are Not due to cancer metastasis. The ortho doctor recommends that I do not paddle. I am going to work on strengthening and rebuilding my bones and see what the future brings. I am grateful for you my dragon sisters - the support and sisterhood of our team is truly amazing!

Wishing each of you well - Love, Claudia Perge

DRAGON DELIGHTS

2020 Flower Ceremony







COACHES' CORNER

For "dragon boat people" like you and me, we are all struggling to keep up with our interrupted routine summer lifestyle as water junkies. With mixed messages from the media, medical professionals, politicians, and an unknown timeframe on when this pandemic will end, the most difficult aspect to coming out of this thing intact is to stay mentally strong.

Many of you know I live in my [happy bubble](#), which helps filter negativity and drama (for the most part). That bubble has been poked and almost popped (thanks to Kevin) since this all started.

Instead of focusing on the negatives going on right now, think of the time you can give back to your family. We know they give a lot to us during the season. This may seem like a small comfort to express gratitude for, but these are the people we count on most (yourself included) when we have to navigate struggles that, now, may seem almost luxurious by comparison to current times.

Our loved ones give us a lot of support and take on more responsibilities while we train, compete, and travel during our normal seasons... let alone the battles many of you have survived against the "Big C." There are so many people that don't have that kind of stable love and support from those closest to them, and I know I'm not alone when I've felt like I don't spend enough time with them or tell them what they mean to me enough.

While we all want the normal face-to-face social contact, we need to understand social distancing and wearing masks are the quickest path from the new normal to the fun parties, embraces, dragon boating, and closeness I have experienced with all of you.

It is going to take a while, so strap in for this fight so we can ALL win. Come out of this "solitary confinement" like a boss. This does not stop you from doing Russian Twists, picnicking with a friend, kayaking, gardening, or going for a 30-minute walk.

A short video from Coach. [The Longest Time-Quarantine Version](#)

The point is we will get through this together: as individuals, as mothers, as wives, as a society, and as families. We are already lucky enough to know so many of us have already survived this and worse. You did not give up in the hospital and ALL OF YOU have never given up on the boat. Note: this is what "bury" your paddle means.

Paddles UP,
Coach Sara

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.