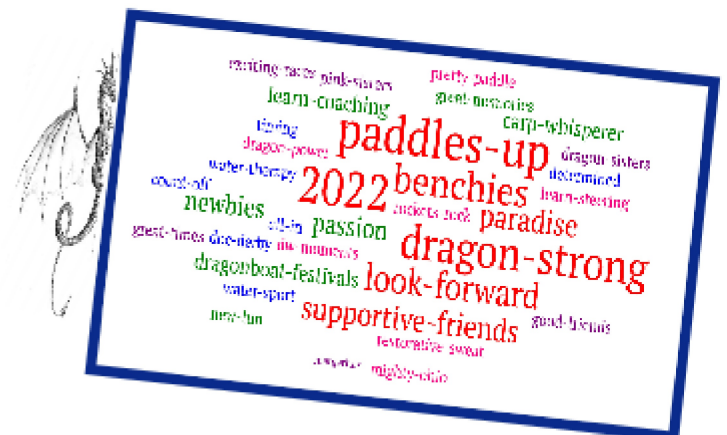


Breast Cancer Survivor Dragon Boat Racing Team

Vol. 3 No. 6



Derby City Dragons

Winter 2022 291 Hubbards Lane, Suite 172-238 • Louisville, KY 40207-8203 Vol. 3 No. 6



My Journey: by Michelle Miller

Hello, I am Michelle Miller, I'm 52 years old. I was diagnosed with Stage 1 Breast cancer in March 2022.

I was born with a visual impairment. I have had numerous eye surgeries in the past 8 years. Because of this I have had medical issues my entire life. However cancer was a whole new thing. I had a Lumpectomy in April. I had Radiation for the whole month of June.

While watching the morning news I saw the Derby City Dragons march in the Easter parade. At that moment I knew I needed to find out more about this organization. These wonderful ladies have given above and beyond welcoming me into their group. I have found a renewed love for all things water and water paddling.

As I always say, 'Life is an Adventure'.

Great News from Our Team!! You Got This Eileen!!

I have been going for bioimpedance measurements (for lymphedema) every 3 months since my lumpectomy. I have been considered borderline for lymphedema since my surgery last year. I got my latest results, and my measurement has gone down very significantly in the last 3 months- just since I began paddling!

Another benefit of of being a dragon! I had been told paddling would help with lymphedema, but I'm surprised at the speed and the amount of my result.

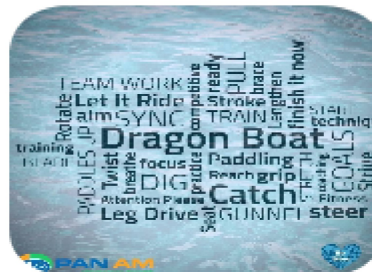
Thanks dragon sisters!

Have You Heard the One About... Kathie losing her Apple Watch in Harrods Creek?

Well, it happened on one of the days we took Sprout out for a paddle. The problem with taking Sprout out was getting her back in. The ramp is steep and we were trying to get Sprout to stay on the trailer while we attempted to pull her out. I kept reaching down towards the water and decided I didn't want to get the watch wet (I believe it's actually water proof). My not so bright move was taking it off before putting my hands back in the boat. The watch made a nice kerplunk sound as it hit the water and sank to the bottom!

Lucky for us, some very strong people docked their boat and helped us pull Sprout out of the water. Then, I decided I would walk into the water and see if I could feel the watch with my feet. I saw Phyllis do it with a phone. How hard could it be? Very hard is the answer. I was up to my chest in Harrods Creek, walking in mud. It was a futile task, the watch was never to be seen again.

I think my teammates found it amusing. Me, not so much, but lesson learned!



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Up-Coming Events:December 2022:

Saturday:

12/03 - DCD Holiday Walk across the Big Four Bridge. Meet at Boathouse at 9:00 am.

Saturday:

12/10 - Team Holiday Party 11:15 am to 3:20 pm at Club House on Barbour Lane

Saturday:

01/21 - DCD All Team Meeting - Kick Off for our 2023 Season at Gilda's Club of Louisville at 11:00 am.

**** Be sure to check TeamSnap for any schedule updates or changes.**

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

40 Reasons why Dragon Boat Paddling is Brilliant for Breast Cancer Survivors.

From Vancouver Dragon Boat Association

I want to share my 40 reasons why dragon boat paddling is brilliant, especially after a breast cancer diagnosis:

1. It's great for improving range of movement at the shoulder
2. It's great for improving general fitness
3. It's great for improving strength
4. It's great for improving flexibility
5. It's great for improving core stability
6. It's great for improving coordination
7. It's great for improving proprioception
8. It's great for improving balance
9. It's great for increasing energy levels
10. It's exercise, but you don't have to think of it as such (for those that don't like exercise)
11. It will help promote better sleep
12. It helps to manage lymphoedema
13. It helps to maintain your weight
14. It helps reduce your risk of cancer recurrence
15. It encourages team-working
16. It encourages problem-solving
17. It can challenge you to go out of your comfort zone
18. You get to try develop and master new skills
19. It builds camaraderie
20. It helps to build confidence and self-esteem



40 Reasons cont.

21. It helps to restore self-efficacy
22. It gets you very close to nature
23. It's great fun, you will laugh
24. With top quality helms and coaches you can be assured that you are in safe hands, your safety and the safety of the crew is their priority
25. You get the chance to train as a helm or a coach if you so desire
26. It encourages you to focus your mind on the task in hand, therefore:
27. It's great mindfulness practice
28. You'll make new friends
29. It will open the door to a thriving social calendar
30. You get to experience how amazing it feels to have a full boat of paddlers all paddling in sync with each other
31. You get to take part in regattas
32. You get to take part in regattas that are only for breast cancer survivors
33. It allows you to see the world from a different viewpoint – from within the boat on the water
34. You get to go to places you've never been before
35. You are part of a growing global community of breast cancer survivor paddlers
36. People are looking on at you in amazement – you'll feature in lots of tourist's videos
37. You are spreading the message that there is life after cancer
38. You are supporting other women affected by breast cancer
39. You are inspiring other women to pick up a paddle
40. Its a demonstration of your AWESOMENESS!

So there you are 40 reasons to give it a go! Find a club near you and go along for a trial paddle, if there isn't a club near you then maybe you would think of setting one up. All clubs started somewhere, usually with one person with a vision and a dream and a will to make things happen! Paddles Up!- Joanne Brennan



Coach
Georgianna Dotson
Certified Fitness Instructor
W3CoachG@gmail.com

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DCD September Birthdays

Michelle Miller - 09/04

Ellen Jacobs - 09/07

Peggy Hobbs - 09/14

DCD October Birthdays



Susan Plander - 10/10

Phyllis Lee - 10/26

DCD November Birthdays

Jan Weimer - 11/06

Michele Welscher - 11/14

Cristi Donastorg - 11/27



DCD December Birthdays

Cathy Agnew - 12/02

Penny Pearson - 12/03

Debbie Ress - 12/07

Bridget Stukenborg - 12/11

Gina Robinson - 12/23

Georgianna Dotson - 12/29

DCD Favorite Recipes:

Cindy's Frozen Cranberry Salad

Ingredients:

8 Oz cream cheese

2T mayonnaise

2T sugar

1 can whole cranberry sauce

9 Oz can crushed pineapple, drained

1/2 c. Pecans

1 package Dream Whip (powder)

Directions:

Bring cream cheese to room temperature. Mix in mayonnaise and sugar. Add whole cranberry sauce and mix thoroughly. Stir in drained pineapple, chopped pecans and Dream Whip.

Spread into 8" square pan and freeze 6-8 hours. Cut into squares and serve. Optional - serve on lettuce.



Robin's Joke Corner

Q: Why did the chicken cross the road?

A: To show the armadillo it could actually be done!



If a turtle loses his shell, is he naked? Or homeless?



Q: What does a Lemon say when it answers the phone?

A. Yellow!!!

