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## Congratulations to All the Midwest BCS Teams on Your Activities!

From all the BCS team reports received, it appears all of you have had a very active, full and busy season. There have been some amazing groups working together to raise awareness and let others know that one can live an active life after a cancer diagnosis.

I am absolutely delighted with the number of new teams that have responded this year with their stories on their team. Welcome back to our returning teams and Welcome to our new teams! We all have lots to share and it is great to be able to learn about our sister teams and where they are all located.

In a USDBF BCS Project this year, a Committee was set up in January 2009 to locate the BCS teams across the U.S. and how the USDBF can help BCS/Special Interest Teams. A survey was distributed to the teams we were able to locate, requesting their assistance in completing and returning it to the regional contact. In the Midwest (or Central Region), I served as your regional contact

and can proudly report 14 BCS teams responded!! That is fantastic! When the committee summarized the returns and presented the report to the USDBF at the Annual Meeting in November 2009, the Midwest (or Central Region) had the most respondents! You are all to be "Congratulated!" Thank You so much for your participation!

The BCS Teams responding were (alphabetically by state):

- Vessel of Hope from Cedar Rapids, IA
- Breast of Friends from Dubuque, IA
- Fighting Angels Abreast from Fort Dodge, IA
- Indy SurviveOars from Indianapolis, IN
- Survivor Sistership from Duluth, MN
- Survivors & Supporters Team I from Duluth, MN & Superior, WI
- The Many Faces of Breast Cancer Team I from Duluth, MN & Superior, WI
- The Many Faces of Breast Cancer Team II from Duluth, MN & Superior, WI
- Making Waves from Rochester, MN

- Dragon Divas from St. Paul, MN
- Dragon Dream Team from Akron, OH
- Pink Phurree BCS Dragon Boat Team from Houston, TX
- TEAMSurvivor Madison, Inc. from Madison, WI
- Pink Paddling Power from Racine, WI

Through this newsletter, I was hoping to be able to bring us closer together. It's a place to share ideas, to learn new fundraising techniques, to share accomplishments and to discover a new team close by. It's a place to share a joyful happening like the exciting news of the Pink Phurree BCS Dragon Boat Team getting their own boat!! Then there's the announcement of Madison, Wisconsin's First Dragon Boat Festival in June 2010!

But, you'll just have to sit back, relax for a while and read all the exciting, courageous and wonderful things your fellow sister teams are doing! We may be miles apart, but we are close at heart!

## IBCPC Participatory Festival is June 11-13, 2010!

As most of you may know, the International Breast Cancer Paddlers Commission (IBCPC) has awarded the 2010 IBCPC Participatory Festival to Peterborough, Ontario, Canada. The venue, Little Lake, is in the hub of the city near hotels, shopping, restaurants, a marina, and an art gallery. Teams can look forward to Opening and Closing Ceremonies, a Gala

Dinner with entertainment, a barbeque hosted by the Mayor, convenient transportation, and so much more! The flower ceremony has been praised by visiting teams to their local festival and will be one of the highlights of the event.

If you haven't heard about the event and you'd like to attend, check out the website

now at [registration1@igs.net](mailto:registration1@igs.net). There are several links to lots of information. You will be able to obtain the Registration Form and Waiver Form, as well as read through the frequently asked questions. If you still have questions or want to speak with a Steering Committee member, you can also contact Darlene Prager at 1-705-277-2861. Paddles up!!

## Welcome to the Newsletter ...

### Pink Paddling Power – Racine, Wisconsin



**Pink Paddling Power of Racine, Wisconsin**

Pink Paddling Power is a group of 35 dynamic women from SE Wisconsin. We are an activity based support group that races dragon boats; we have completed our fourth season. Because we are a support group also, we have non-paddling members. Our team was started in 2006 at the Wheaton Franciscan All Saints Cancer Center by Kathy Sponholtz and Lynn Marie Gates, two energetic women with an eye to the future and compassionate hearts. The hospital remains our major sponsor.

As members of the Racine Dragon Boat Club, we practice from early May through September in the Racine Harbor and on the Root River. Our Steersman, Bryan Siebenlist, has also been our coach for the past two seasons. We admire his patience and perseverance and we are grateful for his generosity and compassion. Bryan will tell you that he has "lots of moms" during dragon boat season.

Our racing season started in July, at the Great Midwest Dragon Boat Festival here, in Racine. This festival kicks off with a wonderful parade of teams which everyone thoroughly enjoys. We have improved steadily each season in this festival, but being the only all-woman team (not to mention our ages) puts us at a definite disadvantage. In August, our team traveled to London, Ontario for races in their community festival and in the special races celebrating the tenth anniversary of their BCS team, Rowbust. We got to the finals of the community and the BCS divisions, but no WINS. Our Canadian hostesses were gracious, and there were many events for BCS. The Rose Ceremony was the largest we'd ever seen with 10 boats and other teams participating from the docks.

Our final race this year, and every year for our team, was at the Oshkosh, Wisconsin Dragon Boat Festival on September 26. There was no BCS division, but there were several all-woman teams. We moved up a division this year, but again, no WINS. We love the Oshkosh festival; it is filled with hospitality and fun.

Instead of a Rose Ceremony in Oshkosh, we had a Petal Ceremony in remembrance of our deceased member, Angie Perrault, who paddled her last race in Oshkosh last year. Angie was one of the charter members of our team. An exceptionally talented artist, she designed our logo and shared her outstanding talent with our team whenever she could. The Oshkosh organizers dedicated this year's festival to her memory.

Now that the paddling season is officially over, we are doing fundraising. Our recent bake sale at the Racine Farmer's Market and a generous donation from a member's church will enable us to donate \$1,300 to the Wheaton Franciscan All Saints Pink Ribbon Hope Fund. We know that we are blessed to be able to help other women in treatment for breast cancer.

We may not have scored a lot of "W's" this season at our races, but we're here and having fun, so we know that we are all winners.

(Photo and article submitted by Kathy)

## Welcome to the Newsletter ...

### Survivor Sistership – Duluth, Minnesota



Survivor Sistership of Duluth, Minnesota

**Notice the new life jackets given in memory of Tenley Ireland-Witte -- She would be proud of them!**

The Survivor Sistership is a team made up entirely of breast cancer survivors; we paddle in the Dragon Boat races in Superior. Our racing goal has sometimes been simply to avoid coming in last, so it should be pretty clear that it was not the challenge of the race that held us together or created and sustained the bond which unites us. The Survivor Sistership Team came in third for top fundraisers for the third year in a row with \$10,008. The money goes to the SMDC Foundation.

Far more important for this team is the support which comes from sharing stories that we know will be understood because we have all been there – and reaching out to others who need that kind of support in *their* journey with cancer.



Faye E. Reynolds

This year came with mixed emotions for “The Survivor Sistership Team”. We were saddened for the loss this spring of two team members, Tenley Ireland-Witte (memorial in the Spring 2009 newsletter) and Faye Reynolds, along with one past member, Carolyn Lee. The team has a Rose Petal ceremony after our second race ... in which we dedicate OUR race and have the opportunity to make a statement about “survivorship” ...and hope ...and pulling together. This is something that Faye Reynolds did exceptionally well.

Faye’s first diagnosis with cancer was years ago. Something like 15 years later, she learned that it had spread and she underwent intense treatment. As soon as she could she was cheering us on again – participating in the race as she was able, and encouraging others in their journey with cancer. This year we learned simply that it “was back”.

In one of the conversations I had with Faye, referring directly to her experience with cancer, she told me that the years since her first diagnosis had been rich and full of meaning ... it was a statement of how she chose to live those years. She defined the very essence of what it means to be a Survivor.

That thought was part of Carolyn May Lee as well, a past member of the team. After a sudden reoccurrence of breast cancer, she left us in May. She played bridge, exercised, and celebrated birthdays, class reunions, nature and life. She will be also be missed by her Cub Cadet lawn mower!

For 2009, the dragon boat has been put away and the Dragon has been put to sleep! The plans are in the making for 2010 for the Survivor Sistership Team with Captain Sandy Caywood, Co-Captain Lorriane Washa, Drummer Margaret Cleveland and the 21 Breast Cancer women. Paddles-up!



Carolyn May Lee

(Photos and article submitted by Nancy)

## Welcome to the Newsletter ...

### Survivors & Supporters Team 1 -

### Duluth, Minnesota & Superior, WI



Survivors & Supporters Team of Duluth, Minnesota and Superior, Wisconsin

Look at this fun loving group.....

This is the third year for the Survivors & Supporters Team 1 in the Lake Superior Dragon Boat Festival. Our team is made up Breast Cancer survivors, husbands, fathers, daughters, friends and supporters. Team Captain is Tim Lowney, Co-Captain is Joanna Regnier, and Drummer is Cheryl Lagergren.

No problems filling Tim's team as everyone wants to be on it. True family and friends coming together, it's filled by the end of race day! Even a Superior Police Officer, Jon McKinnon, wanted in their team photo. Note: No one is being arrested but someone has to keep that dragon boat speed in check!

The Survivors & Supporters Team 1 raised \$2,505 this year. The money was donated to the SMDC Foundation.

The Team is looking forward to participating in the Lake Superior Dragon Boat Festival again in 2010! It will be held at Barkers Island on August 27 & 28, 2010 ([www.lakesuperiordragons.com](http://www.lakesuperiordragons.com)). Hope to see you there!

(Photo and article submitted by Nancy)



## Indy SurviveOars - Indianapolis, Indiana



Badger Lake Dragon Boat Bash, August 15, 2009



Dragons on the Ohio, June 6, 2009

The summer of 2009 was the second season for the Indy SurviveOars and what a summer it was!! During the winter, we spent time working out together and developing our friendships and had a large group walk together in the Susan G. Komen Race for the Cure in April. We were deeply saddened by the loss of two of our paddlers this year, Jean Jamsa and Tasha Roper. In their honor, we participated in numerous events throughout the summer to help spread our message of hope and inspiration and show the world that life is wonderful after breast cancer.

We competed in three out of town events. First, we were delighted to return to the Dragons on the Ohio celebration in Evansville, Indiana where we met up with our ADBA friends from Iowa and had "Captain Zig Zag" (Ron Hau) steer us to success. We came in first in the Silver Bracket and won the Spirit Cup for the second time! A great day!! We returned to the FDJ International Dragon Boat Race for the Cure in Windsor, Canada in July which was, once again, a tremendously moving and spirited gathering of survivors from near and far. Finally, we traveled all the way to Fort Dodge, Iowa in August for the Badger Lake Dragon Boat Bash. The entire weekend was so much fun and we were thrilled to win the BSC Division race and Team T-shirt award. More importantly, we were happy to get to know our sisters on the other Midwest BCS teams, especially our incredible hosts, The Fighting Angels Abreast, who could not have been nicer and more welcoming!

Back in Indy, we participated in the Indianapolis Asian Festival, as well as a festival for Families with Children from China. Our boat and team were featured at the Stop and Smell the Roses event sponsored by Clarian West. We also conducted a special practice event to introduce our sport to the Forensic Nurses and Detectives. Last, but definitely not least, we took part in the National Pink Heals Tour and were so proud to partner with Clarian Health in staging the first exhibition races of dragon boats in Indianapolis against Lifeline paramedics, firefighters, and police called Battle of the Paddles, on September 22, 2009. What an amazing way to end the season!!

2009 was a fantastic year for the Indy SurviveOars and we are already busy organizing our plans for next season. We'll be at the International Dragon Boat Festival for Breast Cancer Survivors in Peterborough, Ontario next June. Hope to see you all there!!!!



FDJ International Race for the Cure, July 11, 2009



Battle of the Paddles, September 22, 2009

(Photos and article submitted by Etta)

# Welcome to the Newsletter ...

## The Many Faces of Breast Cancer Teams I & II – Duluth, Minnesota & Superior, Wisconsin



Tammy Miller Graves' Team (Partial)



Team Captains ...  
Tammy Miller Graves and Peggy Ryberg



Peggy Ryberg's Team

Peggy Ryberg from Superior, Wisconsin, Tammy Miller Graves from Poplar, Wisconsin, and Peggy Anderson from Duluth, Minnesota formed two new breast cancer survivor/supporter teams that participated in The Lake Superior Dragon Boat races on August 22nd at Barker's Island in Superior, Wisconsin. They decided they wanted to celebrate life through humor, laughter, and to have a great time. The threesome, all different ages, decided that feeling good about dragon boat racing was important. These three women had been on other teams. Ryberg, who is very athletic, believes a positive spirit and attitude helps patients. Miller-Graves loved the new team name that everyone voted on, "The Many Faces of Breast Cancer". Anderson, a member of the National Breast Cancer Coalition quotes, "Less Pink and More Research..." She says pink isn't always pretty. Two teams were formed. Beautiful lime green shirts were designed with a logo that Ryberg designed.

Dragon boat racing is a time for cancer survivors and participants to embrace life in a group activity that's full of positive energy. Team strength and support are based on camaraderie, everyone feeling important, but especially those with metastatic breast cancer. Anderson states that patients can feel control over their lives by participating in races. It's a slow soothing, rewarding and very powerful transformation paddling over the beautiful water. Members feel a sense of healing.

Race day was a beautiful day, everyone enjoyed being by the water, enjoying the company, family, and friends that have supported them in their breast cancer diagnosis. Supporters also participated on the teams. The team members, and many movers & shakers in our community, made the day and the event so wonderful. Unlike other teams, more than 50% are breast cancer survivors on the teams. There were also other cancer survivors. The Many Faces of Breast Cancer Team II was number 24 from the top in racing teams, making the top third. Their best score was 2:18.51. They scored first in their category, Survivors and Supporters.

The evening before the race, we had our pink balloon releasing ceremony. Anderson read a poem she wrote. "We dedicate this race to the patients on our teams and in our community, especially those with metastatic breast cancer, who are "fighting the battle;" please give them hope, courage, and support.



Bonnie Nimmo,  
Charter Media ,  
a Coordinator of  
Women Rock.



Betty Mae Dock,  
a Breast Cancer  
Survivor!



Sign that Peggy Ryberg designed  
with Barb Hoag.



BC Survivor Susie Stockinger &  
Shannon Little from Charter Media.

The Many Faces of Breast Cancer Teams I & II – (Continued)
Duluth, Minnesota & Superior, Wisconsin



Supporter Terri Starkes & Sandy Carlson, BC Survivor, Charter Media.



Supporter & Survivor Mary Broman and Jim Anderson, Supporter.



Peggy Ryberg and Barb Hoag enjoying the moment.

To the Cancer Survivors in Our Community by Peggy Anderson

We are survivors, not victims
Living in transition through the chapters of our lives.
Some of us have cuts and scars on our bodies, but not in our loving hearts and souls.
We have transitioned from survivors to thrivers.

Some of our bodies have gone through a Tasmania, an imperfect storm with this insidious disease.
We are survivors!

Cancer created its own rules, capturing our bodies, but it doesn't own us, we own it.
We are survivors, not victims, and thrivers, we will be.

This cancerous storm may have clouded our minds and made strangers of our bodies but we are survivors and thrivers, not victims.

We hold on to every moment of happiness with a positive outlook, as we seagway into the rest of our lives.
We are survivors and thrivers, of hope, faith, and courage."



Barb holding balloons before the Pink Ribbon Balloon Releasing Ceremony.



Kelly Lewandowski, a Supporter paddling in honor of her best friend with Breast Cancer.



Supporter Diane Lewandowski

(Photos and article submitted by Peggy)

## Welcome to the Newsletter ...

### Dragon Dream Team – Akron, Ohio



The Dragon Dream Team of Akron, Ohio

The Dragon Dream Team at Windsor International BCS Festival.



Dragon Dream Team Member Lynn Fritz with Camp Quality Camper.

Dragon Dream Team 2009..... Season three highlights for Ohio's First (and only) BCS Dragon Boat Team.

Spring Training Camp...Canada's Best coaching Northeast Ohio's Finest \* Benefactor donates new boat dock \* New sponsor and new uniforms \* DDT returns to Windsor for French Dressing International Boats for a Cure \* Victory at Cincinnati Paddle Fest's first dragon boat race – Dream Team vs. Kentucky Thorough Breasts \* Dragon Dream Team subject of International Dragon Boat Magazine \* DDT visits Marietta and Mov'n Dragons for scrimmage \* Camp Quality – Kids with cancer learn the joys of dragon boating with Dream Team \* Dragon Dream Team welcomes sister BCS teams Kentucky Thorough Breasts and Marietta Mov'n Dragons to Cleveland Dragon Boat Festival \* Rex Crew Two – support team of friends and family make first appearance at Cleveland Festival \* Friends and Family Day at Craftsmen Park \* New Pink Kayak for more fun on Rex Lake.

Paddlers to Peterborough... Plans are underway for The Dragon Dream Team to represent all of Ohio next year at the World BCS Championships in Peterborough, Ontario, Canada.

*The Dragon Dream Team.... Moving forward...Inspired by the courage of the dragon and the power of the paddle....life after breast cancer can be full, active and beyond all expectations.*

(Photos and article submitted by Susan)

## Dragon Divas – St. Paul, Minnesota



Dragon Divas of St. Paul, Minnesota



Breast Cancer Ceremony



### Dragon Divas, St. Paul, MN: Season 4!

Our team membership exploded this year with 14 “newbies”. We now have 47 members on our team! Our off season included a great fundraiser supported by the local Great Harvest Bread Company. We were awarded “Baker of the Day” and made \$9,000.00 literally making bread! We hope to use this money to buy our own boat and secure a dragon boat racing team for breast cancer survivors in the Twin Cities.

We started our season with a 6 week warm up. We met once a week. We completed circuit training of 10 stations followed by an intense exercise session run by our wonderful fitness trainer. Our goal was MOA’s (Michelle Obama arms). We are still working on those! Our practices continued weekly on White Bear Lake. Our numbers were so big that we had to split the evening into two sessions. We continued to be blessed with our loyal stern, Ron Soppeland and our paddling coach, Geeta. We also had several team members try out the stern position under Ron’s guidance.

Our team participated in 4 festivals this season. The first was at Lake Phalen in St. Paul, MN. We were able to fill 2 boats in this festival with team members and daughters. Dragon Diva 1 and Dragon Diva 2 were the only all female boats in this festival! August was on the road for our team: Starbuck, MN; Fort Dodge, IA; and Superior, WI. In all, 43 of us participated in festival racing this year. The Dragon Divas are proud to report that we brought home a silver medal from Fort Dodge and the “Superior Paddle” from Superior, WI, winning the breast cancer survivor category from that festival. We are most proud to report that we received the “Spirit Award” at Lake Phalen, Fort Dodge, and Starbuck festivals.

We continued our mission out of our boats also spreading the message of the importance of early detection and exercise in improving survivorship for women with the diagnosis of breast cancer. We spoke at support groups and participated in community events to reinforce this important information. The reality of our disease greatly saddened our team this year with the death of two of its members. Their light will continue to guide our boat on the water.

Our off season is just beginning but very busy. We will be sending a full boat of our team to represent the Twin Cities in the International Breast Cancer Participatory Dragon Boat Festival in Peterborough, Canada in June, 2010. Fundraising is under way for this. We continue to investigate the feasibility of purchasing our own boat. We have been blessed again with wonderful support in 2009 and continue to praise all of them loudly!

The Dragon Divas wish all of you well and look forward to crossing your path in 2010!

(Photos and article submitted by Mary)



## Breast of Friends - Dubuque, Iowa



A team of 'Winners' loading the boat to have fun!

**Breast of Friends of Dubuque, Iowa**



Padding in sync!



What a close and exciting race!

Breast of Friends from Dubuque, Iowa had another awesome season in 2009 providing hope to everyone that there is a great life after breast cancer! We set out to prove this time & time again and I know our message has reached hundreds of women in the tri-state area as well as on our journey to Wallaceburg, Canada and Fort Dodge, Iowa.

We started on May 29th at the American Cancer Society's "Relay for Life" as our dragon boat team also had a team to "Fight for our Friends." It was a chilly evening but we had a lot of fun walking in the Survivor Lap and seeing old friends and meeting up with new ladies. We walked the track all night raising awareness and remembering our loved ones who lost their battle to cancer. On June 4<sup>th</sup>, we loaded the motorhome and headed to Wallaceburg, Canada to stay with Coco and Breast Buddies and compete in the Syndham Challenge for the third year! As always, we had a wonderful time with our northern sisters.

Our favorite festival is the "Bash" in Fort Dodge each year. The "Angels" always are so welcoming and full of love that we look forward to it every year. This year the ladies from Rochester "Making Waves" allowed us to race on their team and did we ever have fun! They enjoy eating and visiting as much as we do! We may have come in last place but we had so much laughter together that we are forever kindered sisters! The Dragon Divas and Indy SurviveOars were also there so it was so spectacular to have 4 boats in the water for the carnation ceremony. These women have left imprints in our hearts forever. Once again, the Donners and the Angels hosted an amazing party at the Donner house and all the survivors got to eat, drink and be very merry!

Our festival was September 11-13 and not to be outdone by anyone, we really had the best time yet. We were so honored to have two of our "sisters" from Canada come, two of the "Divas", and five of our teammates from Making Waves. The "Angels" were set up next to us and between the two teams, we were able to have all the gals paddle a few races and experience the Mississippi! We were hoping for bigger waves but the river was quite calm that day....maybe next year. It was so much fun to jump in any boat and I think that it proved that we are all winners...no matter who brings home the "gold." I was humbled to be part of such an experience. They will forever be in our hearts.

Dragon boating has taught us ALL to be winners and we have been blessed to meet all these amazing women.

(Photos submitted by Peg and article submitted by Bonnie & Susie)  
(Picture comments by Editor)

## Welcome to the Newsletter ...

### Pink Phurree BCS Dragon Boat Team - Houston, Texas



Look at those picture perfect strokes!



Supporting Women Raising Awareness Pink Fire Trucks.

#### Pink Phurree BCS Dragon Boat Team

2009 has turned out to be an amazing year. Pink Phurree (pronounced “fury”) was formed in February 2007 by a group of determined breast cancer survivors. Most of us had had a “taste” of paddling, as we raced in 2005 and 2006, but we wanted the opportunity to paddle year round. Living in Houston afforded us that wonderful opportunity.

Our goal in 2007 was to raise enough funds to purchase our own pink paddles and life vests. We purchased those with the proceeds of our calendar sales in 2008. We had our paddle wraps specially designed to showcase our Texas roots and love of “bling” and they are be-a-u-ti-ful!!!! Our life vests are hot pink to match the paddles. They also smell much better than the borrowed ones we had been using and happily gave up.

In 2008, we participated in our first races outside of Houston. We raced in Dallas with Cajun Invasion and had a blast. We then went to Windsor, Canada to race with the team from Guelph, Canada. We had so much fun. It was so exciting to be racing amid a sea of pink, as Saturday was dedicated to breast cancer survivors.

This brings us to 2009 where we were simply hoping to recruit more survivors to join us on this amazing journey. As survivors, we heard all the things that we couldn’t/shouldn’t do and about our “limitations”, which so many survivors believe and is a huge hurdle to get over, as we recruit. Well, the message that exercise is important to survivorship is finally getting through and to that end, Pink Phurree’s efforts are paying off.

We hosted not one, but two, Pink Rubber Duck Races – “Keeping Our Ducks In a Row”, the proceeds of which were dedicated to the purchase of our very own pink boat. Well, we are so excited to announce that we finally have the funds to purchase our boat. We expect to receive our own boat in early 2010! Having our own boat will allow us the opportunity to schedule our practices with more frequency and at different locations, exposing more survivors to the sport.

Sadly, we lost 3 paddlers in 2009. Our race season was dedicated to them. We know that breast cancer is an insidious disease and we continue to paddle to raise awareness.

Our expectations are that in 2010, we will be participating in many more races, in and around the U.S. We are hoping to travel overseas in 2011. We are looking forward to many more exciting opportunities in the future.

(Photos and article Submitted by Frances) (Picture comments by Editor)

## Fighting Angels Abreast - Fort Dodge, Iowa



Team Members preparing for the Fort Dodge Festival.



Participating in the Walk for the Cure.

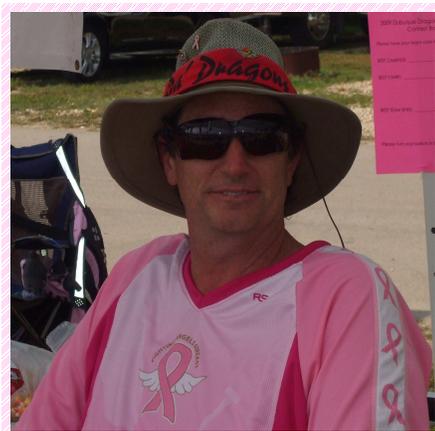
### ~ Fighting Angels Abreast, Fort Dodge, Iowa ~

The Fighting Angels Abreast Team started our 5<sup>th</sup> year this season. We participated in festival events in Waterloo, Fort Dodge and Dubuque, Iowa and met some great friends and made special friendships with our sister BCS teams. It was a pleasure to again have Vessel of Hope representatives Barb and Darla help the team. We were thrilled to have our first non-adjointing state BCS team travel all the way from Indianapolis, Indiana – the Indy SurviveOars – to attend our Fort Dodge Festival this year. We then hosted all the BCS teams at Tom & Linda Donner’s house with food and fun! At the Dubuque Festival, members from 5 BCS teams came together to fill boats and have a whopping good time on the Mississippi River...the Breast of Friends saw to that.

Socially, our team participated in a DSAOC Cake auction, the May Day Luncheon/Style Show fundraiser, the Walk in Des Moines, the Fort Dodge and Eagle Grove parades, the Wright County and Webster County Relay for Life events, the Rally for the Cure golf outings and donated gift items for auction fundraisers.

Our highlight was to have Tom Donner, our Coach, Trainer and Sternsman back with the team this year. As reported in last Fall’s newsletter, Tom was diagnosed with bone cancer in his leg and the surgeons worked to save his leg. However, this past Spring a Staph infection developed in the leg and it had to be amputated above the knee. Tom has made it through the aggressive series of chemo treatments, been fitted with a prosthesis and is learning to walk again. Note: During this past season while undergoing treatment, and with only one leg, he was our Sternsman. What an inspiration!

(Photos by Maureen and article by Cheryl)



Tom Donner, our Coach, Trainer, and Sternsman, displays our new Team shirt for next season. He was back with us this season, getting around with a walker and wheelchair. Try that in beach sand!



Team Members serving as models in the team fundraiser.



Wyn Ann doing her part as she Golfs for the Cure!

## Making Waves - Rochester, Minnesota



### JOIN THE JOURNEY'S DRAGON BOAT TEAM: "MAKING WAVES" ~ A FLOATING SUPPORT GROUP

Greetings from Rochester, Minnesota, to all of our fellow dragon boaters! As 2009 draws to a close we reflect back on the experiences we have shared and the friendships we have cultivated. Our time together on and off the water has so enriched our lives! We are thankful that so many of you were placed in our path over the recent paddling season.

The **Making Waves Dragon Team** of Breast Cancer Survivors and Supporters continues to receive financial assistance from our parent organization, **JOIN THE JOURNEY**, a 501 (C) Public Charity ([www.jointhejourney.us](http://www.jointhejourney.us)). This year, Join the Journey held its Fifth Annual Breast Cancer Awareness Walk. Donations from this walk allow the **Making Waves Dragon Boat Team** to maintain our seasonal boating expenses, insurance costs and to participate in distant dragon boat races. Join the Journey raised \$111,000 this fall, insuring that our numerous community programs, including the dragon boat team, will go forward into 2010. We provide community education regarding the importance of annual breast cancer screening, and direct support to those individuals dealing with diagnosis, treatment and recovery from this prevalent disease.

During the month of October, in an effort to further highlight breast cancer awareness month, Join the Journey and our dragon boat team, collected gently used and new bras, for a local effort called, **BRAS FOR A CAUSE**. FOX radio station and the MAZDA FORD car dealership sponsored this popular event, providing us \$1.00 for every bra donated. We collected over 2500 bras, which were creatively displayed at the car dealership; the myriad of bras and the message of "Early Detection is your Best Protection" were impossible to miss!

**Making Waves** had the opportunity to participate in two dragon boat races this summer...one in Fort Dodge, Iowa, and the other in Dubuque, Iowa. The host cities and participating teams extended such a warm welcome to our team! We want to send special thanks to Tom and Linda Donner and the BCS team in Fort Dodge for the lovely dinner which followed the Fort Dodge race!

We have enjoyed participating in the dragon boat races so much this season! To that end, our team is working toward attending the International Dragon Boat Race in Peterborough, Ontario, CANADA in 2010. We have already begun to fundraise for this extended road trip. During October, our local Macy's sponsored an event for us called **Macy's Shop for a Cause**; this event yielded us over \$700 toward our entry fee and travel expenses.

The mild Fall temperatures made it hard for us to end our paddling season, but this year we have wintered Big Red at the home of fellow paddler, Cindy Kahn, instead of sending her back to Fort Dodge. After our last evening of paddling, Cindy treated us to a bonfire and hayride which was enjoyed by all those in attendance! We are thankful to Cindy and her family for providing a winter home for Big Red!

Plans are in the works for our team's annual holiday party and our Yoga winter work-out schedule! We recognize the importance of physical activity even when the cold winds of winter blow! We truly cherish our team members and their commitment to breast cancer awareness and the **Making Waves Dragon Boat Team!** We look forward to seeing you all at the dragon boat races in the summer of 2010!

(Photos by Toni and article by Margie)



## Welcome to the Newsletter ...

### TEAMSurvivor Madison, Inc. - Madison, Wisconsin



TEAMSurvivor Madison, Inc. of Madison, Wisconsin



TSM, Inc. members attend a dragon boat camp in Akron, Ohio in May 2009.

Survivor teams connect for a photo at the Lake Superior Dragon Boat Festival.

#### Parade, Paddles and Purple

The summer of 2009 proved to be another amazing season on the water for members of TEAMSurvivor Madison, Inc. The non-profit organization based in Madison, Wisconsin, provides year round fitness opportunities to women surviving any cancer diagnosis. Entering the seventh season of paddling, the nearly 120 members embraced the goals of raising awareness about the organization, its robust paddling program, and plans to host Madison's first dragon boat festival in 2010. The whirlwind summer included participation in a parade with our dragon boat, the portage of our boat across the Capitol Square, and an exhibition paddle during Madison's 30<sup>th</sup> Annual Paddle & Portage event and entering regional dragon boat festivals such as Pride of the Fox (St. Charles, Illinois), the Lake Superior and Oshkosh Dragon Boat Festivals. Save the date for June 2010 and Madison's first dragon boat festival! For information on TEAMSurvivor Madison, Inc., visit [www.teamsurvivormadison.org](http://www.teamsurvivormadison.org).



At the Lake Superior Dragon Boat Festival, TSM, Inc. members participate in the rose petal ceremony.



TSM, Inc. members concentrate on getting the boat up to speed at the Pride of the Fox Festival in St. Charles, IL in June 2009.



TSM, Inc. and Pink Paddling Power (Racine, WI) share a rose petal ceremony at the Oshkosh Dragon Boat Festival.

(Photos and article submitted by Diane.)



Taking turns on the drum during the parade.



The dragon boat was a hit at the Annual Monoma Memorial Day Parade on May 25.

## IN MEMORY OF . . .



**FAYE E. REYNOLDS,  
SURVIVOR SISTERSHIP,  
SUPERIOR, WI**

Faye E. Reynolds, 66, lifelong Superior area resident died Sunday, June 7, 2009. She was born on September 1, 1942 in Superior, WI to Lester H. and Etta F. (Argetsinger) Reynolds.

She was a 1960 graduate of the former Central High School in Superior. She attended Bethany Bible College and also attended the Wisconsin Indianhead Technical College where she received her certification in accounting.

Faye was a talented lady who enjoyed many activities including photography, cross country skiing and golf. She was an expert seamstress who loved to sew. She also loved reading, walking in the woods, volunteering for many charity events, fishing, shopping and enjoying her relationships with her family and friends. She was a longtime member of the United Presbyterian Church and a member of the former Hammond Avenue Presbyterian Church.

Faye was a cancer survivor and member of the Survivor Sistership Dragon Boat Team for the annual Dragon Boat Race held in Superior. Faye was in the accounting/ book-keeping area with many different agencies.

She is survived by two brothers, Harvey (Sue) Reynolds, Salem, OR and Richard Reynolds, Fairbanks, AK. Faye is also survived by three nieces, three nephews, three grand-nieces and two grand-nephews. She was preceded in death by her parents. Memorials were made in Fay's name to SMDC Breast Cancer Awareness.

Her team would like to share the following poem Faye wrote in 1995 after her first bout with cancer:

*But Wait ... I Said I Was A Survivor!!!*

Cancer - a word I no longer want to hear, whether good or bad - cancer of the horoscope, cancer with its long claws and nails reaching out to grasp and tear away the very breath of the body. The nails are colored: The red one -- dark, seeks after the life giving blood, the blue reaches for the very center of the soul, the white grasps for the bone which supports our varied structures, the black for the mind which so controls - controls. **But Wait ... I Said I Was A Survivor!!!**

Can a word control my life? If cancer can... why not love, strength, hate, fear, death or survive. Surviving reaches out, no not reaches but glides out, smoothing, soothing, pressing, covering, encouraging, breathing, living, caring. Yes the word survive can control. **But Wait, Did I Said I Was A Survivor!!!**

I've got to get my house in order, the boxes emptied, the secret items and letter away from others. What will they think? What will they do with them?? I've so much unfinished business - make amends -- get a will, prepare my friends, pay my debts, care for this, take care of that ... So, so much to do and so little time.

**But Wait ... I Said I Was A Survivor!!!**

I felt a lump on my neck, unusual pains in my side, an ache in my back. Is it Cancer? Every breath I take may be my last. The anxiety mounts up, panic sets in -- but wait, take a deep breath, let it out, another, again, another.

**Yes I am still here ... I Said I Was A Survivor!!!**

The appointment with the doctor is agony - waiting to hear the results. Reoccurrence - Yes - No - Maybe. Blood work, prodding, poking, waiting, waiting. Will he say what I want to hear? But then what do I want to hear?? The agony of not knowing. Can it be treated? Yet remember part of surviving is treating the well part of me, the surviving part of me.

**Yes even to the point of death, I Am A Survivor!!!**

Expectations of life, of death, of suffering, our friends, our family. They don't understand. They expect me to change, to be someone else, to do things differently, to do or be...They haven't had cancer. They don't know what is inside. But remember, their trials are great to them, real to them. They have their own burden, I have mine. **But Wait. I Said I Was A Survivor!!!**

A decision for Christ allows my spiritual life to live on. My time here on earth will some day come to an end. When? That is not for me to know. Regardless - have I lost? Absolutely not!! I have run a good race, fought a good fight, gained untold wealth. I have won. **I am a Survivor!!!!**

(Photo and article submitted by Nancy)



**KATHY EL HEJJALI,  
PINK PHURREE  
HOUSTON, TX**

## In Memory of . . .

Kathy El Hejjali paddled with Pink Phurree of Houston, TX in 2006-2007 and was one of the founding members of Pink Phurree.

In addition to her passing this year, the Pink Phurree BCS Team also lost Shellynda Martin who paddled for one race and Rosemary Barr who never got the opportunity to paddle with the team but was an avid supporter.

## In Memory of . . .

We remember paddlers Jean Jamsa and Tasha Roper from the Indy Survive-Oars of Indianapolis, IN who passed away this year.

We remember Angie Perrault from Pink Paddling Power of Racine, WI and two Dragon Divas members from St. Paul, MN.

**The Central Region  
Breast Cancer  
Survivors/Supporters**

## **The BCS Dragon Boaters Newsletter**

E-MAIL:  
bcsdistrict@yahoo.com

The ADBA is on the Web!

Visit the BCS Link at:

[www.americandragonboat.com](http://www.americandragonboat.com)

### ***About Our Newsletter...***

It's for you ...the Breast Cancer Survivors and Supporters ... to keep up with what is happening in the Midwest.

It will also allow the Newsletter to pass along information from the United States Dragon Boat Federation and the American Dragon Boat Association (ADBA web address in adjacent box) to the Midwest Breast Cancer Teams!

If you have friends you'd like to encourage to join the sport of Dragon Boating, feel free to mail this newsletter to them. You can include a note on your experiences and what fun it is to paddle

with a great group of people who've 'been there, done that!' Simply fold the newsletter in half for easy mailing or 'handing off' and address it to your friend(s)!

You can E-mail other BCS team captains and/or members in your area to let them know too. Since we just started this newsletter a year ago, we want to know where all the Midwest BCS teams are located and we don't want to miss anyone.

I'm sure some teams may have been together for years and would have some exciting stories to share. Your help in getting the word out, or letting me know,

would be appreciated. We welcome all the Midwest BCS Teams to join our newsletter group and be recognized.

I know each Team has some pretty heartwarming and interesting stories. Some will make us laugh, some will make us sit in amazement, and some will make us cry. But they're all important!

As you begin 2010 with your area Dragon Boat events, capture them with a write-up and/or picture and have your Team Captain send them to me at the BCS newsletter site.

I look forward to hearing from you again in 2010!

