

# Derby City Dragons

## Breast Cancer Survivor Dragon Boat Racing Team

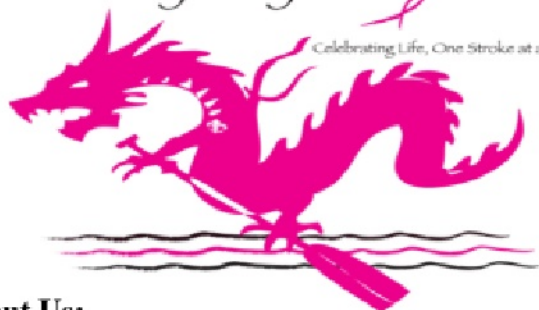
July 2019

291 Hubbards Lane, Suite 172-238 • Louisville, KY 40207-8203

Vol. 2 No. 2

Derby City Dragons

Celebrating Life, One Stroke at a Time



### About Us:

As Louisville's first Dragon Boat Racing team we are proud to be part of the 100+ Breast Cancer Survivor Dragon Boat Racing teams throughout the world. Our team was founded in April, 2013, as we sought to strengthen our spirits, prove that we weren't defined by our shared diagnosis and support each other in our individual struggles. The Derby City Dragons is a team that welcomes breast cancer survivors, regardless of age, fitness level or previous experience. We share a zest for fun, life, health and sportsmanship, and promise that members will build new lifelong friendships as they "awaken the dragon within themselves"!

Our webpage is:

<http://www.derbycitydragons.org/>

Contact us at: [drbycitydragons@gmail.com](mailto:drbycitydragons@gmail.com)

Find us on Facebook at Derby City Dragons - Breast Cancer Survivor Dragon Boat Team  
[@derbycitydragonsbcsdragonboatteam](https://www.facebook.com/derbycitydragonsbcsdragonboatteam)

## Upcoming Events 2019

**July:** Dragons on the Lake Dragon Boat Festival  
July, 20, 2019 Akron, Ohio

**August:** TBA

**September:**

Kentucky Dragon Boat Festival - September 7th in Northern Kentucky

White River Dragon Boat Festival - September 28th in Indianapolis, Indiana.

**October:**

Apocalypse Derby City Dragon Meet and Greet-  
October 14 @ Apocalypse Brew Works

Dragon Boat Festival in Florida - TBA - Optional

**Did you Catch  
us on WLKY??**



**Check it out at  
WLKY.com**

Copy and paste the link!!  
[https://www.wlky.com/article/derby-city-dragons-getting-ready-for-competition/27909824?fbclid=IwAR34hLPcBUN9-yqSbQ4xtL\\_XsD0qU7lBeWzlpw9ARE2T47B3CO3ek7lBw](https://www.wlky.com/article/derby-city-dragons-getting-ready-for-competition/27909824?fbclid=IwAR34hLPcBUN9-yqSbQ4xtL_XsD0qU7lBeWzlpw9ARE2T47B3CO3ek7lBw)



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## Launch Day for Blossom

May 14, 2019



## Paddles up and STAY READY!!!

### How You Can Help Support Us:

#### • Kroger Rewards Program:

Did you register your Kroger Card to link to "Derby City Dragons" Community Rewards program yet? By doing this, we will receive a percentage each quarter of all money spent at Kroger when you swipe your Kroger Card. Simply register online at [krogercommunityrewards.com](http://krogercommunityrewards.com)

#### • Amazon Smile:

Do you order from Amazon? If so, you can now support the Dragons by shopping here: <https://smile.amazon.com/ch/82-1639681>

#### • Thomas Car Wash

We are featured at **Thomas Car Wash**, on the corner of Hurstbourne and Taylorsville Rd. Get your car washed here, use our code "5555" under the fundraising button, and we get 20%!!

## Paddles Up!! & Heads in the Boat!!

Hi DCD paddlers!

We are off to the start of our SEVENTH season! Wow, it's hard to believe that the time has gone by so quickly!

Our membership has grown to nearly 40 this year which is fantastic. We will likely begin to experience some growing pains with logistics when the boat fills for practices. Please be patient as we work through logistics of adding practices so we can accommodate everyone.

For both newbies and those of us who have been around for a while, I wanted to send out a couple reminders about practices. The board is in the process of developing a "Paddler Agreement" which will include these things as well as a few more items. As our team grows, we want to keep everyone on the same page with expectations.

- Be punctual
- Have gear in hand and be walking to the boat by 6:15pm for evening practices
- Have gear in hand and be walking to the boat by 8:15 for morning practices
- (NOTE: TIMES WILL SHIFT WITH SUNLIGHT IN THE FALL)
- If you know you are going to be late text or call with instructions on what you need and where/when you will meet us. Phyllis (502) 767-2557, or Carol (502) 649-0522. If you signed up and are not going to make it, let us know so that we are not wondering if you are coming.
- Heads in the boat! "Heads in the boat", means "STOP CHATTING". Pay attention to the coach/steersperson (This is both for safety and to enable everyone to hear!)
- Ensure your PFD is zipped BEFORE stepping on to the dock ramp.
- Pay attention to your seating position - load quickly so we can get on the water.
- Be ready to count off as we back the boat out.
- One Coach, One Boat! Do not coach other paddlers unless you have been asked by the coach to assist a paddler on an aspect of their stroke. If you have a suggestion for a paddler, or see something that may need to be corrected, bring it to the coach after practice.
- Grunt, groan or whatever helps you bring power to your paddle! Please do not call out commands (Hit, Power, Finish, etc.) unless you have been asked to repeat the coach or steersperson.

Paddles Up!!

Carol

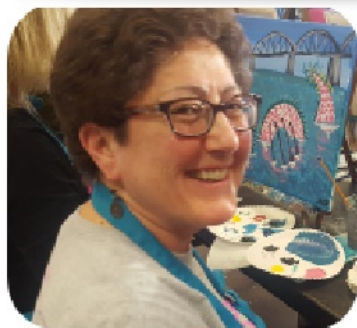


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## Our Stories: Margaret Fadeley

I was diagnosed with breast cancer in 2005. Like most people receiving an unwelcome diagnosis, I was stunned. I remember sitting in the parking lot at the doctor's

office. Someone had seen me get into my car. When I did not pull out immediately, they blew their horn. I thought, "Leave me the (expletive) alone. I just found out I have cancer. I will sit here as long as I want to." Though numb and somewhat moving thru a fog, I soon decided that my older sister had survived and thrived after suffering from breast cancer, so I could too. My spouse, family, and close friends were my support system. I really had no desire to become involved in a "survivor" group other than periodically volunteering with the Susan G Komen Organization. That all changed when I met Kathie at church. She found out I was a survivor and immediately invited me to join her dragon boat team. I drug my feet for several months but finally went on a "test" paddle in August of 2017. That was it. I was hooked. My Derby City Dragon teammates have redefined "survivor" for me. I am confident of their support and friendship and had the honor of celebrating my 13th year of survival with them, paddling on the Arno River in Florence, Italy. What a surprising turn in my journey!

## DCD Dragon of the Month:

### Gina Robinson

Gina is a very special person and a wonderful member of our team. Wherever she goes, she is making friends, cheering others on, trying to help out at festivals, practices, and any event she goes to. We were at a festival one year where she helped out a team paddle in their race. She was so happy to do that for them... The following year, they included her name on their shirts of people they were honoring. Wow!! That was awesome!! Gina has improved her paddling skills by working hard and the person most surprised about that is Gina herself. We just love you Gina!!



## Our Stories: Jan Weimer



My journey with breast cancer started in Aug. of 1988 at the age of 37. I found a lump and called my best friend who was a nurse and she told me to call and get a

doctor's appointment right away. Upon seeing my doctor a mammogram was ordered. My mammogram came back normal but we weren't sure and I did not want to "wait" for 6 months. We decided to see a surgeon and have a biopsy done. After the biopsy procedure the doctor said it didn't look good and it was probably cancer. I didn't take the news well but what choice did I have we had four sons to raise. Their ages were 8 11, 14, and 16. My husband Larry and I decided to tell the boys exactly what was happening. My youngest asked me if I was going to die and I answered with a quick NO!!!!!!!!!!!!!!

I was also in college as a senior.

We had no family in Southern Indiana so my support came from neighbors and friends, and school mates. They helped wherever needed.

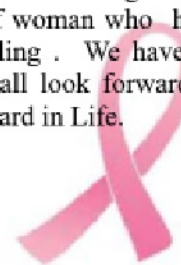
I had a modified radical mastectomy with immediate reconstruction. After surgery I was told that I would be a good candidate for the new drug that was out called Tamoxifen. I agreed to be in the study and took the drug for 5 years.

I searched for a reason of why me, but it didn't take long for me to find my answer. After surviving for one year you could become a Reach to Recovery Volunteer. I began doing that volunteer work for the hospital and continued that for 19 years. I was also on the Board for the Race for the Cure and was involved with bringing the race to Louisville, Kentucky. In May of 1989 I graduated from Indiana University Southeast 20 years after I started.

As I reflect back on my diagnosis I feel like I was given another chance at life to help others thru this dreadful disease by offering support and knowledge about my treatment.

As I searched for situations to be involved in I read about the Derby City Dragons in the Today's Woman Magazine. I knew I wanted to be a part of a group of woman who have moved past there cancer thru their paddling . We have all been on a similar journey together and all look forward to helping each other continue paddling forward in Life.

Celebrating 30 Year Survivorship!!!





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**It's the journey, not the destination... But the destinations continue to be awesome!!**

**Kentucky Derby Festival 2019  
Pegasus Parade**



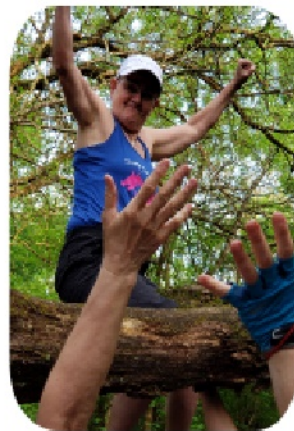
**Fun Day Paddling with Sister Teams  
Indy Surviveoars and Prairie Dragon Paddlers**



**Derby City Dragons'  
3rd Annual Golf Scramble 2019**



**... and all the hard work  
we do to have fun!!**



**Winter workouts to Be Ready for the 2019 Season!!**



**Shhh!! When the cats away!!**

