



DRAGON TALES

Monthly Newsletter of the Dragon Dream Team

JULY 2016

UPCOMING EVENTS AT A GLANCE:

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| Fri., July 8 | Dragons on the Lake festival set-up (PM) – Portage Lakes State Park |
| Sat., July 9 | Dragons on the Lake festival – Portage Lakes State Park * |
| Tues., July 12 | Board Meeting – Craftsmen Park Campers' Clubhouse |
| Sat., July 23 | Susan G Komen walk – Canal Park, Akron * (Note: no paddle practice) |
| Fri.-Sat. July 29, 30 | "One Paddle...The Dance Beyond Technique" Summer Training Camp * |
| Tues., Aug. 2 | Board and Committee Chair meeting - Craftsmen Park Campers' Clubhouse |
| Sat.-Sun. Aug. 6-7 | Lake Champlain Dragon Boat Festival – Burlington, VT * |

* further details provided in this newsletter

JULY/AUGUST BIRTHDAYS: *Members: If we have omitted your birthday, please let us know!*

JULY

3 – Susan Balmert
14 – Marilyn Purdy
22 – Mary Datsko
25 – Jessica Mader
27 – Christine Krieger
31 – Judy Akins, Ginny Bache, Madie Griffith

AUG

3 – Ginni Wesig
24 – Martha Thomas
25 – Pam Spencer

PRAYERS: *If a DDT member is in need of prayers and/or support, please contact **Ginny Bache**.*

The following DDT members would be grateful for your cards, thoughts and/or prayers:

Linda Griffith, Jessica Mader, Francine Zamin.

Addresses may be found on the roster located on the DDT Forum.

DRAGON TALES NEWSLETTER: The *Dragon Tales* newsletter is now available for public reading on our website, www.dragondreamteam.org. Scroll to the bottom of the main page, and under "Quick Menu" you will find a category called "News Updates." That's where the *Dragon Tales* are located. Be sure to inform your friends and family. No login is required to access this portion of our website. ~ submitted by Lynn and Carolyn

"As you grow older, you will discover that you have two hands – one for helping yourself, the other for helping others." – Audrey Hepburn

DRAGON MESSAGES:

Message from the President: The heat of summer has finally arrived, and accordingly the Dragon Dream team was all 'fired-up' for its first race in Buffalo, NY held on June 18. We practiced hard, focusing on technique and endurance, and it certainly paid off. Winning both the BCS and All-Women's categories was an exhilarating experience for our paddlers, supporters and spectators. Read further for more details and pictures! ... Now we must focus on our own festival being held on Saturday, July 9. We need every team member to volunteer their talents to make our *Dragons on the Lake* festival a success! ... Later this month we will be participating in the Susan G Komen walk (July 23), followed by our summer training camp (July 29-30). It's another busy month of camaraderie! ~ submitted by Carolyn



BCS Champions
Hope Chest Festival, Buffalo NY
June 18, 2016



DDT's Captain for Buffalo race
Our drummer: Pat D.

Message from Team Operations:

Life vests: The new life vests are now in and being used; we have a few that still need to be paid for and picked up. The *team* vests have a Breast Cancer Ribbon embroidered on the strap to denote that they are team vests, and must stay in the boathouse unless they are signed out. The new vests, small through large, are on the wall next to the paddles and the X-large and 2X vests are hanging under the paddles. Please be sure to return them to the right areas. Thanks!

Portage Lakes Dragons on the Lake: Dragon Dream Team Festival is on July 9th, and we will have two boats in our own festival. Please come to practice and get ready to show our community what SURVIVOR really means! There are a total of seven Cancer Survivor teams competing including our two teams, the most we have ever had! We look forward to seeing everyone from DDT representing this grand event!

Vermont: Great news! We are taking all members who want to go to Vermont; to paddle or just participate in the two-day activity (Aug. 6-7). We have signed-up for a second boat and anybody that wants to attend may ride the bus and participate in this wonderful experience. If you can't paddle you can still come and participate in the BCS offerings, please see Karen or Barb to get added to the list! More details to come. ~ submitted by Barb and Karen

DRAGON MESSAGES: (continued from previous page)

Message from the New Members Committee: We continue to receive emails through the website from survivors interested in joining the team. If you know of anyone interested in becoming part of the team please have them contact Denise McCamish at dmccamish1@gmail.com.

~ submitted by Denise M

Message from the Festival Committee: We are 2 weeks away from our Dragons on the Lake dragon boat festival at the Portage Lakes State Park, and excited to say we have 37 registered teams (our highest ever!). It will be a fun day for the Dragon Dream Team, as we honor 10 years of paddling - a Decade of Dragons - and spread the word to our community that there is life after breast cancer!! The planning, site preparation and day-of-festivities will take a village...in this case an *entire team*...to execute. Each team member's help is invaluable. Please check the boathouse for sign up sheets for helping with festival team practices, committees or volunteer opportunities. Family and friends who are not paddling, also make great volunteers. Or, for questions on how you can volunteer, please see Gina Fortunato, Erica Whitmer, Lynn Fritz or Sara Eddy. ~ submitted by Your Festival Committee (Erica, Gina, Lynn, Sara)

Message from the Italy 2018 Committee:

Kids' T-Shirts: The Italy Committee Fundraising efforts are underway. Thanks to Dawn Wagner we kicked off our grass-roots fundraising with the first sale of infant onesies and kids' t-shirts printed with "My Aunt/Grandmother Paddles a Dragon Boat". If you missed putting in an order, you will have another chance in July when we order more to take to our race in Vermont.

Marketplace: Planning for second Italy Fundraiser is in the extremely capable hands of Betsy Lambright and Barb Fox. This will be a Marketplace Event on October 22nd at Storm's church: Fairlawn-West United Church of Christ, 2095 W Market St, Akron 44313. The Marketplace will feature vendors who have their own businesses and are willing to donate a percentage of their profits to the Dragon Dream Team. If you know of someone who has their own business, please share their name and contact information with Betsy or Barb so that they can send an invitation/commitment letter to them.

Corporate Fundraising: Bob Bothel, Toby's husband, will lead the corporate fundraising effort for the Italy trip. Bob has begun to develop a list of corporate connections to approach for large donations (above \$10,000). If you have suggestions/personal connections to the corporate world, please email Bob at veman2000@gmail.com ~ submitted by Toby and Betsy

GREEN FOR PINK: Would you like to inspire area cancer patients? If your cancer journey has involved making changes such as a whole foods diet and active lifestyle, you can start by sharing your story! Green for Pink is featuring bi-weekly Survivor Stories on our blog website. We want to show cancer patients who are getting ready to "graduate" that there are many ways to craft a vibrant life as a survivor and share success stories from right here in our community. (Check out our own Diane Carano's story at: <http://www.green-for-pink.org/2016/06/01/survivor-story-diane-carano/>) Profiles can be completed via email. Contact info@green-for-pink.org for more information. ~ submitted by Tara

GETTING TO KNOW OUR MEMBERS: *Each month we will highlight different DDT members.*

Deb Merrow - Deb grew up in Akron, Ohio. She taught Special Education for 30 years in Akron Public Schools. She is retiring this year to spend more time with her husband, three daughters, and eight grandchildren! She also enjoys gardening and canning.

Patty Wartko - Patty grew up in South Akron (Firestone Park), and attended Archbishop Hoban High School where she met her husband, Dave. She has been married 35 years, and has two children, Nick (33) and David (29). Both children are married, and both daughter-in-laws are named Kate. That way, when Patty is old and senile she only has to remember one name. ☺ Nick has two amazing children (Lilly-4, and Eric-2). Patty has worked (20 years) as Office Administrator/Controller for Don Wartko Construction, Inc. and DWC Pipeline, LLC. Patty previously lived in the Ellet area and Uniontown, and in October 2013 built their current home in Suffield Twp (Mogadore), overlooking the south end of the Mogadore Reservoir. Patty has always been very athletic and active. She loves cooking, gardening and being with friends and family (especially her grandbabies). She and Dave also love to take long bike rides through the Cuyahoga National Park and other local trails. Patty is trying to reduce her hours of working since the reality to “enjoy life” hit in October of last year!!

THANK YOUs – Many thanks were received from those who supported our spring training camp:

- Thank you for allowing Mike and me to be part of your (training) camp. I cannot tell you what a beautiful family the Dragon Dream Team is. It was an honor to be a part. Hopefully we were able to provide some helpful hints. There was no thank you necessary on your end but it was much appreciated. Thank you, and keep up the good work. You are a bunch of beautifully tough women. *Dan Norman and Mike Bigelow, Physical Therapists, Akron Children's Hospital (received May 24)*
- Thanks so much for the kind gift and wine basket. You know the way to my heart. I'm so glad that you got to connect with Dan and Mike. They are such quality people and great therapists. I thought their presentation was excellent. They've loved the association as well. You guys are truly inspiring. I love to be inspired. *Thanks again, (Dr.) Joe Congeni, (Director, Sports Medicine; Clinical Co-Director, Center for Orthopedics and Sports Medicine)*
- Thank you so much for the gift. Completely unnecessary, but very much appreciated. You guys have definitely spoiled us. *Michael Bigelow, PT, DPT*
- I wanted to thank you and the entire Dream Team for the wonderful and thoughtful gift. Thank you very much. *Daniel Norman PT, SCS, CSCS*
- I add my personal, most appreciated thanks for the gift certificate & plant! Emily (yoga instructor) verbally thanked the team and was quite surprised by the gift. *Coach Becca*

KIWANIS' ANNUAL PIRATE'S DAY FUNDRAISER: The Portage Lakes Kiwanis will be hosting their Annual Pirate's Day Fundraiser on Saturday, July 30. This event will begin at 5:30 pm and take place at Prime 93 on Manchester Road, in the Portage Lakes area. This fundraiser will include silent and live auctions, gambling and a reverse raffle. Tickets are \$35, which includes dinner, beer and wine. Reverse raffle tickets cost \$100. Pirate attire is a must! Please consider supporting this organization that is constantly helping the DDT. To purchase tickets, please call Vicki Kepley at 330-618-8795 or email her at vickikep@aol.com. ~ *submitted by Marilyn*

PADDLING NEWS:

The Dragon Dream Team has the following races remaining in 2016. All are welcome and encouraged to come and cheer the team on to victory!

- Sat., July 9 Dragons on the Lake Festival – Portage Lakes State Park OH
- Sat.-Sun. Aug. 6-7 Lake Champlain Dragon Boat Festival – Burlington VT
- Sat., Sept. 17 Cleveland Dragon Boat Festival – Cleveland OH
- Sat., Sept. 24 Steel City Dragon Boat Festival – Pittsburgh PA

HOPE CHEST BUFFALO NIAGRA DRAGON BOAT FESTIVAL – BUFFALO NY – JUNE 18

Great job to all race participants, coaches and supporters who travelled to Buffalo on June 18, to bring the BCS title and Women’s title to Portage Lakes! A total of 33 members and coaches travelled to Buffalo to show everyone what the Dragon Dream Team is all about!! Our first 300 meter race was won in 1:27:91, second race was 1:30:11 and the third race was 1:28:85. What an awesome day and great effort was given as ONE TEAM! ~ submitted by Team Ops
Practice the way you race. Race the way you practice. Well, you certainly did that in Buffalo. That was the best series of races I’ve seen from the Dragon Dream Team. As a team, you’ve come a long way. You made me proud! ~ submitted by Coach Allen



BCS Championship Race
Hope Chest Buffalo Festival - June 18, 2016



Team gathering with Coach Allen in between races
Hope Chest Buffalo Festival - June 18, 2016



Women’s Division Championship Race
Hope Chest Buffalo Festival – June 18, 2016



Women’s Division Champions
Hope Chest Buffalo Festival – June 18, 2016

COACHES' CORNER: Participation

Each of us has different requirements and expectations when joining the Dragon Dream team. You may have physical limitations or time restraints that limit you to a more social experience or you may be a highly competitive athlete wanting full involvement. The team offers various levels of training to meet your needs, which may vary from time to time. We practice to improve technique, synchronicity, strength, and speed. Do you prefer a slower, repetitive review (casual) or a fast paced, drill based, intensive practice (competitive)? You decide on your current level of participation, make the commitment, and then go for it! ~ *submitted by our coaches*

FURTHER DETAILS ABOUT UPCOMING EVENTS:

Susan G Komen walk – July 23

The Dragon Dream Team is once again participating in the annual Susan G Komen Race for the Cure on Saturday, July 23. The venue has changed this year to Canal Park, 300 S Main St., Akron. This is a morning 5K race/walk (3.1 miles). After our race/walk, the team will form our pink paddle arch to greet the remaining participants at the finish line. This event provides another great opportunity for the Dragon Dream Team to get its message out into the community. There will be NO PRACTICE that day. Stay tuned for further details. ~ *submitted by Carolyn*

"One Paddle...The Dance Beyond Technique" Summer Training Camp (Part Two) – July 29 & 30

(also mentioned last month)

We will be conducting one more training camp on July 29th and 30th. This camp will prepare all of us for the Vermont, Cleveland and Pittsburgh races that will be occurring in August and September. This camp will focus on technique and individual training with our coach from Space Coast Training Camp in Florida, Rob Flanders. Along with this camp, Rob's wife Johanna, a certified Gyrokinesis instructor, will give a 'mobility' section. Gyrokinesis was developed by a Russian dancer that incorporates dance mobility, yoga, palates, tai chi as well as other modalities. She has taken the format and adapted it to dragon boat paddling. We are working through the details currently; please hold that weekend open....we have a very busy July!! ~ *submitted by Barb*

Have information and photos to share?

Send to Carolyn Bernstorf (cwbernstorf@hotmail.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.