

Derby City Dragons

Breast Cancer Survivor Dragon Boat Racing Team

Winter 2022

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

Vol. 3 No. 1



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!"

For information about our team and to donate to help support our mission, 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)

STAY READY!!

POWER NOW!!

2022 Here we come!!



"Reflections of a Newbie" by Laura Vance

Being a part of the Dragons this year has been one of the most fulfilling things I've done in a very long time - something just for me! I had heard about the Dragons for several years and had seen and heard some of the members talk about it. It looked like so much fun, but I was hesitant to get more information. Was it hard? Could I do it? Would I fit in? Did I have to be athletic or in shape?? So many doubts/fears! Finally, I saw a post inviting new members and I thought, my kids are growing up and I'm doing this!! I couldn't have imagined how welcoming, encouraging and supportive everyone has been. I wrote on my initial form that I was joining for Friendship, Fitness & Fun and I've found all three with the Dragons. This is such an amazing group and I'm looking forward to many more seasons!

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%!!

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A Message from Our President: Kathy Schmitt

Greetings!

I'd like to take this opportunity to thank each one of you for your continued involvement with the Derby City Dragons. Despite the challenges we faced as a team in 2021; ongoing variants, masking, cancellation of festivals, loss of loved ones, medical diagnoses, and aging parents, we not only survived but we thrived! Step back and take pride in your accomplishments especially the addition of several strong newbies, a new board position of Assistant Treasurer, the renewal of this DCD newsletter, selling and marketing dragon t-shirts and gear, the purchase of new equipment to maximize time on the boat, storage rental for festival equipment under one roof, a new winter workout spot, a scrimmage WIN against a younger 502 Dragon Boat Team, a profitable golf scramble, a first ever bourbon raffle, and we recently learned a few line dances. YOU made these victories happen with YOUR contributions and creativity.

Looking ahead, 2022 appears just as promising but again, YOUR involvement is needed to help the team make it all happen! As the saying goes, "Many Hands Make Light Work." To bite things off into manageable pieces, we have moved our semi-annual "All-Team" meetings to a quarterly time frame. The first meeting will be coordinated with our Holiday Bowling Party on Saturday, January 15th. This will be a potluck. Stay tuned for details via Team Snap. Second, the Derby City Dragons intend to join forces with the 502 dragon boat Community team to build a Dragon Boat Festival here in Jefferson County at McNeeley Lake Park. Likely it will be the year 2023 but let's put it out to the Universe. Speaking of 2023, we hope to travel the world again to join other Dragon Boat breast cancer survivor teams. First stop? How about New Zealand? Ireland? We shall see.

Finally, the founders of the Derby City Dragons have always intended to give back to our community. We want to support breast cancer patients, survivors, thrivers, and the community. Help us do that by joining the call to participate in a committee to present ideas to the board.

Bask in a job well done. Thank you for all you do. Happy New Year to all!

**Paddles Up!!
and
Heads in the Boat!!**



Up-Coming Events

January 2022:

Monday:

1/03: 6:00 - 7:00 pm DCD Winter Workout @ American Turners
Line Dancing

Monday:

1/10: 6:00 - 7:00 pm DCD Winter Workout @ American Turner

Saturday:

1/15: time TBA Drop off for Hildegard House dinner
Check out their webpage: <http://www.hildegardhouse.org/>

Monday:

1/17: 6:00 - 7:00 pm DCD Winter Workout @ American Turners

Wednesday:

1/19: 6:00 - 7:30pm DCD Board Meeting @ American Turners

Monday:

1/24: 6:00 - 7:00 pm DCD Winter Workout @ American Turners

Monday:

1/31: 6:00 - 7:00 pm DCD Winter Workout @ American Turners

**After Holiday Party and All Team Meeting: TBA

**Keep the date open for Spring Paddling Camp May 14 -15, 2022



Robin's Joke Corner

What do you do with a sick
boat?
Take it to thee doc already!!

I never remember what people tell
me at New Year's party.
It goes in one year and out the other!



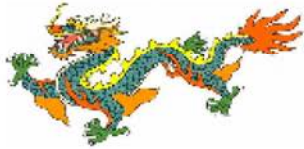
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DCD 4th Annual Golf Scramble October 30, 2021



Derby City Dragons' 4th annual golf scramble 2021... I remember Amanda saying to me at the end of our 2019 Scramble, "you would be the best one to do it along with Carol and Kathie".

At that time I thought sure, it's not going to be too terribly hard. I was so wrong! It took a small army (AKA a large Committee) and hours and hours and more hours of work.

We had a committee meeting at least once a month starting in June. The co-chairs, me, Carol and Kathie met in person or on the phone no less than a dozen times, making decisions, running ideas passed each other before we brought it to the committee, going over the agenda for the upcoming committee meetings, and so much more.

We had a goal of hitting \$10,000 this year since we had not done that yet, and we hit that goal, just buy a hair, but we did. It was such a memorable day, getting to know some dragons that I had not had the chance to really chat with before, and watching the team come together, it was just a beautiful event!

So thank you to every single dragon that helped out, whether it was donating a few dollars for the boatload of booze, getting a friend or family member to put a team together or donate a basket, or you worked all day at the Scramble, it was because of you that this event was so successful, each and everyone of us that helped! Big hugs and thanks to our wonderful DCD sisterhood!

Community Outreach
Ellen Jacobs

DCD Dragon of the Year: Ellen Jacobs

We have chosen Ellen Jacobs for our DCD Dragon of the Year for 2021. Ellen has been so instrumental in so much of our successes. She is also full of team spirit, is a great recruiter, a super fundraiser, wonderful friend, and a hoot to paddle with.

Ellen has been part of the Derby City Dragons from the very beginning. Through all she has gone through between her health, family, and all the the directions she is running in, she maintains her sense of humor, (well...), her loyalty, and her dedication to our team.

This year Ellen took over the organizing committee for our Annual Golf Scramble. Along with Margaret Fadeley and Kathie Carman they put together our most successful Scramble to the date. It was so important for us as we were forced to cancel the 2020 Scramble. Within all her fundraising, she has been able to bring in more new members to our team. When I met her and she found out I was a breast cancer survivor, she told me I need to do this, you need to go here, and most important you need to join the DCD... here is the meeting time and date. But she doesn't leave it there, when you get to the meeting and your first practice (shaking at the knees), she is helpful and so welcoming.

This year was particularly hard for Ellen but she takes things in stride and comes out the other side all the stronger for it. And we are so glad to have her as such a fabulous member of our team.

Thank you, Ellen, and we are so honored to award you our 2021 Dragon of the Year.



Confessions of a Newbie! by Peggy Hobbs

So it begins..... It was the first official workout of the season in early Spring. Bright spot was Jeanne - helper of the newbies. She welcomed us and then proceeded to pull out mats and Ellen lead the workout, outdoors in very cold weather. We newbies look at each other but GOT DOWN on the mats. Ellen proceeded to lead the group in SHOULDER TOUCH PLANKS! After that workout we proceeded to the dock because the boat HAD TO be moved to the ne slip. These are things I recalled: sharp wind, great big old dirty knots that WOULD NOT untie, a long rope to pull the boat while a few of us paddled, change of plans we were headed to wrong slip, a humongous tree in the passage, David helping 🙏, actual snowflakes, Cold cold cold! But newbies hung in there too BECAUSE OF THE acceptance, laughter, kindness and patience of the experienced dragons. From all the newbies thanks for making us DRAGON strong - Thanks, joy of the season and looking forward to a NEW YEAR of adventure on Blossom and Sprout

Save the date: TBA Keep Posted Derby City Dragons 5th Annual Golf Scramble in 2022



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Our Most Memorable Moments of 2021

Wendy S. I think my most exciting memory was my first time paddling across the Ohio River. I was like oh my God, I'm paddling across the Ohio River! Never in my imagination had I ever considered that that would ever happen in my life. I was determined to paddle across the whole thing to be able to say I paddled across the Ohio River.



Jessica E. My favorite memory of 2021 was paddling for the first time! I loved joining the Dragons in June and meeting all my new DCD sisters!!

Cristi D. My most memorable moment is sitting on the Dragon Boat as it glides through the water, watching the sun set.....feeling inspired by the strength of the women around me.

Sherry S. One of my best moments this year was the celebration of life for Robin McNiell. I was reminded how fragile life is and how important it is to laugh and enjoy each day. Robin always had such a huge smile. It was very special to have her family. Very Humbling.

Vicki F. My favorite memory of 2021 was launching Sprout on Crystal Lake. The water was calm, the sun was shining and the birds were singing. It was so peaceful! And I had some of my best people with me! Susan P., Cathy, Phyllis, and Stephanie A. It was so peaceful and relaxing!

Susan P. The best moment of 2021 for me was paddling this first time on Crystal Lake in "Sprout," our new 10 man dragon boat... It was closer to home and the lake is beautiful to be on... so calm... and then there was a hawk... Oh... and let's not forget the bald eagle that greeted us at the dock in Louisville!! Awesome!!



Kathie C. My best day on the water this past year was the day we all saw the bald eagle who seems to be living on Towhead Island. Those of us that arrived before practice to uncover Blossom saw it flying over the river, probably looking for something to eat. It then perched in a tree near our dock. As the team paddled up the shoot, we decided to look for it and it was still on it's perch. I think everyone in the boat that evening saw it. The Bald Eagle is such a majestic bird and it stands for strength, courage and freedom. The Derby City Dragons can certainly relate to that.



Cathy R. One of the hardest things about covid has been staying away from people you love. Robin McNeil was someone we all loved. So we showed her some dragon sister love by decorating our cars and ourselves. We convoyed to Robin's neighborhood and drove smiling and waving as she stood in the driveway with her parents. What a terrific memory seeing her smile and wave to us.

Gina R. What dragon boat is to me... It is my water therapy!! Being able to be outside taking it all in fresh air, nature and I mean with my BBFs, best breasts friends, the friendship we have is stronger than just paddling together... We know we're there for each other and we're a family. I have learned things such teamwork from everyone and I love all my dragon sisters.



Phyllis L. The best part of 2021 was getting our boats in the water after missing all of the 2020 season... But 2021 also brought us a closer relationship to the local dragon boat community which will make 2022 more interesting and exciting for sure.

