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

The BCS Dragon Boaters



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Two More Midwest BCS Teams in 2016!

We're excited to 'Welcome' two new BCS dragon boat teams from Texas to the Central Region (ADBA) in 2016. The Breast of Texas from Grapevine, Texas and Dallas United PINK from Dallas, Texas are organized and ready for the upcoming dragon boat season. Both teams are featured within this Newsletter so be sure to read all about them!

The summary of Midwest BCS teams by states now stand at: Minnesota - 5; Iowa - 3; Texas - 3; Wisconsin - 3; Illinois - 1; Indiana - 1; Louisiana - 1; and Michigan - 1. The Midwest Region also has two Special Interest Teams: 1 in Minnesota and 1 in Texas. Since some of the Midwest BCS teams are teams of Survivors and Supporters, the BCS paddlers mix well and combine teams when participating at festivals where only BCS paddlers can paddle in the Breast Cancer Survivor Division. This gives the BCS paddler the opportunity to see their 'Sister' teams and make new friends or renew old friendships.

All of the Midwest BCS teams continue to be diligent about spreading the word for early detection of breast cancer and are creative in ways to involve the public in awareness activities and events. They feel all the extra work is worth it so others don't have to go through the cancer journey they conquered. There's a non-profit organization called Circle of Hope committed to serving breast cancer patients in northern Minnesota and northern Wisconsin. In the Fall of 2016, the Duluth Police Department designed a police car as a Circle of Hope car for 6 months to honor the organization. How's that for a visual reminder! (Check out the Duluth, Minnesota Police Car within this Newsletter.)

2017 will be a year for better communication opportunities with all the Midwest BCS as they plan their 2017 racing season and/or look forward to the 2018 IBCPC Festival in Florence, Italy.

ADBA Annual Meeting, BCS & USDBF Reports

The Annual Meeting of the American Dragon Boat Association (ADBA) Midwest Region was held on Saturday, March 25, 2017 at 1:00 p.m. The President called the meeting to order and Roll Call was taken. The Secretary's Report was presented, followed by the Treasurer's Report including presentation of the 2017 budget with a time for questions and any discussion. Both reports were accepted and approved as presented.

Group and Committee Reports followed. For the Regional Championships, Barb Michaels and Linda Donner informed the attendees that the ADBA Regional Championships will be held in conjunction with the Chicago International Dragon Boat Festival July 29, 2017 at Lake Arlington, Arlington Heights, Illinois. The ADBA berths to the Club Crew World Championships (CCWC) in Szeged, Hungary in 2018 will be awarded at this event. Please see the ADBA website at www.americandragonboat.com for more details.

The BCS Report followed and was presented by ADBA BCS Representative, Cheryl Lychwick, who was excited to report the addition of two more Midwest BCS teams in 2016 - Breast of Texas from Grapevine, Texas and Dallas United PINK from Dallas, Texas. Their team stories would be presented in the Spring 2017 BCS Newsletter that is sent to the Midwest BCS Teams and is available at 'BCS News' on the ADBA website. A summary of the BCS teams by states was presented and a request to attendees regarding any knowledge of the location/contact name for a BCS team thought to be called Think Pink that an attendee mentioned at last year's annual meeting but have been unable to contact. General registration information was presented regarding the 2018 IBCPC Festival in Florence, Italy.

(Continued on page 2...)

ADBA Annual Meeting, BCS & USDBF Reports (Continued)

It was also reported that Midwest BCS teams are putting remarkable efforts into various activities and events to bring about awareness of breast cancer and living one's life after a cancer diagnosis. Thankfulness was expressed to the ADBA for their inclusiveness of the BCS teams in the sport of dragon boating and the ADBA's support and assistance in 2016.

The USDBF ADBA Representatives (Barb Michaels, Linda Donner and John Miller) next reported on the United States Dragon Boat Federation (USDBF). The 2017 Annual Meeting was held in Montgomery, Alabama on February 25, 2017. All regions were represented in person. The minutes of the 2016 Annual General Meeting were approved and placed on file. The Treasurer's Report was received and approved and the 2017 Budget was presented. Each region presented a regional report. Regarding upcoming events, Barb reported the 2017 USDBF Club Crew Championships will be held September 17 & 18, 2017 at Lake Mercer, Mercer County Park, West Windsor, New Jersey. Berths to the 2018 Club Crew World Championships in Szeged, Hungary will be awarded at this event. New this year, 1 standard boat berth as well as 2 small boat berths will be awarded in all racing classes in all divisions. Racing Classes will include Breast Cancer Survivors and Adaptive Paddling. The Dana Nelson Cup for BCS crews will also be awarded (see CCNC Bulletins 1 and 2 on the USDBF website of www.usdbf.org for more details). It was reported that the 2017 IDBF World National Championships will be held October 18-23 at Dianchi Lake in Kunming, Yunnan Province, China for the Premier and Senior Divisions. The IDBF has decided that due to several circumstances, the 13th World Nationals Championships for Juniors and U24 divisions will be held during the 17th EDBF Club Crew Championships July 27 – 30 at Divonne-Les Bains, France. The Pan Am Federation will hold its next meeting in conjunction with the PanAm Championships on March 17 in Ponce, Puerto Rico. Leslie Blythe and Mr. Chunwing Louie were elected as delegates. Paula Humphries, currently serving as Second Vice President, was endorsed as a nominee to be re-elected. The USDBF is currently developing a Steersperson training. John McDermott, Greater Chicago Dragon Boat Club, is on the team developing and testing the curriculum. A training in the ADBA region is tentatively being planned for late July. The current committees of the USDBF presented status reports. The chartering document for the Ethics Committee was presented for discussion. A strategic long range planning discussion was held. Topics included effective use of resources both financial and human, communications, high performance committee job description, and restructuring of some regions. The meeting concluded with the election of officers as follows: President - Andrew Szymanski, ERDBA; 2nd Vice President - Bob Ricks, SRDBA; Secretary - Bob Mina, ERDB; and Treasurer - Patsy Zick, SRDBA.

The ADBA Meeting continued with Regional Growth and Development discussion. Barb informed the attendees of her contact from the Chicago Dragon Boat Club, development efforts for youth teams in the Chicagoland area and the desire for exposing the community to dragon boating. It was decided the ADBA would assist with a boat and work with them. It is hoped a model can be developed for future dragon boating exposure in other areas. Thereafter, discussion followed on improving communications within the whole ADBA Region and ways to accomplish it, along with feedback from Teams and involvement / assistance opportunities.

The Vice-President and Treasurer election results were next presented with the re-election of Tom Donner and John Miller, respectively. The 2017 ADBA Officers are: President - Ron Hau; Vice-President - Tom Donner; Secretary - Sue Miller; and Treasurer - John Miller. The meeting continued with 'Other Business' involving discussion on ADBA Memberships and previous individual memberships. Additional input on this discussion will continue in future monthly meetings and /or committee work. Thereafter, with no further business, the President thanked all for attending the meeting and the meeting adjourned.

IBCPC 2018 Festival - Florence, Italy

The IBCPC Participatory Dragon Boat Festival scheduled for July 6-8, 2018 at Cascine Park in Florence, Italy continues to accept registrations until the final number of 120 teams is reached. With over 100 teams registered, it is a reality and you can be a part of it. At the present time, teams are being contacted by their IBCPC Representative for a summary to submit to Betty Solley and the Organizing Committee with a count of the teams attending and those still in need of assistance to fill their boat. Keep in mind that teams attending the IBCPC 2018 Festival need to be a member of the IBCPC.

Firenze in Rosa (FIR) is very busy planning the 2018 Festival. Watch for the FIR Bulletins (a total of three to date have been sent out) about registration, accommodations, the venue, the program planned and much more. Your team leader may be handling arrangements for your team but you can keep current by following the plans and arrangements on the FIR official website of www.florencebcs2018.org and the event's FaceBook page of <https://www.facebook.com/FlorenceBCSfestival2018>.

The Organizing Committee reminds teams that all the information for participating in the Festival must be done through the online platform. Once your team is registered, your team leader will be able to have access and inform you about going online to complete individual waivers, etc. So keep checking your e-mails and keep in contact with your team leader. See you soon!

WELCOME Breast of Texas – Grapevine, Texas



It's race time! Breast of Texas BCS Paddlers getting ready to race!

This team was born from the idea of Head Coach Katie Maciulewicz-Gass. Coach Katie has her doctorate in Kinesiology specializing in sport and exercise psychology. During her graduate studies, she spent two years in Canada, coaching a local breast cancer survivor dragon boat team. Her research focused on the body image and camaraderie experiences of breast cancer survivors participating in running and dragon boating. She used the research obtained while coaching to complete her dissertation. After completing her degree, Coach Katie moved back home to Texas where she wanted to start and coach the first breast cancer survivor dragon boat team in the Dallas-Fort Worth area. Her efforts resulted in our breast cancer survivor team – a group of enthusiastic survivors!

We spent most of our inaugural season recruiting survivors, learning to paddle and competing in a few races while part of another organization. The 2016 season for our group involved some rough paddling but all is looking better in 2017. The waters have now settled for us as we accomplished our transition into our own 501(c)(3) organization and adopted our new team name, the Breast of Texas.



© Breast of Texas

There's a new face in Texas! We'd like to introduce you to "Stella"!

Since then, we have welcomed the newest addition to our team --- *Stella!* She is our brand new pink Dragon Boat we ordered from China, picked up in California and brought home to Texas – Thank You Coach Katie and Assistant Coach Jason! Stella eagerly waits to be launched into Grapevine Lake for our season kick-off in March.

The Breast of Texas has also registered for our first International Breast Cancer Paddler's Commission Festival which will be celebrated in Florence, Italy in 2018. The IBCPC was established to encourage and support dragon boat paddling specifically for breast cancer survivors. We are proud to merge with our fellow paddling sisters from Houston and Louisiana to fill two boats for Florence.

As we gear up for the approaching paddling season, the Breast of Texas has lined up a season of weekly practices, half a dozen races, training camp in preparation for Florence, fundraisers, and local community events. We're excited for our future as a team.

(Photos and article submitted by Katie)

WELCOME..... Dallas United PINK – Dallas, Texas



Team pride at the Galveston 2016 Battle of the Bay Festival.



2016 Women's Division Champions of the DFW Dragon Boat Kite & Lantern Festival!

Dallas United PINK is part of Dallas United Crew founded in 2002 with a mission to transform lives and build community. Dallas United is a 501(c)3 non-profit with both rowing and dragon boating on White Rock Lake in Dallas, TX.

Paddling on White Rock Lake since 2015, Dallas United PINK is the first BCS Dragon Boat Team serving North Texas. We promote strength on the water, camaraderie, health and well-being for female and male breast cancer survivors. What makes us special is that while dragon boating came late to Dallas, we jumped on it to quickly build a team in less than a year. Today, our paddlers represent all ages from the mid-30s to 75 years old.

In 2016, we had the good fortune to race in quite a few festivals. Our most memorable, of course, was our first race, not only because it was the first, but also because we crossed the finish line first becoming the 2016 Women's Division Champions of the DFW Dragon Boat Kite & Lantern Festival. We were so excited! We could hardly believe it! We trained hard and raced in the Grand Prairie Dragon Boat Festival, then traveled to Galveston for the Battle of the Bay - coming away with another first place medal. 2016 was a great inaugural season for us!

As the 2017 season begins, we welcome our new coach, Jovin Lim. While new to coaching Dallas United PINK, Jovin paddles with our program's broader dragon boating team - DUC Delites and has paddled for over a decade. We have big plans for PINK's 2017 season including racing in 5 festivals - Cleburne, Texas, OKC Starts & Stripes, Sugar Land, Texas, Gulf Coast International Dragon Boating Festival, Irving and Grand Prairie Festivals. We are setting our sites on the 2018 IBCPC Dragon Boat Festival in Florence, Italy! We hope to send not 1 but 2 boats to Italy! Yep, that's right - everything IS bigger in Texas!

We look forward to seeing y'all out on the water in 2017!

(Photos and article submitted by Lisa)

Coach Jovin Lim is ready to go!



First day of practice and trying to put together all Coach Lim taught us!



TEAMSurvivor Madison, Madison, Wisconsin



TEAMSurvivor Madison all decked out in their new team shirts!



TEAMSurvivor Madison, Inc. is a 501(c)3 that provides free or low cost fitness opportunities to women surviving any cancer diagnosis. Our dragon boat team is comprised of women cancer survivors. We are based out of Madison, Wisconsin. Dragon boating has been our flagship program since 2003 and we brought a dragon boat festival to Madison the past 6 summers (Capital Lakes DragonFest).

Our team participated in the following festivals last summer: Capital Lakes DragonFest, Milwaukee Dragon Boat Festival, and Minoqua Dragon Boat Festival. We are currently working on this summer's line-up. Possibilities are: St. Charles, Chicago (Arlington Heights), and Milwaukee.

We have made a conscious decision not to participate in festivals that only consider breast cancer survivor teams as survivor teams. We understand the camaraderie and fellowship shared by our sister breast cancer survivors and its importance. We try to encourage festivals to broaden the "tent" and not exclude other courageous survivors. Our team color is purple - the universal cancer color. This past summer we also created a new team shirt that we're very proud of.

Looking forward to sharing the face of survival with you this summer. Paddles Up!

(Photo and article submitted by Teresa)



There's a New "Car" in Town

You've heard about a new 'kid' in town...well, in Fort Dodge, Iowa, there's a new "car" in town spreading the word for breast cancer awareness. The driver, she's not a new 'kid' in town...it's long-time resident and breast cancer survivor Pat Hassett from the Fighting Angels Abreast BCS Team in Fort Dodge, Iowa. Pat can be seen going all over town, whether it be at St. Edmond School or volunteering with organizations or at events, so what better way to spread the word! Pat bought her car from Fort Dodge Ford, who are great Supporters of breast cancer awareness. Believe our fellow 'Sister' paddlers from Motor City Dragons in Detroit, Michigan would agree with us! Enjoy your car, Pat!

IN MEMORIAM OF OUR 'SISTERS'

In 2016, while talking with some Midwest BCS Teams, some of our 'Sisters' who were battling breast cancer passed away. We are saddened. Please know that these were brought to the Editor's attention so wanted to add this Memoriam. If your team also lost a beloved teammate, we want to remember them in spirit and prayer too. "Eternal Rest Grant Unto Them O Lord, and Let Perpetual Light Shine Upon Them, May They Rest in Peace. Amen."



Michelle Tedrow Life Is Bliss



Michelle A. Tedrow of Ames, Iowa, died May 9, 2016 with her family at her side. The daughter of Harold and Delores Muntz, she was a graduate of Hempstead High School and the University of Iowa. She married Thomas Tedrow in 1986 and they lived in Sioux City, Iowa for many years, where they raised three children, T.J., Kenzie and Ryan. After Michelle completed her Masters Degree in Library Science, she accepted the position of Librarian at Des Moines Area Community College (DMACC) in Boone, Iowa. Michelle loved her job at DMACC. The staff and her colleagues were like a second family to her and supported her throughout her illness.

In addition to spending time with her family, Michelle was passionate about rescuing dogs who needed homes. Her license plate read: "SAVE A K9." She also enjoyed camping in her trailer, lovingly named "Stella", and kayaking. Additionally, she was an avid Iowa Hawkeye fan. Michelle participated in activities to raise money for cancer research such as dragon boat racing and weekend walks/runs. She was always willing to promote the **Life Is Bliss Dragon Boat Team** and do whatever she could for the team.

She was always willing to paddle even while undergoing treatment. She was a fighter through and through. Her teammates miss her dearly but have many precious memories of their time with her on this earth.



Susie Freese Breast of Friends



Susie Grace Freese ... Wife, mother, daughter, sister, friend. Survivor extraordinaire. Susie Freese taught an entire boatload of women how to be a team. A long-time dragon boat paddler even before her 2001 diagnosis, Susie was tapped by the Dubuque Dragon Boat Association to pull together a team of breast cancer survivors to race against Breast Buddies from Wallaceburg, Ontario, Canada. Bonnie Bell-Brummer and Susie formed Breast of Friends in 2002, the first breast cancer survivor team in the Midwest U.S., then mentored several other midwestern teams. Every June, Breast of Friends travels to Canada for the Sydenham Challenge, continuing the tradition of friendship through paddling. Susie co-captained the team until last year, then continued to train new paddlers and coach from shore. That girl had a voice! Susie also had a smile so big you couldn't ignore. And a laugh so genuine, you just had to join in. And somehow, even after a late night of talking, on the road, sharing a hotel room, Susie would stroll into breakfast looking perfectly put together. We've all had to seriously step up our game of looking good. Susie was mischievous and fun-loving, curious and smart, always up for an adventure, truly loved every bit of life. After a career of assisting individuals

with intellectual disabilities, then presented with a Stage IV recurrence after seven clear years, Susie never wavered from helping us help each other. This year our floating support group might not have Susie drumming and calling, but we certainly have her voice in our hearts and her spirit in our boat. Love you, sister! Paddles up, take it away.





IN MEMORIAM OF OUR 'SISTERS'

Pam Jette Dragon Divas



Pamela Marie Jette, a member of the Dragon Divas of Saint Paul, Minnesota, blessed us with her presence on this earth. A breast cancer Survivor for just a few years, Pam made an immediate impression with her full smile, dangling earrings and lovely, perfect lip color! Her memorial card includes these words to describe Pam: mother, daughter, sister, selfless, spouse, advocate, survivor, friend, independent, daring, confident, competitor, inspirational, courageous, compassionate, stylish, strong, dedicated, passionate, amazing, tenacious, volunteer, loving ducks in a row, genuine, and beautiful.

Pam was all of that ... and so much more. She left us way too soon on September 8, 2016. Her family remembered her with a celebration at her home where many people from the various communities she touched spoke so eloquently of her. Pam's Dragon Diva Sisters chose to pray together at the lake where Pam paddled with her team and where they feel especially close to her, even in death.



Ruth Warnock Texas BCS Paddler



Ruth Warnock, a beloved paddler from Texas, loved being on the water and paddling with her fellow teammates. Her teammates remember her as a kind and gentle soul who always had a smile on her face. Cancer took her too soon. Dedicated in Ruth's name, a Scholarship Fund will assist women with financial burdens that may prohibit them from being members of the Breast Cancer dragon boat team. Her smile will live on in their memories!



Terry Berg Survivor Sistership



Helene "Terry" Lourey Berg of Minnesota died December 7, 2016. Terry fought two rounds of cancer with grace, and support from her family and friends, for 24 years. She had a heart of pure gold and she didn't want people to worry about her. She would turn it around and ask, 'how are you'? Sick or not, Terry always had a big smile for everyone.

Terry was a "Sister" on the Survivor Sistership team that was special to her. Even if she couldn't paddle, she and her husband, Bill, supported the team and were there to cheer the team on. Terry will be missed by all. Paddles up to a great Lady!



(Photos and article submitted by Lisa)

CIRCLE OF HOPE



Bringing About Awareness in Duluth, Minnesota with the City of Duluth's Circle of Hope Police Car!

The Duluth Police Department decided to do another police car for a cause in 2016 after doing one for another non-profit the previous year. In the Fall, they decided to do Circle of Hope Duluth. The police car is Circle of Hope for at least 6 months. We were recognized beginning October 2014, and each October thereafter, by the City of Duluth proclaiming Breast Cancer Awareness Month (insert to right).

Circle of Hope is a total non-profit organization. We are grass roots volunteers with no one being paid a salary. You can learn more about Circle of Hope at <http://www.circleofhopeduluth.org>. Circle of Hope has paid out over \$245,000 to help local breast cancer patients, patients in northern Minnesota and northern Wisconsin, with their breast cancer medical bills, high co-pays related to breast cancer medical bills, daily living expenses and more. The Circle of Hope Duluth organization has also donated \$25,600 to the University of Minnesota Duluth Medical School which funds stage IV breast cancer research.

The Board of Directors are: Peggy Anderson - Coordinator of Circle of Hope, Secretary and more, retired teacher; Rebecca Bullard - Chair of Circle of Hope, nurse at Essentia Health; Jim Anderson - Treasurer of Circle of Hope (also has volunteered for the Duluth Police Department for many uncountable years from Police Reserves, Citizens Patrol, and VIP at the time), retired teacher; Tom Porter - Community Representative of Circle of Hope; Sam Rathe - Past Chair of Circle of Hope; and Cathy Jo Ogston Tastsides - Vice Chair of Circle of Hope, ISD 709 teacher. Over 125 volunteers for various events put on by Circle of Hope and others.

(Photos and article submitted by Peggy)



The City of Duluth also brought about awareness in a Proclamation for Breast Cancer Awareness Month each October --- Thank You Duluth!

Midwest / Mountain Dragon Boat Events Calendar for 2017!

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

| DATE | PLACE | CONTACT |
|----------------|---|---|
| March 25 & 26 | Tempe, AZ | http://azdba.org |
| April 29 | Gulf Port, MS | http://www.racedragonboats.com/event/inaugural-gulf-coast-dragon-boat-festival/ |
| April 29 | Texarkana, TX | http://www.texarkanadragonboatfestival.com |
| April 29 & 30 | Austin, TX | http://www.highfivedragonboat.com/events-by-region.html |
| May 6 | Alexandria, LA | http://themuseum.org/ldbr |
| May 6 | Houston, TX | http://texasdragonboat.com/ |
| May 7 | Burlington, IA | Contact Samantha Mears smears17@gapps.bcsds.org |
| May 13 | Madisonville, LA | http://www.gwndragonboat.com/default.asp?id=new-orleans&l=1 |
| May 13 | Madison, MS | https://www.madisoncountychamber.com/regatta/ |
| May 21 | Dallas / Fort Worth, TX | http://www.dfwdragonboatfestival.com/ |
| May 21 | Lansing, MI | http://capitalcitydragonboat.com/ |
| June 10 | Grand Prairie, TX | http://www.gpdragonboat.com/ |
| June 10 & 11 | St. Charles, IL | http://festivalofthefox.com/dragon-boats/ |
| June 17 | Evansville, IN | https://www.facebook.com/MidwestDragonBoatRacingFestival/ |
| June 17 | Little Rock, AR | http://rivercitiesdragonboatfestival.com/ |
| June 17 & 18 | South Haven, MI | http://www.southhavenharborfest.com/dragonboats.html |
| June 24 | Chicago, IL | http://chicagochinatown.org/2016-chicago-dragon-boat-race-literacy/ |
| June 24 | Oklahoma City, OK | http://boathousedistrict.org/welcome/ |
| June 24 | St. Louis, MO | http://www.gatewaydragonboat.org/ |
| July 8 & 9 | St. Paul, MN | http://www.dragonfestival.org/ |
| July 15 | La Crosse, WI | http://mayoclinichealthsystem.org/locations/la-crosse/about-us/dragon-boat-race |
| July 29 | Midwest Reg. Championships, Chicago, IL | http://www.gwndragonboat.com/default.asp?id=chicago&l=1 |
| July 30 | Sheboygan, WI | http://lakeshoreweekendsheboygan.com/ |
| August 5 | Bemidji, MN | https://www.facebook.com/bemidjdragonboat/ |
| August 5 | Eau Claire, WI | http://mayoclinichealthsystem.org/locations/eau-claire/about-us/half-moon-dragon-boat-festival |
| August 12 | Milwaukee, WI | http://milwaukeeedragonboatfest.org/ |
| August 12 | Ft. Dodge, IA | www.badgerlakedragonboating.com |
| August 19 | Sparks, NV | http://www.gwndragonboat.com/default.asp?id=nevada&l=1 |
| August 19 | Conway, AR | www.racedragonboats.com/event/3rd-annual-conway-dragon-boat-festival/ |
| August 19 | Minocqua, WI | https://www.panamdramdragonboat.com/race-calendar/ |
| August 19 & 20 | Celburne, TX | http://texasdragonboat.com/ |
| August 26 | Colorado Springs, CO | http://www.gwndragonboat.com/default.asp?id=colorado-springs&l=1 |
| August 26 | Superior, WI | www.lakesuperiordragons.com |
| September 9 | La Porte, IN | https://www.panamdramdragonboat.com/race-calendar/ |
| September 9 | Louisville, KY | http://www.louisvilledragonboat.com/ |
| Sept. 9 & 10 | Dubuque, IA | www.dubuquedragonboat.org/ |
| Sept. 16 & 17 | USDBF Club Crew Nat'l Championships-Windsor, NJ | https://www.panamdramdragonboat.com/race-calendar/ |
| Sept. 22 - 25 | The Woodlands, TX | Roxanne Davis (281-367-9622 x223) E-Mail: rdavis@ymcahouston.org |
| September 28 | Oklahoma City, OK | http://boathousedistrict.org/welcome/ |
| October 7 & 8 | Sugar Land, TX | http://texasdragonboat.com/ |

**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 (ADBA Midwest Region) 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 heartwarming 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 and pictures via e-mail to bcsdistrict@yahoo.com.

To keep the Midwest BCS team members informed, please consider becoming the next Midwest ADBA BCS Representative. I've taken on additional duties with the IBCPC and need your help. Contact Ron Hau or Sue Miller at the ADBA website. **Thank you!**

