



The BCS Dragon Boaters



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Midwest BCS Teams Maintain Active Season!

The Midwest Breast Cancer Survivor (BCS) Teams remained active throughout this past racing season. Stories and memories were still circulating at events from attendees of the International Breast Cancer Paddlers' Commission (IBCPC) Participatory Dragon Boat Festival held in Sarasota, Florida.

BCS paddlers were also noted venturing outside their own hometown areas to participate in other festivals or help fill a BCS team's boat in the BCS category. It still remains a challenge in the rural Midwest for most BCS teams to fill a team boat with all paddlers, drummer(s) and stern(s) being breast cancer survivors. Mixed teams of Survivors and Supporters make up a majority of the BCS team participants to fill a boat. Our Supporters believe in the Survivor's mission of breast cancer awareness and life after a diagnosis of breast cancer so much that they seem like 'one of us'; however, when it comes down to the International description of a BCS team, a team consists of ALL Survivors in the boat. In July of 2015, there was a lot of discussion between the IBCPC and the USDBF on this topic and I know it will be revisited again in the future.

Some very exciting news within the Midwest BCS Teams is the forming of a new BCS Team. The Prairie Dragon Paddlers BCS Team of Champaign-Urbana, Illinois will be the first breast cancer team in Illinois. The committee is presently working to educate the women and the community about dragon boating and researching options for fundraisers. We wish them much success in the upcoming season. More information regarding The Prairie Dragon Paddlers will be available in our next BCS Newsletter.

Congratulations to all the Midwest BCS teams on their efforts to continue bringing about awareness and reaching out and meeting other BCS teams! Happy paddling in 2016!

ADBA Annual Meeting, BCS & USDBF Reports

The Annual Meeting of the American Dragon Boat Association (ADBA) Midwest Region was held on Thursday, March 10, 2016 at 7:30 p.m. President Ron Hau called the meeting to order. The Secretary's Report was presented by Sue Miller which was accepted and approved. The Treasurer's report followed with John Miller reporting ADBA finances and a comparison with the previous year. This report was also accepted and approved.

Reports followed with Ron Hau reporting for the Business & Services Committee. Most equipment is ready to go for the upcoming season with just a few maintenance items to be completed. A location breakdown of ADBA services provided to 13 festivals showed five in Iowa, one in Indiana, two in Illinois, one in Minnesota, two in Wisconsin, one in Michigan and one in Texas.

The BCS Report was presented by Cheryl Lychwick. Stories and memories were still circulating throughout this past racing season from attendees at the past IBCPC Festival held in Sarasota, Florida. A new BCS team is starting up in Champaign-Urbana, Illinois and is looking forward to warmer weather to get on the water to recruit paddlers for The Prairie Dragon Paddlers, the first breast cancer team in Illinois. Midwest BCS Teams now number 18 when including two Dragon Divas teams. Four Midwest BCS teams participated in the worldwide 20th Anniversary Celebration on June 13, 2015 of the first all-breast cancer survivor dragon boat team, Abreast In A Boat (Vancouver), to take to the water under the direction of Dr. Don McKenzie. There still is a challenge of rural Midwest BCS teams to consist of only breast cancer survivors in a boat to meet the International description of a BCS Team. Presently, the majority of the BCS teams are mixed with Supporters helping to fill a BCS team boat. The Midwest BCS Teams thanked the ADBA for their support and assistance in 2015.

(Continued on page 2...)

ADBA Annual Meeting, BCS & USDBF Reports (Continued)

Reports continued with ADBA representatives Barb Michaels, Linda Donner and John Miller presenting the United States Dragon Boat Federation (USDBF) Report. Some new USDBF committees are being looked at and some changes are being made to the Audit Committee. A new High Performance Committee was formed which included a former Team USA paddler and coach from each region. Hoang Pham, Team USA paddler, and Jim Schumacher, coach, were the Central Region (ADBA) representatives. Coaches for Team USA 2017 have been announced and are on the USDBF website. The USDBF By-Laws Committee came up with revised by-laws that were voted on and accepted. Craig Lincoln reported that the Communications Committee at the USDBF level is focusing on U.S. Nationals support and getting more teams involved. There is a USDBF Site Review Committee looking at locations for the 2017 and 2019 U.S. National Club Crews. The location for the 2017 World Championships has not yet been announced. There are a few teams from the United States traveling to Australia for the World Club Crews. In addition, the USDBF is looking at the development of more youth teams. It was also noted that many Midwest representatives are a part of the USDBF. The USDBF is looking at individual USDBF memberships so they can obtain contact information to send out more USDBF information for additional communication. It was also reported that the USDBF Annual Meeting is scheduled for March 19, 2016 in Portland, Oregon. The First Vice-President and Treasurer offices are up for re-election this year.

Discussion was next held on regional growth and development in the ADBA. Background information on the ADBA was presented. It was noted the ADBA was originally formed to service festivals with a commitment to Taiwan racing and that the USDBF originated from the ADBA. The ADBA realizes that there is a need for more growth and development in the region and wants to put together a committee that can gather ideas on what the ADBA can offer paddlers, clubs and festivals, still honoring the Taiwan tradition but including all aspects of dragon boating in the region, including youth development. Input from attendees mentioned social media could help reach a wider audience and another questioned if the ADBA should focus on regional representation and not servicing festivals. A Regional Growth and Development Committee was subsequently set up with volunteers in attendance with Barb Michaels as the committee lead. President Ron Hau requested the first committee meeting occur within 30 days.

The election of officers for President and Secretary were next conducted. Nominees for President were Ron Hau and Megan Kress and nominees for Secretary were Sue Miller and Cortnie Pfarr. After nominee presentations by the four candidates of their involvement in the ADBA and dragon boating, there was an explanation/clarification of voting rights and the deadline to vote.

With no further business, President Ron Hau thanked all attending the meeting and the meeting adjourned.

LATER NOTE: After the voting deadline, the results of the election of the two officer positions were Ron Hau for President and Sue Miller for Secretary. The other officers of the ADBA (not up for re-election this year) are Tom Donner, Vice President and John Miller, Treasurer.

Midwest BCS Race Notes

- The La Crosse Mississippi Sisters of La Crosse, Wisconsin invite paddlers to the 4th Annual Big Blue Dragon Boat Festival to be held on Friday, July 15 and Saturday, July 16, 2016 at Copeland Park. Three divisions: Corporate, Community and Breast Cancer Survivors (all paddlers must all be BC survivors). Opening ceremonies Friday. Racing and BCS Recognition Ceremony on Saturday. Registration information and details available at www.mayoclinichealthsystem.org/bigbluedragon.
- The Fighting Angels Abreast invite paddlers to the 2016 Badger Lake Dragon Boat Bash at Kennedy Park, north of Fort Dodge, Iowa on Friday, August 12 and Saturday, August 13, 2016 as they celebrate 20 years of dragon boating in Fort Dodge. Opening Ceremonies, Team Dinner and the band, Pop Rocks, will be on Friday evening with racing on Saturday, August 13 along with the Breast Cancer Flower Ceremony. The Breast Cancer Survivor Division paddlers can be combined Breast Cancer Survivors and Supporters. Registration information and details are available at www.badgerlakedragonboating.com.
- The Dragon Divas invite paddlers to the 2016 Dragon Festival at Lake Phalen Park, St. Paul, Minnesota on July 9 and 10, 2016 from 10:00 a.m.-5:00 p.m. Registration information and details available at www.dragonfestival.org.
- The Breast of Friends invite paddlers to the Dubuque Dragon Boat Festival on September 9-11, 2016. Welcome Dinner Friday, racing on Saturday and Sunday. Registration information and details will be available later at www.dubuquedragonboat.org.
- TEAMSurvivor Madison invite paddlers to the Capital Lakes DragonFest at Vilas Park, Lake Wingra, Madison, Wisconsin on Saturday, June 18, 2016. Registration information and details available at www.capitallakesdragonfest.com.
- The Many Faces of Breast Cancer Teams I and II invite paddlers to the Lake Superior Dragon Boat Festival on August 26-27, 2016. The Rotary welcomes new teams. More information is available at <http://lakesuperiordragons.com/>.

Making Waves – Rochester, Minnesota

Welcome to Spring 2016! A few words from the Making Waves team in Rochester, Minnesota. We had a fun and exciting year on and off the water. Our group belongs to Join the Journey, a nonprofit organization which was started in Rochester.

Mission Statement: Join the Journey is dedicated to promoting breast cancer awareness in your local community and to offering support to all individuals on their breast cancer journey.

Join the Journey has many programs: Patient Support, Pink Ribbon Mentors, Making Waves Dragon Boating, Winter Workout, and Breast Cancer and Caregiver Support Groups, to just name a few.

Making Waves was able to participate in several festivals and events throughout the year. Events included participating in the Rochester Fest Parade, Olmsted County and Fillmore County Relay for Life, Chatfield Western Days Parade, Bras for a Cause, Making Strides for Breast Cancer Walk, Pink the Rink (Rochester's Hockey team), Rochester Women's Fall Expo, and JTJ's Annual Walk in September. We are an organization which is quite involved in the surrounding community and we are dedicated to promoting breast cancer awareness in our local community and to offering support to all individuals on their breast cancer journey.

Festivals included: Big Blue, La Crosse, WI; Badger Lake, Fort Dodge, IA; and Dubuque Festival, Dubuque, IA. Looking forward to the Badger Lake Dragon Boat Bash in August to celebrate 20 years of dragon boating.



Paddling is about fun, camaraderie and fitness. Research has found that paddling is good for breast cancer survivors: Demonstrates improved physical health; Exhibits enhanced emotional health; Raises breast cancer awareness in the community; and Benefits from teamwork with others living with breast cancer.

For more information on *Making Waves* or other *Join the Journey* programs, as well as contact information, please visit www.jointhejourney.us. Send your email questions to Carol at makingwavesteam@gmail.com. PADDLES UP!!



Making Waves is all smiles after a good race and proud to be wearing pink!



(Photos and article submitted by Carol)

The Many Faces of Breast Cancer Teams I and II – Duluth, MN

Circle of Hope is located out of Duluth, Minnesota and the organization has two teams each year. The teams are **The Many Faces of Breast Cancer Teams I and II**. The teams are made up of breast cancer survivors, supporters and family members. We have had some trouble in getting breast cancer survivors to commit year after year. There are some that religiously do participate and attend our events. Circle of Hope changed their team categories this year from Survivorship to Non-Profit. Team I actually placed 3rd in the Bronze Finals Category and each teammate received a medal! The time was 02:22.83. They were pretty proud of that!



Many proud faces with big smiles after a great race for a win!

We are an active participant each year in the Lake Superior Dragon Boat races by rowing. Since we are a 501(c)(3) non-profit (<http://www.circleofhopeduluth.org>), we cannot fundraise for other non-profits.

To make it more fun, we have a theme for the races and for the year. In 2014, the theme was Hawaiian. Our picnic at the event involved standard food, Hawaiian pig and more. Other breast cancer survivors who are involved with our organization come to the picnic. Last year (2015), the theme was Mexican and we had taco wraps and much more.

This year (2016), the whole year theme is Country Western. We are having Country Western food from calico beans to burgers, etc. The main participants bring food and the organization provides the entrée foods. It is a community event. We all sit around and enjoy each others' company. We are unsure what our attire will look like. We are continuing the theme this year as we have a "Raging Country Benefit" for Circle of Hope in October with really cool raffles. We are partnering with Texas Road House in October. Our **Breast Party in Duluth** (Retreat that is only for breast cancer patients in February) will involve learning the Boot Shootin Boogie and if time, The Electric Slide. The rest of their activities are still in the planning stage.

Circle of Hope has some good news to report. They have cumulatively paid forward out over \$169,000 to help breast cancer patients in northern Minnesota and northern Wisconsin with daily living expenses, medical bills etc. They also have two programs for Stage IV breast cancer patients. This is the "Finding Joy" Project where some small grant is granted to a Stage IV breast cancer patient and the Compudyne Photography Project. Circle of Hope also paid out \$10,200 locally to the University of Minnesota Medical School Duluth for Metastatic Breast Cancer Research, as they are committed to saving lives.

(Photos and article submitted by Peggy)

Dragon Divas – St. Paul, Minnesota



Divas on the water !

2015 was a busy year for the Dragon Divas of Minnesota, both on and off the water. We welcomed eighteen new members, representing our largest single year growth ever. The Diva team participated in three dragon boat festivals and a community parade during the summer season, offering many opportunities for friends, family members, and our community to see fit, healthy Divas in action. Our growing membership required a creative practice schedule, as we accommodated the equivalent of another full boat of paddlers. As serendipity would have it, a fortuitous opportunity allowed us to purchase a second “practice” boat.

The Divas new website dragondivasmn.org added the capability for supporters to donate on line as they keep up with our activities through the website and our Facebook page. Individual Divas continue to make “personal appearances” at public events. This year, members of our “Speakers’ Bureau” presented in San Francisco at an international conference on Lymphedema, on Comcast Newsmakers, and spoke at local breast cancer support groups. These events help fulfill our mission to educate the public about breast cancer and the benefits of physical fitness in the fight against the disease. Our members serve as beacons of hope in our community, exemplifying that a full and active life following a breast cancer diagnosis is possible.

As the Dragon Divas’ tenth season got underway, we established a wonderful new crew, “The Grounds Crew.” Members of this crew are charged with the responsibility to keep our organization “grounded” in our mission and to foster unity, teamwork, respect and resilience. This crew provided an internal workshop for members on “Mindfulness Meditation,” helping us bring into balance our emotional health. Through the generosity and dedication of our sponsors and donors, the Dragon Divas are able to continue to be a bright symbol of hope to others.



Divas off the water !



(Photos and article submitted by Nancy)

La Crosse Mississippi Sisters – La Crosse, Wisconsin

Teams Racing at
the Big Blue
Dragon Boat
Festival



2015 saw the La Crosse, Wisconsin Dragon Boat Breast Cancer Survivor team choose a new name and expand its' involvement in racing within the region. After much thought we chose the name "La Crosse Mississippi Sisters" because it describes our location, represents our connection as sisters in our cancer experience and in our everyday lives, and it honors the Franciscan Sisters who are committed to caring for others and specifically committed to supporting our Big Blue Dragon Boat Festival and breast cancer survivors. Our team allows for commitment to paddling on whatever level our survivors choose. Some paddle only in our local festival and some practice weekly and in 2015 paddled as a team in the Capital Lakes Festival in Madison, Wisconsin and as a survivor/supporter team in the Oshkosh event. With the help of our Iowa and Minnesota sisters, we were able to fill 2 boats for our La Crosse Big Blue Dragon Boat Festival Breast Cancer Survivor races. As we look ahead into 2016, we are organizing to provide a weekly exercise class, looking at scheduling practices, and deciding on what other events we want to enter.



The La Crosse Mississippi Sisters are hoping to see you at their July 2016 Festival!

We invite all to consider joining us in the 2016 Big Blue Dragon Boat Festival here in La Crosse, Wisconsin. Set for July 15-16 in Copeland Park on the Black River, our event sponsors a Breast Cancer Survivor Only Division, as well as, Corporate and Community Divisions. Registration opens February 15, 2016 with early bird pricing until April 1, 2016. It's a really great river to paddle on with lots of festival amenities. More info can be found on the website:

<http://mayoclinichealthsystem.org/locations/la-crosse/about-us/dragon-boat-race>



(Photos and article submitted by Sheila)

Midwest / Mountain Dragon Boat Events Calendar for 2016!

Be sure to check out any of the Festivals listed below when you are traveling through, or vacationing in, the area.

DATE	PLACE	CONTACT
'April 23	Conway, AZ	www.conwaydragonboat.com
'April 30 & May 1	Austin, TX	www.atxdragonboat.com
'May 1	Burlington, IA	Contact Samantha Howe at showe17@gapps.bcsds.org
'May 7	Alexandria, LA	www.louisianadragonboat.com
'May 7	Downtown Houston, TX	www.houstondragonboat.com
'May 14	New Orleans, LA	www.gwndragonboat.com
'May 15	Dallas / Fort Worth, TX	www.dfwdragonboatfestival.com
'May 21	Grand Prairie, TX	www.gpdragonboat.com
'June 4	Evansville, IN	www.midwestdragonboat.com
'June 11	Kansas City, KS	http://kcparks.org/event/dragon-boat-festival-races/
'June 11 & 12	St. Charles, IL	www.prideofthefox.com
'June 18	Madison, WI	www.capitallakesdragonfest.com
'June 18	New Orleans, LA	http://www.pontchartrainlanding.com
'June 18 & 19	South Haven, MI	http://www.southhavenharborfest.com/dragonboats.html
'June 25	Chicago, IL	www.chicagochinatown.org
'June 25	Ft. Wayne, IN	http://riverpaloozafw.org
'June 25	Oklahoma City, OK	http://boathousedistrict.org/festivals-races/paddlefest-dragon-boat-festival
'June 25	St. Louis, MO	www.gatewaydragonboat.org
'July 9 & 10	St. Paul, MN	www.dragonfestival.org
'July 16	La Crosse, WI	www.mayoclinichealthsystem.org/locations/la-crosse/about-us/dragon-boat-race
'July 17	Houston, TX	www.houstondragonboat.com
'July 30	Chicago, IL	www.gwndragonboat.com
'July 30 & 31	Denver, CO	www.cdbf.org
'July 30	Milwaukee, WI	www.milwaukeeedragonboatfest.org
'July 31	Sheboygan, WI	www.lakeshoreweekendsheboygan.com
'August 6	Bemidji, MN	www.bemidjdragonboat.com
'August 6	Eau Claire, WI	www.mayoclinichealthsystem.org/locations/eau-claire/about-us/half-moon-dragon-boat-festival
'August 6	Manitowoc, WI	www.lakeshoreweekend.org
'August 13	Fort Dodge, IA	www.badgerlakedragonboating.com
'August 13	Starbuck, MN	www.starbuckdragonboat.com
'August 27	Colorado Springs, CO	www.gwndragonboat.com
'August 27	Superior, WI	www.lakesuperiordragons.com
'August 27	COE College	Laura Van Buer at 319-399-8609 or e-mail at lvanbuer@coe.edu
'September 10	Fort Smith, AR	http://paddlesupfortsmith.com
'September 10 & 11	Dubuque, IA	www.dubuquedragonboat.org
...September 22-25	The Woodlands, TX	Roxanne Davis at 281-367-9622 x223 or via e-mail at rdavis@ymcahouston.org
Sept. and Oct.	Add'l Sept./Oct. Events	See ADBA Website: www.americandragonboat.com

(See the Complete Schedule on the ADBA Website)

**The Central Region
(ADBA) Breast Cancer
Survivors/Supporters**

The BCS Dragon Boaters Newsletter

E-MAIL:
bcsdistrict@yahoo.com

View the Newsletter on the
ADBA Website!

Check out the site at:

www.americandragonboat.com

BCS News

USDBF Website:

www.usdbf.org

About Our Newsletter...

This Newsletter is 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 American Dragon Boat Association (ADBA), the United States Dragon Boat Federation (USDBF) and the International Breast Cancer Paddlers' Commission (IBCPC) to the Central Region (Midwest Region ADBA) 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 Survivors and Supporters! Simply fold the newsletter in half for easy mailing or 'handing off' and address it to your friends!

If you meet a new BCS team at a Midwest festival, tell them about this newsletter. We don't want to miss anyone!

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

I know each Team has some pretty heart-warming and interesting stories that unfold during racing events or breast cancer awareness activities. Some will make us laugh, some will make us stare in amazement and some

will make us cry. But you're important! Be sure to save those special stories and pictures as you go through the summer and fall enjoying your exciting dragon boat adventures. Your Team Captain, or designated team member, can send pictures and a brief description of your team. Whether it be racing or helping at a fundraiser, submit your stories / pictures via e-mail to bcsdistrict@yahoo.com.

To keep the Midwest BCS team members informed, please consider getting involved by becoming a Midwest ADBA BCS Representative. Contact Ron Hau or Sue Miller (ADBA website). **Thank you!**

