

Derby City Dragons

Breast Cancer Survivor Dragon Boat Racing Team

August 2019

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

Vol. 2 No. 3

Derby City Dragons



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

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

Upcoming Events 2019

September:



Kentucky Dragon Boat Festival
- September 7th in Northern
Kentucky

Apocalypse Derby City Dragon Meet and Greet
September 14th @ Apocalypse Brew Works

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



October:

Babcock Ranch
Dragon Boat Festival in
Florida - October 26th - Optional

November: TBA

Derby City Dragons 2019



Save the date: June 7, 2020

**Derby City Dragons 4th Annual
Golf Scramble**



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"Where in the World is the next IBCPC Festival?"



**Paddles up and STAY READY!!!
We're going to New Zealand!!**

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

- **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%!!

Reflections from a Dragon Sister

Hello Sisters. Margaret here. I was diagnosed with breast cancer and had my treatments in 2005. I became a Dragon in August 2017 after many invites from Kathie Carman. So, I am no longer a "newbie" but am far from "seasoned". The Akron Festival may have been disappointing to some based upon race results. But let's reflect:

We became sisters when we were diagnosed with breast cancer. We became a dragon the day we signed the roster and paid our dues. You will become a Derby City Dragon as you give all that you CAN to your DCD team mates as we "celebrate life one stroke at a time".

Remember, a baby learns to crawl, a toddler to walk, and a child to run. As Dragon boat paddlers, we are on a similar continuum and our results will be based upon our will, dedication, and desire for success and improvement for ourselves and our teammates. Because our team is so young (started 2013), we may not "win" races for a while. But as we like to say, "we finish 1st in our lane in every heat". LOL

We have been indoctrinated to believe that we need to win every competition. But statistically there will always only be one 1st place. I propose that it is incredibly important that we remember that we are ALL winners because we showed up, we gave all we had to give, and we finished the race.

As reflected in our DW** moments at the end of every outing on the water, our time spent in the boat means something different for each of us. Sometimes our experiences are uniquely personal and sometimes more general. But each experience is meaningful on some level.

As you ponder your future as a DCD teammate and paddler remember as in life, it is not the "speed" of the stroke but the form and substance that moves us forward.

I am immensely proud of our team and each of you, new and old members alike. We have each faced our demons, pushed through the moments we did not know we had the strength for, and come out the other side wanting more in our life. I hope you find your "more" with the Derby City Dragons.

Paddles up dear Dragons!

**Today, I paddled on the _____ and I (reflection). We do this after every practice to reflect on our day, how we feel, and what we are grateful for.

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Our Stories:

Missy Wislocki & The Derby City Dragons



Interesting and/or insane were the only two words I could think of when, five years ago, I was approached about joining a dragon boat team full of breast cancer survivors. I didn't really know what a dragon boat was, but I knew how to be a survivor. I was diagnosed 8 years previously, had undergone surgery, chemotherapy and radiation. I had attended a multitude of support group meetings, but was ready to move on to do more than talk.

Five years ago, this team was the vision of a survivor that had relocated here from Minnesota, where she was on a very active team. She painted a picture of physically active women taking charge of their lives - not hiding behind a diagnosis anymore, "awakening the dragon" within themselves. I was hooked. I was scared, but I was hooked. The breast cancer network is pretty far reaching, we all continued to reach out to others to grow our team.

From the first days of spouses/friends pulling our borrowed boat to a lake twice a week for practice, to our most recent competition in Florence, Italy with 4,000 other survivors, we have grown stronger and more confident.

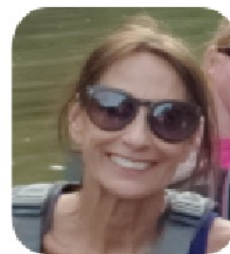
Sure, we still have a lot to learn. But we have a lot to share - our support, friendship and sense of community cannot be measured. We are always looking for new members to paddle with us and awaken their own dragon!

Dragons on the Lake Dragon Boat Festival

Akron, Ohio
July 20, 2019

DCD Dragon of the Month:

Susan (Cracker) Graham



Susan is one of our 2019 team newbies. She is lovingly known to us as "Cracker" as our team has 2 other Susans and a Suzanne. What amazes us all about Cracker is that about two weeks after she joined us on the Ohio River, she went and had knee replacement surgery and then 3 weeks later she was out on the boat with us paddling again as if she had never taken off those three weeks. Talk about inspiring all the rest of us every time she is out with us. Cracker, we are so glad that you have joined our team. Paddles Up!!

Our Stories:

Kathie Carman



I was 53 years-old when I received the call telling me I had breast cancer. My mammogram had been in June and I found a lump in October. My cancer was stage 2B and it was determined that I would need a mastectomy. After much thought, conversations, and consulting with doctors, I opted for a bilateral mastectomy. My surgery was the week before Christmas, which is a difficult time to miss work when your employer is a church. My wife, family, and friends lifted me up and were there for me with support, food, caring and laughter.

During the surgery the doctor removed 3 lymph nodes and they were all negative. I didn't require chemo or radiation! Later the next year I completed reconstruction and I am happy to say that I will soon be a 5 year survivor!

At the Louisville Women's Basketball Pink Out event in 2015, I was fortunate enough to be next to a Derby City Dragon member. During our conversation she said I should check out the team. Being a former athlete and a competitive person, I thought this was right up my alley, or maybe river! That spring of 2015 I went to my first practice and I was hooked. The team was welcoming and paddling was a blast. Thanks so much Stephanie for opening my eyes to the Derby City Dragons! It has truly changed my life.

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It's the journey, not the destination... And the journey keeps taking new turns!!

NEXT AVENUE PHOTO PROJECT

For the first time, Next Avenue, in collaboration with photographer Heidi Wagner, founder of The Passions Project, is producing and curating an as-yet-untitled exhibit of 12 photographs depicting authentic images of aging.

Photo subjects will range in age from approximately 50 to 75, and the images will depict the lives they lead, the passions they pursue, and are intended to serve as inspiration for all ages about what growing older truly looks like – the goal is to help eliminate misconceptions and stigmas about aging.

The series will be shot in early July 2019 in and around Louisville, Ky. The backdrops and atmosphere of the shots will be dependent upon the places which resonate most closely with those individuals who are being photographed.

In September 2019, Next Avenue is pleased to partner with Ruth's Table/Bethany Center Senior Housing in the Mission District of San Francisco to present a gallery exhibit of these images. On the evening of Friday, September 6, community members of all ages from the Mission District, residents of Bethany Center, San Francisco stakeholders in the arts and aging sphere, as well as members of the Next Avenue team, its donors, subscribers, and others, will gather for this event.

From there, the images may/will be used on Next Avenue's website, as part of an editorial story on Next Avenue, and in Next Avenue's Instagram campaign. Additionally, in 2020, we would like to have the opportunity to display the 12 gallery images at conferences and other events in which Next Avenue will be participating. **

**Our coach, Carol Challas, was recruited to participate in this project through the social media person, Angela Burton, at the Trive Center in Louisville, Kentucky.



ABOUT NEXT AVENUE

Next Avenue is public media's first and only national journalism service for America's booming older population. Our daily content delivers vital ideas, context and perspectives on issues that matter most as we age.

Mission

Our mission is to meet the needs and unleash the potential of older Americans through the power of media.

Impact

Next Avenue has served over 40 million people on our site and millions more through our platforms and partnerships. Every day, we invite readers to consider what is next, what lies just ahead and what will be revealed in their lives. By exploring questions big and small, we spark action — 95 percent of readers take an action after reading our stories — and open up a world of possibilities.

Next Avenue is unique among today's media:

- We are part of the PBS system, so you can trust us to deliver public media quality.
- We are journalists and experts passionate about serving our audience.
- We have built a network of impeccable sources and prestigious partnerships.
- We're not here for the bottom line, but to make a difference in the lives of our audience.

