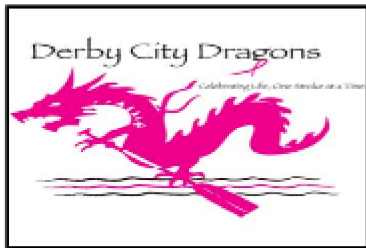


Derby City Dragons

Breast Cancer Survivor Dragon Boat Racing Team

March 2022 291 Hubbards Lane, Suite 172-238 • Louisville, KY 40207-8203 Vol. 3 No. 3



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)

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>

From Our President: Kathy Schmitt

The DCD March Board meeting found us enjoying the beautiful sunshine while watching the Ohio River from the patio at Turner's. Our meeting was filled with lots of positives to report and discuss. The world has changed so much in 24 months, but as a team we have all learned to adapt. We have learned so much about each other, about running fundraisers, to embrace new and different ways of doing things – but in the end, we all work as a team to keep the Derby City Dragons a viable, fun, and important non-profit. Festivals are on our horizon and the Hope Chest Buffalo Niagara Dragon Boat Festival was among the top three you voted for. This festival is just around the corner – June 18th. We need to be in Paddling shape!!

The All-Team meeting and bowling party will be on Saturday afternoon – April 2nd. Pink t-shirts and DCD gear will be available. More details to come. Dues will be "due" on June 1st. Next month (weather permitting) we are signed up to walk in the Frankfort Avenue Easter Parade on Saturday April 16th. We will hold our banner, wear our gear, and give out candy!

We did not receive too many volunteers for committees and committee heads, so we might just come to you and ask what YOU CAN DO to help your team. Finally, our board meeting ended with some food and camaraderie at the "Nipple". Laughing at stories of "jumping Asian Carp" and holes in the Dragon boat! I suspect this season you will make your own Dragon Boat memories.

Paddles Up! Take It Away!



Heads in the Boat for the 2022 Season!!

What: Derby City Dragons All-Team Meeting & Bowling Party

When: Saturday, April 2nd - 3:00 pm

Where: American Turner's - 3125 River Road, 4th floor - (there is an elevator) - park behind fence as softball season has started.

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How I Got Bitten By A Dragon: By Vicki Flietz



I attended a Relay for Life event in 2016. Ellen Jacobs was the speaker at the Survivor Dinner. After she shared her story, she talked a little about the Derby City Dragons. She ended by saying if you had any questions about the dragon boat, to come and ask her.

She had piqued my curiosity. I had never even heard of a dragon boat!

Ellen introduced me to Gina Robinson and we all talked while walking in the Relay. They convinced me to come to a practice and meet the team. When I got home and told my husband about it, he laughed and said 'you aren't going to do that!'. He wasn't being mean, he just knows my fear of water deeper than 5 feet. And the Ohio River isn't exactly shallow!

So with some fear, determination and a bit of curiosity I headed to the boathouse. I was welcomed by the team. I was handed a life jacket, a butt pad and a paddle. I was coached on the correct way to paddle and told the safety rules.

Once on the dock, my knees started to shake and my heart was beating a hundred miles an hour. I began to wonder if I had made a mistake. What was I thinking! And then it was my turn to get into the boat. My legs were shaking so hard. I wondered how I was going to step down into the boat. But I did.

As we paddled away from the dock, I was bitten by the dragon. The beauty of being on the river, the team work, the support and encouragement is amazing.

Have you heard the one about... The Paddler Who Found Herself on the Adventure of a Lifetime?

By Susan Plander



In January of 2015, I joined Derby City Dragons. The process was like a jigsaw puzzle. (I just figured out why it is called a jigsaw puzzle!) All the pieces fit together. Wow!! I ended up in the "engine" of a dragon boat (seats 5-6-7) At that moment, I had no idea what adventures God had in store for me.

First, they put me in a boat that was only wide enough for two paddlers to a seat. They gave me a pink paddle, along with 21 +/- other women who (no pun intended) in the same boat as I was... And to top all that, we went out on the Ohio River. (Wait... aren't there big barges out there?) ...and don't hit the ducks, look, there is a heron... oooh look, TURTLES!!

And then!! Something happened to me!! As I learned to paddle and became better at it, I started to feel differently... Joy... it was a joy I hadn't felt in a long time. Health problems had interrupted our lives at different times, which made life a little hard. I was now in this long narrow boat, on one of the busiest rivers in the USA, with a wooden paddle... What ever was I thinking??

Joy... was the best way to describe what I was feeling gliding through the water, one team, one paddle, one boat. There were times when I got in the "zone" and there was only me... my paddle... the water and the sound of the boat on the water. There was now a peace in my soul, and the pain of life was forgotten... even for a little while was good... It brought hope... Hope wrapped in joy!!

Paddling set-in motion, a series of adventures. My first festival was in Owensboro, Kentucky, with the Nina and Pinta docked along the Ohio River. (Now how cool is that, especially for a Social Studies Teacher? Oh, the stories I told my students!!) I got to go to Miami for a week-long paddling camp, which helped improve my "newbie" talent and cemented friendships.

Then there was the future to look forward to the future. To Italy, yes, Italy!! Florence to be exact. Who would have imagined me going to Italy, to race on the Arno River in the heart of Florence, with 3,000 other women on over 130 different Breast Cancer Survivor Dragon Boat Teams from around the world...? I found I was in a very big boat after all!!

All this was more than I could have ever dared to dream of. And the adventures continue...

Did I tell you about...? Oh wait, that story is for another time.

DCD Dragons at the UofL Women's Basketball Pink Out Game



Save the date:

October 17, 2022

Derby City Dragons with Twisted Pink
5th Annual Golf Scramble



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Up-Coming Events: April 2022:

Saturday:

4/02: 3:00 pm All Team Meeting - Check email for more information

Monday:

4/04: 6:00 - 7:00 pm DCD Spring Workout *

Monday:

4/11: 6:00 - 7:00 pm DCD Spring Workout *

Monday:

4/18: 6:00 - 7:00 pm DCD Spring Workout *

Wednesday:

TBA 6:00 - 7:30pm DCD Board Meeting *

Monday:

4/25: 6:00 - 7:00 pm DCD Spring Workout *

Monday:

4/28: 6:00 - 7:00 pm DCD Spring Workout *

* Be sure to check TeamSnap for Location or Zoom

** Saturdays and Tuesday TBA

*** Watch TeamSnap for Wednesdays' Pink Pilates

**** Keep the date open for Mini Camp 6/14-15

"Why I Paddle"

The water doesn't care if I'm rich or poor or
How big my house is.

The water doesn't criticize or ask too many questions.

It doesn't care if my jokes aren't funny,
Or if my clothes don't match.

Paddling challenges me. Relaxes me.

Captivates me. Comforts me.

Paddling keeps me connected to nature and

Reminds me of what is important.

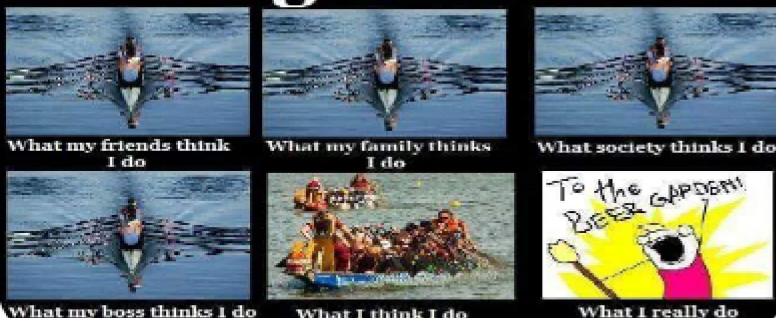
Paddling helps me slow down and appreciate time with
friends and family.

Paddling makes me a better person.

Paddling makes me happy.

Unknown

Dragonboater



Meet the Paddler...

Name: Sherry Spanyer



1. How long have you been paddling? I started paddling in July 2019.

2. What is your greatest achievement? Learning to dig deep with my paddle and keeping my arm strong.

3. What got you hooked on Dragon Boating? The very first time I was in the boat hooked me.

4. What is your advise for anyone thinking about trying it? Come On!! You will love it!!

5. What is your favorite part? The quiet moments on the boat, gliding through the water!! Lost in my own thoughts. Always grateful to be there!!

Meet the Paddler...

Name: Ellen



1. How long have you been paddling? Since Day 1 of our team, sometime in 2013!

2. What is your greatest achievement? Making our 2021 golf scramble major success. Losing over 80 lbs (so far) and getting my group fitness instructor certification!

3. What got you hooked on Dragon Boating? I became totally hooked the very first time we hit the water in our first dragon boat.

4. What is your advise for anyone thinking about trying it? You have to try it, you have no idea what you're missing if you don't give it a chance. It sets your soul on fire!

5. What is your favorite part? So cliché and we've all said it and heard it, but being in the same boat together, figuratively and literally is definitely my favorite part.

DCD Fundraisers:

Wendy Smithson donated her 2022 Lakeside Swim Club sponsorship to the Derby City Dragons and the team was able to raise \$7,500 with net proceeds of \$6,943! the raffle was limited to 75 raffle tickets at \$100 each and all of the tickets sold. It was definitely exciting to see the tickets being sold, especially near the end when they began to sell faster. The winner of the raffle was Becky Herrick. Becky has kids that swim for the Lakeside team so she was really happy to hear that she won the raffle! Thanks Wendy!! and Congratulations Becky!!



Spring Mini Camp
May 14-15, 2022

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Dragon Boating Safety Tips

Capsize?

Our team has not yet capsized in the river. However we have seen two boats turn over in a lake due to celebration exuberance and novice paddlers. Tip: Save celebrations until on shore, do not all lean over in the same direction.

Per our steering manual:

It is the steersperson's job to ensure that the boat does not capsize.

- Know your bench buddy and how many people are on the boat.
- If the boat does go over it will happen quickly. Paddlers should not grab onto any person as this might result in drowning the person. Keep an arm's length away from each other until everyone is calm. Trust in your PFD.
- Cover and protect your head with your arms while coming back up. Try to avoid the boat as you surface.
- Immediately after surfacing, check to see if your partner is present and okay. Front pair of paddlers checks on coach, back pair checks on steersman.
- Count off from the front.
- Remember that commands come from the steersman only (or if incapacitated, the coach/caller/drummer).
- Immediately search for missing crew; they may be trapped underneath the capsized boat. Tap the boat and listen for answering response. Don't worry there is plenty of air under there.
- Immediately administer aid to injured or incapacitated crew.
- Instruct everyone to hang onto the boat, stay together, and not wander or swim off by themselves.
- Follow the directions from the Safety Boat on how to right the boat. • As soon as it is safe to do so, return the boat back to shore.

In the Absence of a Safety Boat

- Do not worry about anything floating away, unless it is a bailer, which should be on board every time you leave shore.
- Pull the steering oar fully aft so the handle is at the steering oar arm (and therefore out of the way).
- Position three or four strong members at the middle of the boat to help push the gunnels up into the air. A few members should be on the other side to help roll the boat right side up.
- As the boat comes over, be careful to keep clear as it rolls. It will come over pretty quickly so watch out!
- Once the boat is the right way up, help two or three lighter paddlers into the boat and have them start bailing water.
- While the boat is being bailed, the coach or steersperson should assign others to gather the paddles, and move weaker swimmers to the bow and stern of the boat.
- As the boat rises more paddlers can climb in (in pairs as the rest of the crew hold the boat stable).

Once all are in the boat, paddle to shore. Remember to save survival celebration until all are safely on land

DCD Favorite Recipes:

Ingredients:

Gina's Great Cobbler

- 1 stick butter (margarine)
- 3/4 cups sugar
- 1 cup flour
- 1 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup milk
- 2 cups berries
- 1/4 cup sugar for berries

Melt butter in baking dish. Mix sugar, flour, baking powder, salt, and milk. When smooth, pour over melted butter. (do not stir) Pour berries over flour mixture and sprinkle 1/4 cup sugar over fruit.

Bake 35 minutes at 350 degrees.



Robin's Joke Corner

How do you get the water into
watermelon?

Plant it in the spring!

Why do Hamburgers fly South for
the winter??

So they won't freeze their buns!!

DCD March Birthdays

March 23

Stephanie Anderson

March 25

Jessica Elliot