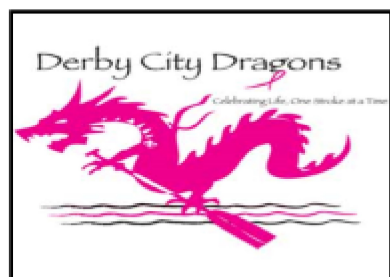


Derby City Dragons

Breast Cancer Survivor Dragon Boat Racing Team

Summer 2023 291 Hubbards Lane, Suite 172-238 • Louisville, KY 40207-8203 Vol. 4 No. 2



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:

drbyscitydragons@gmail.com

Find us on Facebook at Derby City Dragons - Breast Cancer Survivor Dragon Boat Team:

[@derbyscitydragonsbcsdragonboatteam](https://www.facebook.com/derbyscitydragonsbcsdragonboatteam)

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

Beaufort Dragon Boat Festival June 24, 2023

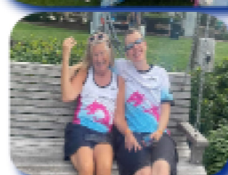
The 2023 Beaufort Dragon Boat Festival, Beaufort, South Carolina was the first festival we attended this year... It was a total success... well, except for the fact we didn't win any medals... it was a success...

Our newbies were awesome, really awesome!! Congrats ladies on your first festival...

Friendships and camaraderie was fabulous, with laughter, relaxing under the trees in the park along the Beaufort River, much conversation and discussion about how we each paddled on the River with the currents and winds we were not used to on the Ohio River... There were friends and family who came to visit and watch the races with celebrations for the courage we had to do what we were doing in the first place...

We gained experience paddling together in a race setting... which is way different than practice... to the chagrin of our coach... I would imagine... But each race can only prepare us for our next race... In August, in Akron, Ohio...

I could write so much about this wonderful weekend and each of us have so many stories to share of joy, excitement, experiences, laughter, and the anticipation of being at the starting line then thinking just how long 1 minute and 30 seconds can last... Paddles Up!!



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Here is our sweet Pink Dragon sister, Cathy Reynolds. She traded for this dress in Italy in 2018 at the IBCPC dragon boat Festival.

Cathy wore this dress when we were celebrating our teammate, Stacy Stephens Osborne Brancato, who gained her angel wings. (We know Stacy was loving it from up above, with all the bling in sparkle!) so we did a side-by-side, almost exactly 5 years later! Too cool!

Robin's Joke Corner



Q: How does a cyclist train for a race?

A: He recycles...

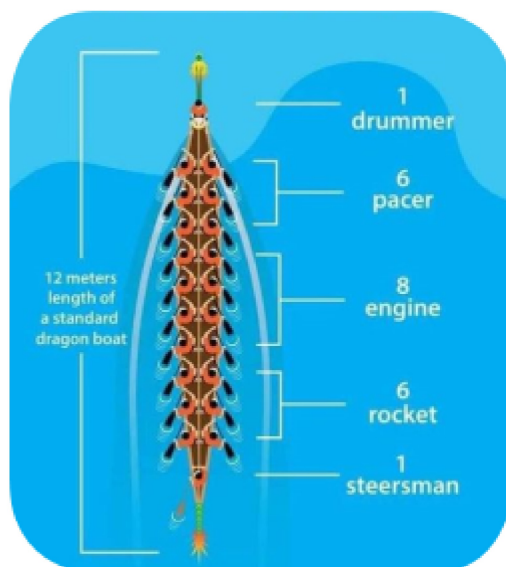
Paddles Up!! ... and keep your eyes open... you never know what you might see out there!!



Dragon Lingo Word Search

FRONTFORTENSTROKESJT
BSBAILTHEBOATXXRTIAF
VORWWBEYZRKZTXDUGOSR
YJAEASQTGXKDSLONBCEE
LRBTTYERIMVNUKLEGUCT
YUVFHS GTFTVJR BCHZLIT
PAKCKDOI UWPROOTKIGLTY
BCPCBIOUSOVWINXPJBICP
RZXDGKQSKCVIDUVSLRAA
ASRFLUDXENSFPEALBDRD
CREXETPKJDIYXSMHBNPD
EAPLASVNAMOPFLUFXAFL
TMUJTTELUETEALFCWCE
HNSVNRHIRBSULIREWSLV
EHELRCUPVHOLDTHEBOAT
BPLRLADTYAIDRAHDLOHI
OVD PZFPAYNLBRIMAXWTX
ABDPOYVIBEJSUQEXISTB
TQAMIGHTYOHIORIVEROL
NYPSONOGARDYTICYBREDS

All In	Bail the Boat	Boat House
Brace the Boat	Derby City Dragons	Festivals
Front for Ten Strokes	Heads in the Boat	Hold Hard
Hold the Boat	IBPCP	Let it Ride
Mighty Ohio River	Paddles Up	Pink Sisters
Practices	Pretty Paddle	Swan Drill
Turtles	Workouts	Zip up your PDF



Every paddler in the dragon boat has a job and all are important!!

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Oh La La !!
We Are Going To France !!

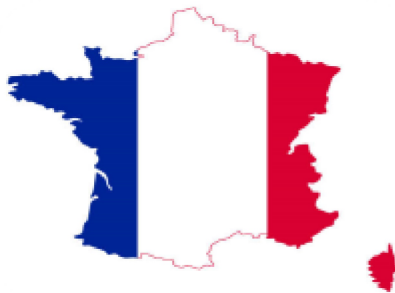
The moment you have all been waiting for! We are very excited to announce the venue for the IBCPC Festival in 2026.

We will see you in France!

At this time we are not providing the exact location and dates. The organisers need to secure accommodation partners etc.

Please be patient - a further announcement will be made in September this year with more details.

It is very exciting to know we are working to the next Festival!



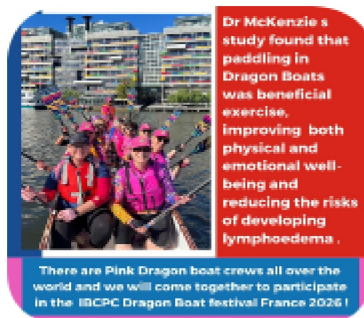
A Dragon is a Dragon on the Water, Off the Water, or even in the Water!!

Our Dragonboat teammate Wendy Medley (on left) is competing in the 2023 National Senior Games in Pittsburgh. She is part of three that are part of the Kentucky swimming contingency.
Way to go!!



Ellen Jacobs is an amazing Dragon who has changed the lives of so many of her Pink Sisters. Now this year she is helping us in ways we never dreamed of... She has gotten certified to lead us in fabulous workouts that started during the off season and have continued into our 2023 season...
I just love those 4-5 second planks...

Thanks so much,
Ellen!!



Summer
DCD Birthdays

Vicki Fleitz - 6/4
Jeanne Ballard - 7/3
Suzanne Childress - 7/13
Sherry Spanyer - 7/21
Joan Hale - 7/24
Eileen - 8/20
Josie Neel - 8/23



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It is with such a heavy heart that we share with you that our Pink Dragon Sisters, Melissa and Stacy, have gained their Angel wings this year.

Stacy Brancato and Dr. Melissa Barrett were very special friends, team members, benchies, and

family. They were kind, caring, and always gave so much love to all around them. We all

have been truly blessed to have known them, been a part of their lives and that they shared in our lives

too. God

bless them

and all who loved them that their love will always shine bright through us.

