

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



IMPORTANT DATES

Tuesday, September 1, 2020
Board Meeting at 6:00 PM
Craftsmen Park

Wednesday, September 2nd
September 16th & September 30th
ZOOM Social Meeting at 7:00 PM
Meeting details inside!

SEPTEMBER & OCTOBER BIRTHDAYS

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

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

OCTOBER

4 – Cheryl Deitch
Linda Latham
5 – Darlene McCarty
12 – Chris Lutz
23 – Jean Zorko
28 – Lynn Fritz



PRAYERS

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

👁️ News from the Sunshine Committee

I am so glad that we are getting together in groups. This is so important to all of us. We are praying for Kristen Evans, Ginny Bache, Sandy Fugitt, and Peggy Woodruff as well as our sisters who are always in our thoughts and prayers: Tara, Debbie, Deann and Christine. Please take care and stay safe. ~ submitted by Deb M.

Remember we are all just walking each other home.

DRAGON MESSAGES

Message from Team Operations

Hello Team! It has been so nice to see many of you at our kayaking outings. It is also good to see and hear of many of you hiking, biking, running and just enjoying the outdoors in small groups. We really need that time together and the bonus is it is helping us stay in shape!

Our plan is to organize another kayaking outing in September using Killinit Kayak rental again. Until then stay safe and stay strong! ~ submitted by Juanita and Barb

Message from Outreach Chair

Boatloads of Hope

Our team received this beautiful thank you note from a friend of Susan Colville-Hall who recently received a pashmina from us.



Dear Dragon Dream Team,

I received the beautiful pashmina and am so touched to know that there is so much support for women who have been diagnosed with breast cancer. Susan had mentioned the Dragon Dream Team to me long before I ever knew that one day I would be a beneficiary of your caring thoughts.

Thank you to all the members of the Dragon Dream Team for sending me your positive energy and support. Such kind gestures make a difference.

I think it is important to remember that although our season has not gone as planned our team is still making a difference in women's lives. Not only are we providing pashminas but there is a group of members who write letters of encouragement that are included in the box. Members came together and made masks when Cleveland Clinic Akron General requested them. Tara Reynolds and Erica Whitmer have designed adult coloring sheets to be used to help patients with relieving their stress. I will begin to distribute those to the breast centers and infusion centers next week. The breast centers know they are coming, and they are very excited to receive them. So even though we are not paddling, working together we are continuing to fulfil our mission. ~ submitted by Judy A.

Message from Erica

Keep in Touch Emails

Should you wish to be added to the keep in touch email list, please send an email ericawhitmer@gmail.com or a text (330) 204-3474 and I will add you to the list. The keep in touch emails are designed to keep in touch with each other and are not official team communications. The more members on the list the more interesting it can be!

Message from Dina

Virtual Get-Togethers

While we have not been able to be together in the boats this year, we have had a good time getting to know each other a little more and sharing laughs and news on our bi-weekly virtual get-togethers via Zoom. Everyone is invited to join us on Wednesday, September 2, September 16, and September 30 from 7:00 p.m. – 8:00 p.m. Below is the sign-in information:

<https://us02web.zoom.us/j/2730981032?pwd=NHZhaEVmR1c3cFhmQ3lwMFEyMm1jdz09>

Meeting ID: 273 098 1032

Passcode: 7jfYxX

If you have any trouble accessing the meeting, just text Dina at 330.715.9874 for assistance.

ACME Receipts: Time to start saving and collecting ACME register receipts for the Community CASH BACK fundraiser. The team can earn 5% back from eligible purchases. This runs **August 6** through **December 26, 2020**. ~ submitted by Monica



Dragon Delights

Monday Night Kayaking at Silver Lake



COACHES' CORNER

Determination and Training

Rowing and Paddling have a lot in common. In both, it's all about training. The athletes must be synchronized. There's a sweet spot for the stroke rate that gives your team its best speed. And the teams train a lot for very few races.

So, we're going to talk about rowing. One of the best kept secrets in the athletic world coming up to the 2016 Olympics (Rio de Janeiro) was the U.S. Women's Eight. Prior to the Rio Olympics, this team hadn't lost a race in 10 years. The U.S. team was known for its great depth and singular belief. All that matters is the boat – and how to make it go faster.

The U.S. Women's Eight were dominant in their sport. Other teams were demoralized when they had to compete against them. What their opponents didn't see was the pain involved in training a team to be that good. When asked about the training, team member Amanda Polk responded, "These women have pushed me every day. Individual [ergometer] tests, pieces on the water — any time I thought *this* was enough, it wasn't. You could feel them pushing harder, and I would respond with them, and it was just one, solid unit. Basically, complacency is not there. It's nonexistent."

So, it was no surprise that they made the 2000m finals in the 2016 Olympics. In a surprising twist, Canada and the Netherlands set off at a blistering pace to lead the race. At the 1000m mark, the U.S. Women's Eight was in third place. Their coxswain, Katelin Snyder, knew she had to do something. It's reported that she yelled, "This is the U.S. Women's Eight! This is USA Women's Rowing!"

And the rest is history.

<https://youtu.be/paRQ7IqYLhk>

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.