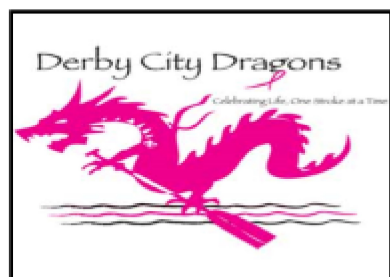


Derby City Dragons

Breast Cancer Survivor Dragon Boat Racing Team

Spring 2023 291 Hubbards Lane, Suite 172-238 • Louisville, KY 40207-8203 Vol. 4 No. 1



About Us:

As Louisville's first Dragon Boat Racing team we are proud to be part of the 300+ Breast Cancer Survivor

Dragon Boat Racing teams throughout the world. Our team was founded in March, 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)

You Can Help Support Us:

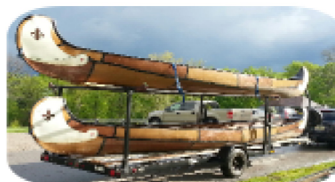
Kroger Rewards Program:

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

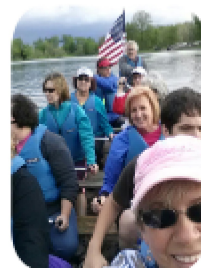
Celebrating 10 Years:

May 6, 2013 - May 6, 2023



So excited about our newest adventures with the newly formed Derby City Dragon Boat Racing Team. The teams are made up of breast

cancer survivor's. Our first paddle today was in a Voyageur Canoe Thank you,



arrive soon.

Phyllis Lee: May 6, 2013

Many Thanks to United Breast Cancer Foundation and Twisted Pink



Thank you so much to the United Breast Cancer Foundation for giving us so many amazing items, like clothing from Talbots, home decor from Amazon, bathing suits, It's a 10 hair Products,

Artistry beauty products, and the list goes on and on! And a big thanks to Twisted Pink for giving us those adorable slippers, pump hand soaps and magnetic notepads!

Because of these 2 organizations, we were able to have a massive store event for the Gilda's Club breast cancer networking group and their families!

The place was packed wall to wall and we got rid of almost everything! It was a huge success and our dragon hearts are over filled with joy, knowing so many families were able to receive some very cool items!

Thank you so much too everyone that helped make this day happen!



Derby City Dragons

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IBCPC PARTICIPATORY FESTIVAL RECAP

Betty Solley, IBCPC Board Member

The 6th International Breast Cancer Paddlers' Commission (IBCPC) Participatory Dragon Boat Festival was held April 10th-16th on Lake Karapiro, Cambridge, New Zealand.

A total of 88 teams, whose members were representative of 30 countries, participated in a festival of epic proportions. An incredible 28 BCP teams attended from the US (pictured below).

While IBCPC festivals are sporting events, the intent is more to celebrate life and demonstrate what's possible following a diagnosis of breast cancer.

Lake Karapiro is an artificial lake located behind the Karapiro Hydro Dam. The lake is eight kilometers long with normally calm water and a range of facilities that make it a fantastic racing venue, including a world-class judging facility and a grand spectator viewing area. The lake is surrounded by lush green hills with spectacular views of the water and surrounding countryside.

Paddlers only attended practices for the first three days, but started the social festivities on Thursday, April 13th with a large meet-and-greet evening. Participants, their families, and supporters gathered for a New Zealander welcome, including a haka by local Māori dancers.



Friday, April 14th brought 2500+ pink paddlers along with family and supporters to Cambridge to organize the Parade of Nations.

Throng of townspeople and supporters watched as the many participants marched together, in order by country. The parade route ran through downtown Cambridge from a local elementary school to the park where opening ceremonies then took place.

Races were held on Saturday and Sunday, April 15th-16th. Teams were housed in tents with supporter located close by. Excitement abounded as team members strolled the grounds seeking to trade team pins and shirts. First day races featured the 500m, and day two offered 200m events. Exceedingly high winds forced the postponement and then cancellation of one race on the first day and two final races on the second day. Not to be disappointed, participants then celebrated the Sandy Smith Global Finale race on land, along with a beautiful and memorable flower ceremony (pictured below).

Following the closing ceremonies, participants collected their lovely medals and headed back to their teams, many of whom were off to see more of the beauty that New Zealand has to offer.

This IBCPC festival was especially well-organized under the supervision of the local organizing committee headed by Meri Gibson and governed by the Aotearoa Wahine Toa Ora Trust. Paddlers were given housing and transport options or were able to make their own arrangements; racing equipment was supplied where needed; a steady stream of volunteers managed everything from organizing delicious boxed lunches to distributing medals and flowers. The entire event was livestreamed on YouTube for days one and two of racing, and one



local volunteer ambassador was assigned to each team to ease the way prior to and during the event.

While all participants

receive the same medals at the close of an IBCPC festival, the athleticism of the racers shows a broad continuum, from brand-new rookies to those with decades of racing experience. Bragging rights are noted as race times are issued, but far more compelling is the celebratory atmosphere created by the gathering of like-minded souls who have gone past a devastating diagnosis and treatment to embrace a sport that allows them to focus on the joy of living, improving, and working together. It is no wonder that these numerous breast cancer survivors and their supporters overcame barriers caused by the pandemic, economic constraints, and international military upheaval to attend this quadrennial event. We can't wait to hear where the next festival will be held!

PADDLES UP!

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Official Newsletter of the United States Dragon Boat Federation



Derby City Dragons' own Sue Schneider was able to participate in New Zealand this year as a sweep with the Pink Crusaders, Toronto, Canada

Derby City Dragons

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

Derby City Dragons' Off Season Activities



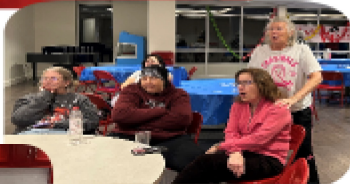
Dragon Sleep Over at Gilda's Club-Kentuckiana



Easter Parade

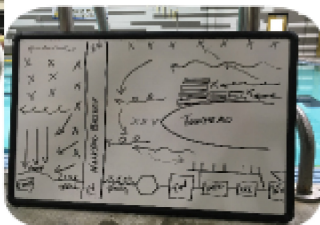


Winter Workout With Ellen and Carol



Robin's Joke Corner

PFD Swim



Q: What did one strawberry say to the other strawberry?
A: If you weren't so sweet, we wouldn't be in this jam.