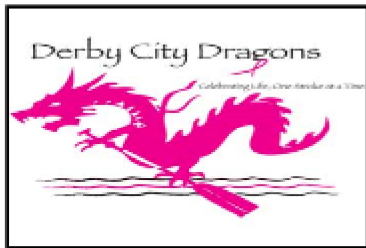


# Derby City Dragons

## Breast Cancer Survivor Dragon Boat Racing Team

May 2022 291 Hubbards Lane, Suite 172-238 • Louisville, KY 40207-8203

Vol. 3 No. 4



### 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](mailto: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](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>

### *From Our President: Kathy Schmitt*

On the day before Easter Sunday, Saturday April 16th, a gaggle of Dragons and Fillies met on a beautiful morning for some coffee, donuts, fruit, and fellowship at Schmitt's home in Crescent Hill. We assembled with our pink shirts, capes, Dragon gear, pink wigs, feathered boas, floral leis, comfy shoes, pink paddles, and a wheelbarrow filled to the brim with Laffy Taffy. A couple parade paddlers wore a bunny suit. Our wheelbarrow was equipped with the Dragon boat head and luckily Joan's son pushed the trolley most of the 3 miles.

The Dragons weaved our way up to the front of the parade - in front of several homemade folks and politicians running for office. Kids and adults alike waved and cheered and held their baskets out for candy. Easily several hundred kids along the route. We paused briefly at the Irish Rover where a panel of judges voted on their favorite parade participants. And guess what? The Derby City Dragons won a "Good Ears" Award for our participation in the "BUNNY REGATTA" category. How about that?

This was the 28th Annual Easter Parade sponsored by the Frankfort Avenue Business Association. Postponed for two years due to the pandemic and road construction, it came back bigger than ever, and the weather cooperated beautifully. We all got our "steps" in. I don't know of anyone who had less than 14,000 steps that day. We had such a good time that we are already planning to participate next year. Maybe officially invite the Fillies and the 502 Dragons to join us.

## DCD Dragons & Friends at the Easter Parade



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## Have you heard the one about...

### The Carp in the Boat?

by Kathie Carman & Dana Roberson



This happened the summer of 2019. We were out on Blossom in the chute on a beautiful evening. I was paddling in row 4 when suddenly there was some commotion. There was a paddle floating by me so I grabbed it and started looking for someone who might have fallen in. The screams from the front of the boat continued so I turned my attention there. Susan and Dana were basically sitting on the laps of the people behind them and seemed terrified. What could possibly have happened to cause their reaction you might ask? Well, a carp, probably about 18 to 24 inches in length, had jumped out of the water, hit Dana in the head and was now on the floor of the boat! Carp are bottom feeders and they are really slimy. Anyone who came in contact with it had slime on them and there was plenty of it on the boat. At some point during the commotion our fearless captain Phyllis yelled "It's just a f@\*\$ing fish!" I'm not sure how we didn't capsize with all that screaming and carrying on.

So, here we are with a carp flopping around in row 2 and 4 people in row 3. No one would get near the carp. So, I decided to woman up and get the carp out of the boat. I climbed over all the people in row 3 and tried to wrangle the carp. That's when I learned how slimy they really are! The darn thing kept slipping out of my grasp. Finally, I scooped it up and tossed it overboard!

Blossom needed some cleaning as did those of us with slime on them. Dana had the worst of it with a large slim spot on her head. We found out later that another carp had jumped and hit the back of the boat but luckily didn't get in the boat. I now keep a pair of rubber gloves in my PFD in case this ever happens again!!



**Save the date: October 17, 2022**

### Derby City Dragons with Twisted Pink 5th Annual Golf Scramble

This year we are combining forces with Twisted Pink for the golf scramble. There will be a lot of changes and upgrades! It will be on a Monday, October 17, 8:30 AM shotgun At Wildwood Country Club located at 5000 Bardstown Rd. This venue is absolutely gorgeous. There is a bar and indoor area, perfect for the lunch/awards ceremony, that opens up into an outdoor patio overlooking the golf course.

It will be \$125 per person if you sign up by the end of the business day on August 31. After August 31 it will cost \$150 per person.

We will have our infamous boatload of booze as well as our gift card tree and we will have a handful of premium raffle items. Stay tuned for the details...

## My Journey:

### Joan Hale



Hi, I am "newbie" Joan Hale, an 11-year survivor of the first bout with breast cancer and a 5-year thriver of recurrence. Unfortunately, I had 10 surgeries due to misdiagnosing/treatment of infections and my 2nd bout. Yes, there is also Lymphedema, Breast Cancer's hidden secret!

I became interested in the whole Dragon Boating idea after meeting, through a close business friend's Zoom and Clubhouse room, Michelle Hanton, founder of Dragons Abreast Australia. The whole idea of finding something that would work with my lymphedema was intriguing. I never knew this could be an option for a unique and fun activity.

After finding Derby City Dragons, here in Louisville, I talked with Carol Challas in the fall. The very next day I found myself paddling in a dragon boat. It was the last paddle of the season and I helped put Blossom and Sprout up for the winter. What a terrific and welcoming team! I knew I had found my home!



### It Takes the Whole Team to Make the Team Run!! Let's Get Involved!!

Thanks to all who are volunteering to be on one of our committees! It takes a team effort to make things run smoothly and we couldn't do it without all of you. We have several people sign up at the all-team meeting and I've let the committee heads know that you have expressed interest. If they haven't reached out to you yet, they should be doing so soon. A special thanks to Jessica Elliott who has stepped up and volunteered to head our community outreach committee as Ellen has transitioned to fundraising (thanks Ellen!). The Outreach committee is responsible for making sure the Dragons have a visible presence in our community. This includes things like the Hike, Bike and Paddle, Hildegard house and any other breast cancer events that we could attend. If you are interested in helping on this team, please reach out to Jessica.

We also need someone to step-up and lead a communications committee. This team would manage email and make sure things are communicated to the team and make an occasional phone call if necessary. If you think you would be a good fit, please reach out to me, Dana on the board. If you aren't on a committee, please find one that you think you would be a good fit for and reach out to the committee head or one of the board members to join. Paddles Up!! Dana

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## Up-Coming Events: May 2022:

### Saturday:

05/07: 9:30 - 10:30 am DCD Derby Day Workout \*

### Monday:

05/09: 6:00 - 7:00 pm DCD Spring Workout \*

### Friday:

05/13: 5:30 pm Take boat to Deam Lake. Meet at Boathouse.

### Saturday:

05/14: 8:00 am - 4:00pm Mini Paddling Camp - Deam Lake, IN

### Sunday:

05/14: 8:00 am - 4:00pm Mini Paddling Camp - Deam Lake, IN

### Monday:

05/16: 6:00 - 7:00 pm DCD Spring Workout \*

### Wednesday:

05/18: 6:00 - 7:30 pm DCD Board Meeting\*

### Monday:

05/23: 6:00 - 7:00 pm DCD Spring Workout \*

### Monday:

05/23: 6:00 - 7:00 pm DCD Spring Workout \*

### Monday:

05/30: 9:00 am Mayor's Hike, Bike, and Paddle - Waterfront Park

\* Be sure to check TeamSnap for Location or Zoom

\*\* Saturdays and Tuesday TBA

\*\*\* Watch TeamSnap for Wednesdays' Pink Pilates

## April 2022 DCD Board Meeting From Our Secretary: Gina Whilhite

\*\*\*The dragons would like to give back to our community. We will be donating a certain amount from our raffles to various breast cancer causes. We are looking for suggestions to name our "Give Back Campaign"

\*\*\*We need to remind the team to please promote our latest bourbon raffle happening now.

\*\*\*We have a paddling camp coming up May 14 and 15. We will be taking both boats up to Deam Lake on Friday May 13th. Volunteers are needed and you can sign up for that on team snap

\*\*\*After the camp is done, we will move Sprout to Creekside Landing Marina where she will be kept for the summer.

\*\*\*Membership dues are due June 1

\*\*\*We will be setting up a table with 502 on May 30th for Hike Bike and Paddle

\*\*\*We would like to plan a meet and greet for potential new members on June 4th.

**Paddles Up!!**

## Meet the Paddlers

Name: **Jeanne Ballard**

1. How long have you been paddling?

It's been 6 or 7 years now.

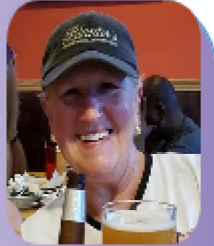
2. What is your greatest achievement?

Pulling off planning the trip to Italy for the IBCPC Festival with hardly a (well, a few) hitch.

3. What got you hooked on Dragon Boating? The friendships.

4. What is your advice for anyone thinking of trying it? "Jump in and give it a try!"

5. What is your favorite part? Being out on the water.



Name: **Enid Hurtado**

1. How long have you been paddling? 3 years.

2. What is your greatest achievement? Surviving Stage 4 cancer.

3. What got you hooked on Dragon Boating? My love of being on the water with a team.

4. What is your advice for anyone thinking of trying it? "Joy is on the other side of fear."

5. What is your favorite part? Being part of the wildlife on the water.



## Spring Mini Camp May 14-15, 2022



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## DCD Dragons' Goals for 2022

- Gina R: To stay in the boat. My head & body!! LOL*  
*Susan P: To work on my overall stamina- those races seem to get longer and longer!!*  
*Kathy S: To get back in the boat on the water so we remember what brought us all together.*  
*Sherry S: To get in shape and stay strong so I can paddle in our races.*  
*Phyllis L: To be able to get race rosters together successfully.*  
*Vicki F: To paddle stronger, have fun, and win races.*  
*Gina W: To improve paddling techniques and stamina!*  
*Cathy R: To paddle well when feeling strong.*  
*Cristi D: To help the Fundraising Committee have a successful year.*  
*Stacy B: To get stronger to be able to strengthen my arms to be ready for next year's season.*  
*Wendy S: To participate in a Dragon Boat Festival.*  
*Jessica E: To improve my form and to be a cohesive addition to the team.*  
*Kathie C: To improve the range of motion in my shoulder.*  
*Melissa B: To be able to paddle with my buddies.*  
*Dana R: To gain more strength and improve the technical aspects of my stroke.*  
*Jeanne B: To continue better health.*



*These are all fabulous goals... What things can you do to meet these goals for this season? We are all in the same boat, how can we help each other meet our goals? What team goals would be important to you?*

## Calling all Dragons!!

**Don't forget to fill out your registration form... If you have already thank you so much!!**

**You can find the link at [derbycitydragons.org](http://derbycitydragons.org) - For Members Only**

## DCD Favorite Recipes:

### Ingredients:

### Ellen's Derby Pie \*\*

- 1 cup sugar  
1 1/2 cup flour  
2 eggs slightly beaten  
1 stick butter, melted and cooled  
1 cup chopped pecans  
1 cup chocolate chips  
1 teaspoon vanilla  
1 uncooked deep dish pie crust

Mix flour and sugar  
Add eggs and butter Mix well  
Add chocolate chips, pecans, and vanilla  
Pour into pie crust  
Bake at 325 degrees for 1 hour



## Robin's Joke Corner

*Why did the cookie go to the doctor?  
- It was feeling crummy!*

*What you you call a box of ducks?  
- Quackers!*

## DCD April & May Birthdays

**Wendy Smithson - May 15**

**Rosie Laird - May 21**