



The BCS Dragon Boaters



In this Issue:

- ❖ There's a New BSC Team in the Midwest!
- ❖ ADBA Annual Meeting, BCS & USDBF Reports
- ❖ Fighting Angels Abreast – Fort Dodge, Iowa
- ❖ Motor City Dragons - Detroit, Michigan
- ❖ Motor City Dragons (MCD) – Dancing With The Survivors!
- ❖ In Memory of Our Sister... Sharon Kay Waterman
- ❖ It's a Dragon Boat Festival – Where Are We?
- ❖ 2018 IBCPC Participatory Festival, Florence, Italy
- ❖ IBCPC News & Happenings!
- ❖ 2019 Midwest / Mountain Dragon Boat Events Calendar!
- ❖ About our Newsletter...



There's a New BCS Team in the Midwest!

We have a new Midwest BCS team that is organizing, exploring donation/sponsorship avenues and recruiting team participants in the Kansas City, Kansas area. We welcome the “**KC Pink Warriors**” to the group of Midwest BCS Teams!

They have an energetic leader who was so hooked on dragon boating once she stepped into the BCS boat in Florida that she wanted to offer

the same experience to breast cancer survivors in the Kansas City area after her family settled in from their recent move to Kansas. As team organizing meetings continue, they have reached out to other Midwest BCS teams and sources.

With the development of their team plans, they have also been in contact with organizers of a team festival close to them to participate in their first race this

summer to “get their feet wet”. Since funds need to be established, it may be a slow start but they are anxious to meet other BC Survivors. In addition, to learn more about the BCS world around them, the “KC Pink Warriors” have become a Member of the IBCPC!

We look forward to having a team story about them in the next BCS Newsletter!

ADBA Annual Meeting, BCS & USDBF Reports

The Annual Meeting of the ADBA (American Dragon Boat Association - Central Region) was held Saturday, March 23, 2019 at 1:00 p.m. ADBA President Barbara Michaels called the Meeting to Order and conducted the Roll Call of Certifying Voting Members. The Secretary's Minutes of the 2018 ADBA Annual Meeting were presented and approved, followed by the Treasurer's Report which was presented and also approved.

In 2019, the ADBA Regional Championships will be held on July 13 in conjunction with the Lake Andrea Dragonfest in Pleasant Prairie, Wisconsin. Crews are required to be current ADBA members (2019). Crews accepting a CCWC berth are required to maintain their membership in the ADBA for 2020. Winners will be awarded berths to the 12th IDBF Club Crew World Championships which will be held in France in 2020.

Winners of berths will have until September 1, 2019 to accept their awarded berth. Pan Am Representative Rick Grande was available with input and details regarding the event and to answer any questions from ADBA participants. Volunteers are still needed to assist with the ADBA Regional Championships.

The 2019 USDBF Club Crew National Championships will be held on August 24 & 25 at Prospect Lake at Memorial Park in Colorado Springs, Colorado. The top three crews in each division will win an invitation to the IDBF Club Crew World Championships in France in 2020 in either a standard or small boat division. There will be three berths available, one standard and two small boat berths with the winner having their choice first. Second place will select one of the remaining two berths, with the final berth offered to the third place crew in each division. All members of the club must reside close

enough to practice regularly with the club and hold membership with the club for at least six months prior to the 2019 CCNC. IDBF guidelines regarding club membership will be followed. Also at this event, the Dana Nelson BCS Memorial Cup Challenge will be held for BCS crews. This Cup will recognize the BCS Division National Champion. Event producer Great White North Representative Carolyn Lee was available with input on the event and to answer any questions.

Reports were given on the 2018 Clinics held in the Midwest Region. Clinics that are confirmed to be held in 2019 are: Paddler Clinics on May 18 & 19 in DeKalb, Illinois; and July 12 in Pleasant Prairie, Wisconsin (in conjunction with the Lake Andrea Dragonfest).

(Continued on page 2...)

ADBA Annual Meeting, BCS & USDBF Reports (Continued)

Additionally, the ADBA is looking for people that are interested in expanding their knowledge of the rules and regulations regarding dragon boat racing and would like to offer a USDBF Official's Training Course in the Midwest. For more information, check out the ADBA website at www.americandragonboat.org under "What's New" on the home page.

The Breast Cancer Survivor (BCS) Report was presented stating the BCS Teams were quite active in 2018 attending race events, promoting BCS awareness in community and team activities, and sharing race information to fill BCS boats to paddle together at events. In the ADBA Midwest Region, there are presently 17 BCS teams and 2 All Cancers Teams. BCS correspondence is still being sent to the 2 All Cancers teams to pass onto their Breast Cancer Survivors. It was also reported there were 8 Midwest BCS team registered at the 2018 IBCPC Participatory Festival held on July 6-8, 2018 in Florence, Italy. There were additionally BC Survivors from 8 other Midwest teams that participated by paddling with the 8 'Registered' teams to help fill the boat. Amazingly, that's a total of 16 Midwest teams! Extra efforts were made to reach out to the BCS teams in January regarding Membership in the ADBA and the benefits offered to ADBA Members. It was learned that the BCS team of The Many Faces of Breast Cancer Team from the Duluth, Minnesota/Superior, Wisconsin areas had withdrawn from the sport of dragon boating. The team wanted to focus more on their Circle of Hope activities which 'still helps breast cancer patients going through treatment as they have to quit work to receive lifesaving treatment' and to fund some Stage IV breast cancer research at the University of Minnesota Duluth. We're sorry to see them leave the sport of dragon boating. Exciting news was shared though that a new BCS team is starting up in the Kansas City, Kansas area named "KC Pink Warriors". They are presently working on organization, funding and development of the team but are looking forward to the first time they are able to compete in a BCS Division festival. The Spring BCS Newsletter continues to be produced annually as a means of communication and the next step is to explore the utilization of Facebook. The BCS Report concluded with the ADBA being 'Thanked' for the support given to the Midwest BCS Teams in 2018.

The United States Dragon Boat Federation (USDBF) Report stated the USDBF Annual General Meeting held on February 23, 2019 in Philadelphia, Pennsylvania was represented by all regions. There is a USDBF Paddler levy, in addition to dues, that is being negotiated. There are 180 clubs that get their insurance from the USDBF. The Insurance Committee needs a representative from the ADBA to serve on the USDBF Insurance Committee, preferably with an insurance background. An update on participants in the ADBA Regional Championships and the Club Crew National Championships and regarding race distances and registration fees were given as well as a request for the need for race officials and volunteers at each event. After this year, all berths will only be awarded at National Championships starting with the 2021 Club Crew National Championships. The USDBF Ethics Committee has an updated protocol for reviewing complaints and worked on a transition plan for incoming committee members. Currently ADBA representatives on the Ethics Committee are Craig Lincoln and Mark Robinson. Craig is one of the original members of the Committee with his term expiring. ADBA Etta Biloon with the Indy SurviveOars has been nominated to serve on the USDBF Ethics Committee. The Strategic Plan Committee has been set up to review the organization, structure and method of operations to better serve its members. The Team USA uniform vendor will be Boathouse. The USDBF received information regarding Para Dragons 2019 World Championships in late January and the deadline to express interest was February 1 so there was not enough time to act. The structure and boat composition are very complex. A committee is being formed to address this; looking for a representative from the ADBA to serve on the committee. USDBF elections were held for three positions. Andrew Szymanski was elected President, Bob Ricks was elected 2nd Vice President and Sarah Demmon (Indy SurviveOars) was elected Secretary. The other current USDBF Officers are Mark Kane, 1st Vice President; Ellen Law, Treasurer; and Bob Morro, Honorary Executive Member.

Next on the agenda was the Election of ADBA Officers and Directors to fill expired terms. Sue Miller presented the nominated candidates for election. Tom Donner was elected 1st Vice President, Josh Corn was elected 2nd Vice President, John Miller was elected Treasurer and the Directors At Large elected were Linda Donner, Heath Miller and Mark Robinson. The other current ADBA Officers are Barb Michaels, President and Robin Iovino, Secretary. The other current Directors At Large are Sue Miller, Ron Hau and Cheryl Lychwick. The ADBA Board consists of the five officers and six "At Large" Directors.

After concluding the Agenda items, President Michaels asked for any questions from the participants. There was a request for an Officials Training to be held in our region in the future. Barb Michaels stated she would be willing to put together an Officials Training and there are 3-4 people who are already Certified that could assist with the training. There would need to be at least 8-10 participants to hold the training. A couple other people have expressed interest to Barb so if anyone else is interested, they should e-mail Barb at president@americandragonboat.com. There was also a request for a Paddler/Stern Clinic to be held in Texas in the future.

Thereafter, with no further business or questions, the 2019 Annual Meeting of the American Dragon Boat Association adjourned.

American Dragon Boat Association - Our Motto Is "Friendship Through Paddling"!

Fighting Angels Abreast – Fort Dodge, Iowa



Cancer Center Care Bags were made up by team members and presented to the Trinity Hospital Cancer Center in Fort Dodge, Iowa for patients going through BC treatment.

IBCPC Participatory Festival Team in Florence, Italy



The Fighting Angels Abreast Team at the July, 2018 IBCPC Festival in Florence, Italy. BC Survivors from Iowa, Minnesota and Wisconsin joined together to share in the IBCPC Participatory Festival experience along with many Supporters to make for a memorable trip!

BE STRONG AND CARRY ON!

The Fighting Angels Abreast BCS Dragon Boat Team, also termed the 'Angels', remained active in 2018 with community activities as well as dragon boat events. The team continued creating "Care Bags" for the Trinity Cancer Center for patients going through breast cancer treatment to give them something to help them through treatments and/or do while they are taking a treatment. The half moon pillows for comfort after surgery and to use while traveling are made by the team and included in the bag. Generally, the pink bag may contain a journal and pen, ChapStick, lotion, hand sanitizer, toothbrush, small toothpaste, dental floss, a pink ball style cap or seasonal stocking cap and mittens, a gel bracelet, a "Save the Ta Tas" bandana, a manicure kit, soft fuzzy socks, team notecards, team brochure, a team pin and a handwritten note to each Survivor; but the items vary on availability. The Team hopes the need for the bags decreases in the future which would be an indicator of less cases of breast cancer.

The 'Angels' participated in several dragon boat events either as a group of individuals or as a team. Since the team is made up of Breast Cancer Survivors and Supporters, some events allow only the Survivors to participate. This was especially the case when the 2018 IBCPC Participatory Festival was held July 6-8 in Florence, Italy. This Festival is one where the Survivor meets so many new friends from around the world and experiences so many wonderful memories. With only five Survivors on the team able to make the trip along with their Coach, Tom Donner and Managers Linda Donner and Barb Michaels, the team reached out to other Midwest BCS Teams that did not have enough paddlers to register a team to attend and invited those BC Survivors to join them so they too could participate in this opportunity. The trip became a reality where BC Survivors from Life Is Bliss of Ames, Iowa; Mississippi Sisters of La Crosse, Wisconsin; TEAMS Survivor Madison of Madison, Wisconsin; and a former Survivor paddler from Minnesota all joined together to fill the boat. Some Supporters accompanied the BC Survivor to Italy wherein they were able to paddle in the event in a special segment of the festival for the Supporters. There were 121 BCS Teams from 18 countries represented and what an experience with over 4,500 participants! All registered participants were presented with a specially designed IBCPC Crystal Medallion attached to a pink Florence 2018 ribbon. Additional memories were created when several of the team participants built extra days into their trip to sightsee in neighboring countries while in Europe. Two weeks after returning from Italy, some of the team members participated in the Big Blue Dragon Boat Festival in La Crosse, Wisconsin. It was like a Reunion with more experiences to share! We also had our first downpour, not showers, experience at a practice the night before the race but the hospitality of the Mississippi Sisters helped us warm up as we shared fellowship over some food back at the hotel.

The annual festival in Fort Dodge, the Badger Lake Dragon Boat Bash, follow three weeks later. Being one of teams along with the Da'Dragons to put on this festival, we were thankful for good weather to finalize set up and have a wonderful Festival in August. Then in September, it was off to the Dubuque Dragon Boat Festival in Dubuque, Iowa. Their race site had to be moved the week of their festival due to high waters but they pulled off a great festival too!

The 'Angels' wish all the Midwest BCS teams a great 2019 racing season.

(Photos by Linda / Article by Cheryl)

Motor City Dragons – Detroit, Michigan



The Motor City Dragons team is all smiles after completing Race #2 at the 2018 IBCPC Participatory Festival in Florence, Italy!

Motor City Dragons Paddled in Florence, Italy at the IBCPC Festival!

Every four years the International Breast Cancer Paddlers Commission (IBPCP) hosts a dragon boat festival titled the IBCPC Participatory Festival. It is hosted around the world by the team who wins the bid. This year's dragon boat festival titled "2018 Florence" took place July 6-8 in Florence, Italy. Our team, Motor City Dragons (MCD), registered a team and 10 of us flew to Italy on Sunday, July 1st from Metro Detroit via Amsterdam to Florence to join 121 Breast Cancer Survivor (BCS) Teams from around the world. In total there were approximately 4,000 - 5,000 Survivors and Supporters attending the 3 day event.

Our Motor City Dragons (MCD) Team entered as a combined team registering paddlers from North America: 4 Regions of the US plus Canada: **Michigan - Motor City Dragons & Anahata Dragons - 6 BCS, 3 Supporters; California - Team Survivor San Diego Sea Dragons and Los Angeles Pink Dragons - 4 BCS; Nevada - LV Warriors on Water - 4 BCS; New Jersey – Jersey Girls - 1 Supporter; Florida – Missin Mammories - 5 BCS; and Canada - Breast Buddies - 4 BCS.**

Our days were packed, kicking off with a ½ day Orientation Tour of Florence on Tuesday morning. On Wednesday, our MCD team paddled under Ponte Vecchio Bridge and managed to get off the water prior to the big rain after a 50 minute paddle! On Thursday, our Coach Ellen Law invited our team to fill the extra seats in her BCS Boat for their practice. Friday morning, all the Combined teams had practice so MCD's BCS & Supporter teams enjoyed a nice cool practice around 9 a.m.

The IBCPC Festival officially kicked off on Friday with a Congress in the morning and Parade from Pitti Palace over Ponte Vecchio to Piazza Signoria. Our team "outfit" was The Warrior in Pink white T-shirt and The Pink Fund pink cap. Breast Cancer Survivor (BCS) races on the Arno river were on Saturday & Sunday with each BCS team racing twice per day for a total of 4 races that were 500 meters each. The Supporters Race was on Saturday around noon; MCD Supporters crossed the finish line first in their heat of 6 teams. Sunday the races concluded with a Flower Ceremony, Sandy Smith Global Finale, Closing Ceremony, and the Aperitivo Party. All of us enjoyed many dinners out every night in Florence and the food and drink was always amazing!

Ellen Law (Outstanding Coach & Stern for Team USA Premier) offered to coach our combined BCS team to get paddlers from seven teams to paddle in sync. Paddle timing is everything for efficiency, stability, and speed. We were very fortunate to have her Coach our BCS Team on our Friday Practice; some of our paddlers were able to attend practice with Ellen's BCS Team: Pathways Team SOS NJ. Our Supporters (also a composite team) practiced on Friday morning so we were able to get a tentative line-up for both teams in preparation for races on Saturday & Sunday. TK (Takako) Kimura from Los Angeles coached the team from the drummer's seat during the four BCS races.

Motor City Dragons – Detroit, Michigan (Continued)

MCD improved with each race so for our 4th and final race, we crossed the finish line first by 1.5 boat lengths (~ 60 feet) ahead of the other 5 boats with a time of 02'43".900. Given an injury, we were fortunate to fill the open spot with fellow BCS paddler Jane Crawford (who previously paddled with the Missin Mammories team in Florida).

Paddling a dragon boat is all about team work! We can't thank the following people enough:

- Ellen Law for her help taking on such a BIG Challenge to get 7 teams in sync! What an outstanding job & congrats to all our paddlers too!
- Sherri Weaver, LV NV Warriors on the Water, for recruiting enough people from CA and NV to fill our boat!
- Martina LaiFook for taking the initiative to help all our paddlers who needed pick-ups and drop-offs with her convertible and the medical attention too!
- All the paddlers who registered and then weren't able to attend this year's IBCPC Festival – we hope to meet up with you at the next IBCPC Festival!

Motor City Dragons are always looking for more paddlers! Please join C Yacht Club for practices and races in 2019! Contact Csilla Gutay for more information.

(Photos and Article Submitted by Csilla)



Motor City Dragons in Pink Parade in front of Pitti Palace.



MCD Practice with Ellen Law's Team.



MCD Workout under the Ponte Vecchio Bridge.



Final Race – MCD - Lane #2 (Second boat from left).

Motor City Dragons (MCD) - Dancing With The Survivors!

The Pink Fund, a Charitable Organization powered by Ford Warriors in Pink, hosted their annual fundraiser: Dancing With The Survivors on Friday, October 5, 2018 in Southfield, Michigan. During the festivities, the founder, Molly Macdonald, announced that The Pink Fund has paid \$3 million of non-medical bills for breast cancer patients in active treatment.

The evening kicked off at 6:30 p.m. with raffle tickets (many tables of donated raffle gifts) and a 50-50 Raffle followed by a strolling dinner. Afterwards, 5 dancers trained by Fred Astaire Dance Studios (who provided 10 free dance lessons) danced to the music they chose with a professional dance partner. Preceding their dance, a short video interview introduced the dancer. Guests were able to donate via phone to support the dancers to meet their goal to raise \$3,000.

Volunteers supported the event with approximately 400 guests filling the Silver Gardens Event Center located in Southfield, Michigan. Other volunteers hosted tables of ten.

It was a fabulous evening as four of our neighbors, Donna & Jerry Conger and Tonia & Tim Laughlin, joined us for the evening along with our Motor City Dragons (MCD) Captain Amy Hickey and her best friend, husband, and mother. Stacy Brege, our MCD Committee lead, helped with the photography. Our neighbor, Jerry Conger, won the "Pie a Month" with his raffle ticket.

Stephanie McKire (Ford STA retiree 2017) danced to support The Pink Fund and is also on the Motor City Dragons team.

(Photos and Article Submitted by Csilla)



Great way to 'kick up your heels' and have fun!



Stephanie knows how to keep in step!



Now this is dance energy!



Sara knows the perfect ending pose!

IN MEMORY OF OUR 'SISTER'



Sharon Kay Waterman

**July 24, 1948 –
February 6, 2019**



IN MEMORY OF Sharon Kay Waterman...Sharon was on the Survivor Sistership team only 4 years. When she heard of the Sistership team, she wanted to be a part of it, also seeking "support" information by BEING WITH WOMEN THAT HAD BEEN THROUGH HER NIGHTMARE! Sharon gave so much in her life. She was always friendly and shared her beautiful smile that would light up a room when she entered. Sharon never let on how bad the pain was or how sick she was really feeling. Those who knew and loved her will miss her laughter and kindness, her thoughtfulness and ability to be straight and to the point.

Her husband, Paul, was very supportive and always by her side. Sharon's children were her life, as were her nieces and nephews. She was a knitter, crafter, painter, had great style, and loved to help others. She was a great team member with Survivor Sistership and left us way too soon. "I know that my life is richer just by knowing Sharon and I'll miss her deeply " said teammate Nancy. "Speaking for the Survivor Sistership team", she said, "Paddles Up for one of our Sisters has left us."

"Peace be with Sharon."



Photo and Article Submitted by Nancy

It's a Dragon Boat Festival – Where are We?

Can you guess where we are? Where in the world were these photos taken? Turn the page and find out where and who went!



The stone streets are narrow and there's a lot of scooters.



The Arno River was wide - had approx. 5,000 participants.

2018 IBCPC Participatory Festival, Florence, Italy

Answer: It's Florence, Italy and it's with Breast Cancer Survivor teams from around the world.

MIDWEST TEAMS PADDLE IN ITALY!

Many of the Midwest BCS teams experienced paddling with Breast Cancer Survivors from around the world and celebrated life as participants in the 2018 IBCPC Participatory Festival held on July 6-8 in Florence, Italy. The festival is an international non-competitive participatory event targeting Breast Cancer Survivor teams who engage in dragon boat activities as post-operative rehabilitation. Born from the idea of a Canadian sports medicine physician, Dr. Don McKenzie, about twenty years ago, dragon boat paddling has become a rehabilitation therapy for tens of thousands of men and women worldwide who have undergone surgery. This year's festival was held at Cascine Park which is Florence's largest public park along the Arno River with an area of about 240 hectares (593.05 acres). There were approximately 5,000 participants which included paddlers and supporters. There were 121 teams and 18 countries represented. The youngest and oldest BCS paddlers from each country carried that country's flag in the Opening and Closing ceremonies. For the United States of America, Jessica Stopher (30 yrs. old) from the Indy SurvivorOars of Indianapolis, Indiana, carried the United States flag in the Opening Ceremonies and Pat Donnelly (81 yrs. old) from the Dragon Dream Team of Akron, Ohio, carried the United States flag in the Closing Ceremonies. The following 8 Midwest Region teams were REGISTERED at the festival:

- Breast of Friends
- Breast of Texas
- Dallas United Pink
- Dragon Divas
- Fighting Angels Abreast
- Indy SurviveOars
- Motor City Dragons
- Pink Paddling Power

Additionally, Breast Cancer Survivors from 8 other Midwest BCS teams participated by paddling WITH REGISTERED teams above to fill a boat and share in the fun. Those Midwest BCS paddlers were from:

- All Hands Abreast
- Cajun Invasion
- Life Is Bliss
- Making Waves
- Mississippi Sisters
- Pink Phurree
- Prairie Dragon Paddlers
- TEAMSurvivor Madison

Amazingly, that's a total of 16 Midwest BCS teams having teammates and supporters fly to Florence, Italy to participate in the July 2018 IBCPC Participatory Festival! Many participants took advantage of the great opportunity to arrive early or stay after the event to sightsee at other nearby countries in Europe for an extended and memorable vacation event.

With the Festival being held every four years, where will the next IBCPC Participatory Festival be held? Bids to hold the next IBCPC Festival closed on January 31, 2019 but we'll have to wait until June/July 2019 for the announcement to be made!



The United States flag is carried by Jessica Stopher in the Opening Ceremonies / Parade of Teams.



The historic Ponte Vecchio Bridge over the Arno River featuring jewelers, art dealers and souvenir sellers.

2018 IBCPC Participatory Festival, Florence, Italy



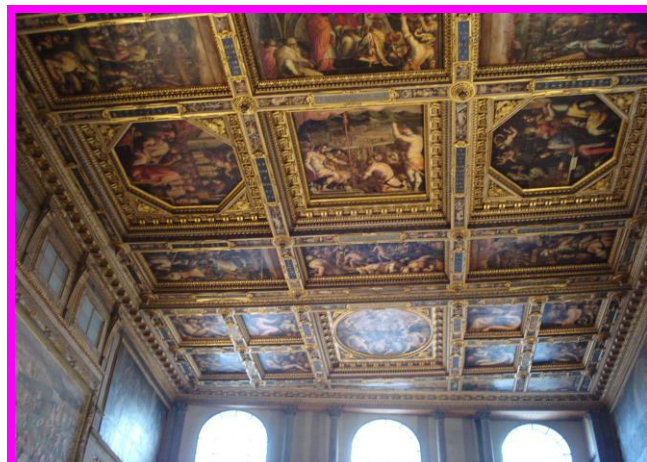
Florence's Cathedral / Duomo stands tall over the city.



The altars/interiors of the churches are breathtaking.



Congress meeting room--huge frescos on both sides..



..and 39 painted panels in the cross-beamed ceiling!



IBCPC Congress in session at Salon dei Cinquecento.



Lucia, Dr. Don McKenzie and Meri Gibson at Congress.

2018 IBCPC Participatory Festival, Florence, Italy



Visiting from tent to tent with the 121 teams!



In the Marshalling area getting ready to paddle!



Teams at the Loading and Unloading Docks.



A Medic and his rescue dog ready, if needed!



One of the excited Sandy Smith Global Finale Teams!



The Special and Memorable BCS Flower Ceremony!



IBCPC NEWS & HAPPENINGS

The big news in 2018 was the International Breast Cancer Paddlers' Commission (IBCPC) Participatory Dragon Boat Festival held in Florence, Italy on July 6-8. Italy was the first non-English speaking country to host the IBCPC Participatory Festival. The IBCPC Third Congress was held at Palazzo Vecchio in the Salon dei Cinquecento (Hall of Five Hundred), considered the largest and most important room in terms of artistic and historical value inside the palace. Two Delegates from each IBCPC Member team were invited to attend with one vote per team on Congress matters.

Introductions and the Welcome were made by President Jane Frost followed by approval of the Second Congress Minutes. The President's Report, Treasurer's Report and the introduction of National Representatives were made and then the Amendments to the IBCPC Constitution and By-Laws were reviewed. The election of the Steering Committee Directors continued the meeting. The 2019 IBCPC Steering Committee Members are Meri Gibson, President (New Zealand); Lucia De Ranieri, Vice President (Italy); Ali Sutton, Secretary (Australia); Janice Melville, Treasurer (New Zealand); Betty Solley, Membership Director (U.S.A.); and Jo Parry, Communication Director (Australia). The keynote Speaker, Dr. Don McKenzie (Canada), next addressed the Congress members followed by a question and answer session. Thereafter, the IBCPC Third Congress (conducted in English) adjourned.

With the Festival being held every four years, where will the next IBCPC Participatory Festival be held? Bids to hold the next IBCPC Festival closed on January 31, 2019 but we'll have to wait until June/July 2019 for the announcement to be made.

2019 Midwest / Mountain Dragon Boat Events Calendar!

Be sure to check out any of the Festivals listed below when you are traveling through, or vacationing, in the area. Stop by to participate or to just say "Hi" and cheer on the paddlers and support the event!

DATE	PLACE	DATE	PLACE
March 30 & 31	Tempe, AZ	August 3	Fort Madison, IA
April 27	Gulf Port, MS	August 9 & 10	Starbuck, MN
April 27 & 28	Austin, TX	August 10	Fort Dodge, IA
May 4	Alexandria, LA	August 10	Hamilton, OH
May 4	Houston, TX	August 10	Milwaukee, WI
May 5	Burlington, IA	August 17	Ft. Wayne, IN
May 18	Texarkana, TX	August 17	Minocqua, WI
May 18 & 19	Dallas/Fort Worth, TX	August 17	Sparks, NV
June 1	Chicago, IL	August 23 & 24	Superior, WI
June 15	Little Rock, AR	August 24	Colorado Springs, CO
June 15	South Haven, MI	September 7	Cleveland, OH
June 22	La Crosse, WI	September 7	Grand Prairie, TX
June 22	St. Louis, MO	September 7	Greenville, MS
June 22	Chicago, IL	September 7	La Porte, IN
June 23	Grand Rapids, MI	September 7	Louisville, KY
June 29	Des Moines, IA	September 7 & 8	Dubuque, IA
June 29 & 30	Celburne, TX	September 14	Sandusky, OH
July 13	Midwest Regionals, Kenosha, WI	September 15	Lansing, MI
July 13 & 14	St. Paul, MN	September 26 to 29	The Woodlands, TX
July 20	Akron, OH	September 28	Florence, AL
July 20	Green Bay, WI	September 28	Indianapolis, IN
July 27	Chicago, IL	September 28	Madison, MS
July 27 & 28	Denver, CO	October 12 & 13	Madisonville, LA
August 2 & 3	Bemidji, MN	October 12 & 13	Sugar Land, TX
August 3	Charleviox, MI	November 2	San Antonio, TX
August 3	Eau Claire, WI		

As of March 8, 2019

Listed above are the dates and places for Midwest dragon boat events. The contact information for each race on this Midwest Race Schedule can be found on the American Dragon Boat Association (ADBA) website at www.americandragonboat.org. While there, explore the website for many more ADBA services, News, photos and links to the IDBF, USDBF and other associations.

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

The BCS Dragon Boaters Newsletter

E-MAIL:
bcsdistrict@yahoo.com

View the BCS Newsletter
on the ADBA Website at:

www.americandragonboat.org

Click on "BCS News"

USDBF Website:
www.usdbf.org

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 to the Central Region (Midwest Region ADBA) Breast Cancer Teams from the American Dragon Boat Association (ADBA), the United States Dragon Boat Federation (USDBF), the International Dragon Boat Federation (IDBF) and the International Breast Cancer Paddlers' Commission (IBCPC).

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 "your" 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 those stories are important and you're important! Be sure to save those special stories and pictures during the 2019 dragon boat season to share your dragon boat adventures. Your designated team member or Team Captain can send a brief story and a picture or two of your team to add to the next Midwest BCS Newsletter. Whether it be racing, a team activity, or helping at fund-raisers, submit your team story and pictures via e-mail to bcsdistrict@yahoo.com to be put in the next newsletter!

Paddles Up in 2019!

