



The BCS Dragon Boaters



In this Issue:

- ❖ Midwest BSC Teams Blossom in 2019!
- ❖ ADBA Annual Meeting, BCS & USDBF Reports
- ❖ KC Pink Warriors – Lansing, Kansas
- ❖ Paddles With A Purpose – Austin, Texas
- ❖ Mississippi Sisters – La Crosse, Wisconsin
- ❖ Pink Phurree – Houston, Texas
- ❖ Fiji Outreach Experience for Midwest Paddlers from Minnesota
- ❖ IBCPC News & Happenings!
- ❖ 2020 Midwest / Mountain Dragon Boat Events Calendar!
- ❖ About our Newsletter...



Midwest BCS Teams Blossom in 2019!

Simply saying a new BCS Team is in the Midwest does not describe the excitement that is building and blossoming for Midwest BCS teams. Last year, the “**KC Pink Warriors**” were introduced as a new BCS team starting up in the Kansas City, Kansas area. This year, we read about the adventures of their first dragon boating season in this Newsletter.

Last Summer into Fall, the

initial stages of organizing a new team in the Austin, Texas area were in the works. In reaching out to lend assistance, another ambitious group of paddlers was in the making! Information on beginning a BCS team and connections with a local club and other dragon boaters all lead to individuals who reached out to help them in their endeavor.

New teams can have extra

paperwork to do to obtain a nonprofit team status and this they did too! Now, read about another a new BCS team, “**Paddles With A Purpose**”, in this Newsletter!

Where will the next new BCS team be in the Midwest? There's interest in Illinois and dragon boating information is in their hands. So, stay tuned for the next BCS team that blossoms!

ADBA Annual Meeting, BCS & USDBF Reports

The Annual Meeting of the ADBA (American Dragon Boat Association - Central Region) was held via teleconference on Saturday, March 21, 2020 at 1:00 p.m. The Annual Meeting was Called to Order by ADBA President Barbara Michaels followed by the verification of ADBA voting members. The Secretary's Minutes of the 2019 ADBA Annual Meeting presented were approved and placed on file, followed by the Treasurer's Report which was presented and also approved.

Barb Michaels shared the positions of the IDBF and USDBF on the Covid-19 virus. Teams have been asked to suspend all practices and team workouts. Camps and races are postponed or cancelled. A decision was not known on the August CCWC in France. **[NOTE: On March 27, 2020, IDBF President Mike Thomas announced the Club Crew World Championships (CCWC) in France will not be held in**

2020...may host them in 2021.]

Barb encouraged all to follow federal, state and local guidelines during this pandemic and refer to the ADBA website's (www.americandragonboat.org) 'Home' page under "What's New" for updates.

The ADBA Regional Report of Linda Donner, presented at the USDBF Annual Meeting, was reviewed. The ADBA regional coverage, ADBA structure (Officers, At-Large Board Members, BCS Reps.), membership and services were reviewed. Paddling/Coaching Clinics were held in Kenosha, Wisconsin prior to the ADBA Regional Championships (32 participants) and in Fort Dodge, Iowa in June (40 participants). The clinics were well received.

The 2019 ADBA Regional Championships were held at Lake Andrea Park, Pleasant Prairie, Wisconsin on July 13. The ADBA had 10 crews earn a berth to CCWC (via Regional or

National competition). Eight of the ten crews accepted berths and had registered for the 2020 CCWC in France.

The IDBF (International Dragon Boat Federation) World Championships were held in Pattaya, Thailand in August, 2019. A number of ADBA paddlers were selected to Team USA. Two ADBA members were selected as IDBF Race Officials for the IDBF World Championships.

ADBA BCS Rep. Cheryl Lychwick presented the BCS Report. There were two new teams in 2019 with the KC Pink Warriors established in the Lansing, Kansas area and Paddles With A Purpose in Austin, Texas (read about both teams in this issue).

There is also interest in starting a new BCS team in the Chicago, Illinois area in the future. Articles and other ... (Continued on page 2)

ADBA Annual Meeting, BCS & USDBF Reports (Continued from Page 1)

information have been sent to assist with initial questions as well as guidelines to starting a new BCS team. It was reported that All Hands Abreast of Houston, Texas, had disbanded (we hope temporarily) after they were hit hard by the floods of Hurricane Harvey in August, 2017. We feel for them having gone through such horrific devastation but are glad to know that as things are getting to a more 'normal' stage for some, a few of those paddlers may try to paddle again. Presently, there are 17 active BCS teams and 2 All Cancers teams with BCS paddlers. The ADBA Regional Championships were held July 13, 2019 at Lake Andrea Park in Pleasant Prairie/Kenosha, Wisconsin. Since BCS team participation was low, the Fighting Angels Abreast BCS Team made up a composite team of BCS paddlers to participate in the event for the experience of a Regional Championship, even though the team wouldn't be eligible for a berth to CCWC. BCS paddlers came together from teams in Iowa, Illinois, Kansas, Texas, Minnesota and Wisconsin to fill the boat. They were pumped and paddled well together! Pink Paddling Power from Wisconsin won the BCS Division and was offered a berth to the CCWC to be held in France in August, 2020. Later, the Indy SurviveOars participated in the USDBF Club Crew National Championships held in August, 2019 in Colorado Springs, Colorado, which qualified more teams for CCWC. All the Midwest BCS teams remained active in their respective areas promoting breast cancer awareness and assisting those going through treatment where they are able, whether by volunteerism or monetary means. The Midwest BCS Teams are so thankful to the ADBA for their support and assistance throughout 2019 and will uphold the ADBA Motto of "Friendship Through Paddling" in 2020.

The USDBF (United States Dragon Boat Federation) Report was presented by Barb Michaels. The USDBF Annual General Meeting was held on March 5, 2020 in Sarasota, Florida. Each Region in attendance presented their Regional Report. The USDBF is having problems finding an insurance carrier for coverage of new boats that teams want to use for practice and races. It was also reported that in 2020, USDBF Membership Dues will increase from \$3,000 to \$5,000 per year. Dues have not increased in many years and the USDBF website needs updating and the USDBF is developing a National Paddler Database that will require additional financial resources. If you know of a website developer, e-mail Barb at president@americandragonboat.com. Additionally, there was a Board Governance Training held for the USDBF Board to help them move from a management style to more of a governance style of leadership. The USDBF has a Hype Mattingly Scholarship meant for experienced paddlers that are developing and creating a positive environment in which paddlers can grow and prosper. It provides support for the cost of registration to attend a camp (not lodging or travel expenses). Dr. Mattingly served the USDBF as the Premier Women's Coach in 2015, and paddled many years as a Team USA member. In another matter, the USDBF supports the IDBF in adopting a non-cooperative plan with the ICF (International Canoe Federation). It is directed at leadership not being able to serve in leadership capacities/Boards in both organizations as it would create a conflict of interest.

Elections at the USDBF Annual Meeting were held for 1st Vice-President and Treasurer. Mark Kane was re-elected as 1st Vice President and Anita Jones from the West Coast was elected Treasurer. Also, new positions were created of Membership Officer, External Communication Officer, and Competition and Technical Officer. Paula Humphries will fill the Competition and Technical Officer position. The other two positions are open. A Nominating Committee was set up. Term limits for USDBF Officers and members were set as two consecutive, two year terms thus helping to bring new people on board. Restructuring of the USDBF was also discussed. A new update is that U.S. Nationals will be the only place to win a berth to CCWC. The High Performance Committee reported it cost each Team USA paddler around \$3,000 to travel to Thailand. Team USA did well by placing 3rd overall in the medal count in standard boats and 8th overall in small boats. Senior C won 11 of 12 gold medals. The ADBA is in need of a couple of candidates to serve on the High Performance Committee which determines the criteria for selecting Team USA coaches, takes applications and then selects the coaches. All committee meetings are via teleconference. If interested, e-mail Barb Michaels at president@americandragonboat.com. At the end of the USDBF Annual Meeting, a presentation was given from Nathan Benderson Park, Sarasota, Florida. Nathan Benderson Park will be where the USDBF National Championships will be held on July 8-11, 2021 and where the United States will be hosting the IDBF Club Crew World Championships in 2022. A truly impressive race site!

Next on the ADBA agenda was the election of Officers and Directors to fill expired terms. Linda Donner presented the nominated candidates for election. Barb Michaels was re-elected President, Sue Miller was elected Secretary and Ron Hau, Cheryl Lychwick and Robin Iovino were elected Directors At Large. The 2nd Vice President position is still open; however, Csilla Gutay expressed interest. It was also reported that the ADBA will not be hosting camps or clinics in 2020 but a May, 2021 date has been set up with Pat Bradley.

After concluding the Agenda items, President Michaels asked for any questions from the participants. Vendors on the call were given a chance to share their comments and concerns regarding festivals and the Covid-19 virus. Barb also inquired about small boat races in the Midwest. With no further business or questions, the 2020 ADBA Annual Meeting adjourned.

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

KC Pink Warriors – Lansing, Kansas



Laughing on the Lake together!



A cold morning practice with "Big Orange" on Wyandotte County Lake!

KC Pink Warriors are Set to Celebrate One Year as a Team with Boat Christening

After a successful inaugural season, the KC Pink Warriors are gearing up to celebrate one full year of dragon boating with a boat christening and donor appreciation event in April, 2020. Throughout the 2019 season, the KC Pinks enjoyed their time practicing with "Big Orange", the boat graciously loaned to the team by Tom and Linda Donner and Barb Michaels of Fort Dodge, Iowa. "Big Orange" readied the KC Pink Warriors for their first competitive events as a newly formed team helping them to earn both silver and gold medals on the water. As the 2019 season came to a close, it was time to bid farewell to the boat that solidified the KC Pink Warriors as a team. Watching "Big Orange" grow slowly smaller on the back of Tom's trailer was bittersweet, but saying goodbye also means being excited for what is to come! Through a series of fundraisers, hard work and generous donations from family, friends and the Kansas City community at large, the KC Pink Warriors were able to purchase their very own dragon boat and cannot wait for the 2020 "on the water" season!

In addition to their hard work on the water, the KC Pink Warriors are dedicated to building relationships within the community and are continuously humbled by the support they have received as a fledgling team. As part of their mission to raise awareness and to support the local cancer community, the team's board unanimously voted to give their first donation as a team to Gilda's Club of Kansas City. In April, the team will be participating in Bra Couture KC, a fashion show and fundraiser which raises money to provide life-empowering services to uninsured and underinsured individuals who have been touched by ALL cancers in the greater Kansas City area. In addition to giving back, the KC Pink Warriors strive to build a strong framework for partnerships with local businesses and community members. The KC Pinks are currently spending the cold winter months enjoying training sessions with Corrective Exercise Specialist, Kelsey Ngeh, of KU Sports Medicine. The team is gaining valuable information about the importance of full body conditioning while also enjoying the fellowship that comes along with group training sessions.

Although they love the "in the gym" training sessions with Kelsey, the KC Pinks are itching to get back on the water! The upcoming season is going to be FULL of fun paddling opportunities and fierce competition. In June, the team will return for their second appearance in the KC Dragon Boat Festival. The KC Pink Warriors have grown exponentially and might need TWO boats for the event! Just a couple short weeks later, the team will make their debut in the PaddleFest Dragon Boat Festival in Oklahoma City. PaddleFest is sure to be fun for the whole family as it is held at Riversport Adventures, OKC and it includes an "Oklahoma Original" Hong Kong style race! In August, the KC Pink Warriors will then return to the home of "Big Orange" for the Badger Lake Dragon Boat Bash for friendship and competition with some of their favorite teams. The team has their eyes and ears open as they search for even more festivals to attend during the 2020 season. Looking ahead, the KC Pink Warriors have their sights set on New Zealand in 2022. The team has already begun the planning process (save those \$5 bills!) to attend the IBCPC International Festival and is excited to compete with the best BCS teams from around the world in one of the most beautiful places on earth.

The KC Pink Warriors would like to wish everyone a happy and healthy 2020 paddling season, we'll see you on the water!

(Photos and Article Submitted by Heather)

Paddles With A Purpose – Austin, Texas



This team is all smiles awaiting to meet their new “Sisters”!



Out for a FUN Holiday Paddle Practice in Austin, Texas!

Austin’s New Team, ‘Paddles with a Purpose’, Makes a Big Splash on the Dragon Boat Scene

A newly formed team from Austin, Texas, has roared onto the Breast Cancer Survivor (BCS) dragon boat scene. In existence since August, 2019, the team has quickly solidified and formed strong bonds of friendship and camaraderie through paddling. “Austin was perfectly poised for a BCS dragon boat team,” says Laura Szalay, the founder and President of the Paddles with a Purpose (PWP) team. “It has become a globally renowned sport well documented for the long-term health benefits and wellbeing of breast cancer survivors. Austin has the perfect environment as it’s a largely outdoor community. While Dallas and Houston have BCS teams, Austin surprisingly did not yet have one.” A relatively new Austinite herself, Szalay moved to the area a few years ago from Miami where she was an active member of the Save Our Sisters (SOS) breast cancer dragon boat team for five years. Szalay joined the local Austin Coolers’ co-ed dragon boat team and soon began posting flyers to jumpstart interest in a BCS team on Facebook. The Austin Coolers also helped to promote interest in the new team. Nella Bea Anderson, currently Team Manager, was the first to express enthusiasm for the idea and the two forged a social media campaign to launch the dream into reality. Everyone expressing an interest in joining was asked to post the team flyer on all of their social media accounts which then took on a life of its own. It immediately stirred up a lot of community interest and has resulted in a roster of 38 paddlers on the team today. Paddles with a Purpose is inclusive of all ages. Members come from all walks of life with some driving extraordinary distances from San Marcos, Dripping Springs, and Bastrop, Texas and Lafayette, Louisiana, to participate with the team.

Since that time, Paddles with a Purpose has quickly jelled, holding twice-weekly practices, breakfast meetings, numerous casual get-togethers, and an open house for members of the community to try dragon boating. The team even created their own chant, often taking a moment to serenade the passersby on the hike and bike trail that circles Lady Bird Lake, the river where they practice. But perhaps most memorable have been the practices during Christmastime when the boat was filled with reindeer sporting blow-up antlers, elves with jaunty caps, a giant inflatable dragon with presents, and a festive Santa shouting “Happy Holidays! Merry Christmas!” to surprised spectators.

Paddles with a Purpose was excited to receive their non-profit 501(c)(3) status in January, 2020, and works on expanding community involvement in healthcare education and bringing breast cancer awareness to women in Central Texas.

Members have also been raising funds toward the goal of purchasing their own dragon boat – although they are extremely grateful to the Austin Coolers, the Austin community team who lends their boat to the team. Two members of the Coolers, Sheena Chang and Scott Baltisberger, also donate their time to provide high-quality coaching to the PWP team. All teams were looking forward to the Austin Dragon Boat/PADDLE Festival, April 25 and 26, which unfortunately was canceled due to the coronavirus. But Paddles with a Purpose remains optimistic – Jody Kelly, an 82-year old triathlete champion says, “That just allows us more time to practice and prepare for the next race! Watch out, Dallas and Houston.”

The Austin community has been very receptive to supporting Paddles with a Purpose with individuals sending donations through the team’s website (paddleswithapurpose.com) and facebook page (facebook.com/Paddleswithapurpose). The media has done several features on the team. Paddles with a Purpose members plan to stay focused on their off-water exercise regimens and will stay in touch through weekly online “team time” meet ups. The team will come together once again after the virus passes to race, laugh, and paddle - stronger than ever!

(Photos and Article Submitted by Beth)

Mississippi Sisters – La Crosse, Wisconsin



The Mississippi Sisters pause for a team photo as they enjoy themselves at their Big Blue Dragon Boat Festival!

Mississippi Sisters Reach Out to Try New Adventures

The **Mississippi Sisters** had a busy and fun paddling season in 2019! We started our group strength training in February with weekly fitness workouts at the Health Club to get our paddling arms in shape (and of course to work on core strength and endurance)! In March, we joined the newly-formed La Crosse Paddling Club (LPC) as a team, which entitled us to purchase weekly paddling practices at a discount as soon as the Midwest weather allowed. Our LPC Membership brought the added opportunity to attend a monthly "Small Craft Paddle" on the Mississippi River (our namesake!) with instructors present to help members try out kayaks, canoes and stand-up paddle boards. LPC also sponsored an annual Paddle Fest in July, promoting paddling opportunities for first time paddlers as well as those of us who can't get enough of any one paddle sport!

Donning our PFD's and sunscreen, we began our weekly dragon boat practices on the Black River with Coach Lori in May, working on our skills to prepare for our annual "Big Blue Dragon Boat Festival" in La Crosse, Wisconsin on June 22nd. Thanks to our growing membership, we were able to register a second team for the festival, the **Mississippi Sisters & Friends**, which included some BCS friends from surrounding Midwest communities. The Dragon Divas from St Paul, Minnesota also attended the festival. A wonderful day of paddling and friendship was enjoyed by all!

A few representatives from our team joined other regional paddling friends to make up a full team participating in the Minocqua, Wisconsin Dragon Boat Festival in August. Then eight of us traveled to Louisville, Kentucky in September to help fill a boat for a brand new cancer survivor team at their annual festival. Together we formed the "Cancer Slayers" and paddled on the Ohio River for the first time. It was a great weekend of paddling and sightseeing, a wonderful team-building opportunity!

Lastly, we had an end of the season team wrap-up party in December to review 2019 successes and favorite memories, and to plan for the 2020 season and beyond. At that time, we set a goal to register as a team for the 2022 IBCPC Festival in New Zealand. So far 15 teammates are committed to attending!

(Photo and Article Submitted by Terri)

Food for Thought:

- The most wasted day is that on which one hasn't laughed.
- More doors are opened with 'please' than with keys.
- Everyone wants to live long, but no one wants to get old.



Pink Phurree – Houston, Texas



The Pink Phurree Team can travel in style with their boat and their Pink Phurree trailer!

PINK PHURREE Dragon Boat Team: Our Heroic Journey

As individuals, the trajectory of our lives has been diverted by the invasion of cancer to our physical and emotional well-being. It takes some a bit longer than others to realize it will take an army to battle this insidious enemy. We are more equipped for the battle when we team up with our medical providers, loved ones, and communities of veteran cancer warriors. Spend time with a cancer survivor paddler, especially one who has been through a few seasons, and you will discover that they demonstrate their ability and desire to keep paddling in a 2000-meter race as well as persevere through challenging times. The survivor dragon boat community understands what it means to “ride the dragon,” as when facing the challenges life presents. As new crew members join our journey with the dragon boat paddling community, we keep our hearts connected to the memory of our 11 Angels lost to cancer. We never lose focus on the finish line and what it means to continue our mission without our lost loved ones. We are working toward our next adventure to join other sister teams at the 2022 International Breast Cancer Paddling Commission Participatory Festival in New Zealand. Inspired by those who have passed away, encouraged by our fellow survivors, ignited by our metastatic warriors, and galvanized by those who are newly diagnosed to continue the journey heroically.

Team Profile: PINK PHURREE is a diverse crew of mostly breast cancer survivors paddling alongside ovarian, endometrial, and colon cancer survivors. Our crew members range in age from 30 to 70 plus. Many of our crew members have 10 plus years' experience and many are new to the sport with 5 or less years' paddling experience. The demographics of the PINK PHURREE crew members reflects the diversity of Houston, Texas and a visible reminder just how indiscriminately a cancer diagnosis can be.

History: Located in Houston, Texas, PINK PHURREE (pronounced "fury"), Texas' first all women and cancer survivor dragon boat team, was founded in October, 2007 by Frances Arzu'. Over the past 12 years, the team has experienced great heartache with the passing of 11 original crew members, including Frances, our founder. PINK PHURREE has also experienced great triumphs including acquiring our own pink dragon boat and equipment, developing friendships within the local, national and international paddling community (while picking up a medal or two), and witnessing the growth in the number of survivor teams in the state of Texas and around the world.

2019 Highlights:

- 🎀 Ongoing presentations to M.D. Anderson Breast Cancer Center Oncologist Surgical Fellows' outreach rotation
- 🎀 Spring 2019 Open Boat Social
- 🎀 Texas Oncology Deke Slaton Cancer Center Pink Day
- 🎀 Houston Chronicle – October 2019 Renew Section Article
- 🎀 The Buzz Magazines – October 2019 Article
- 🎀 4th Pink Phurree Charity Golf Tournament
- 🎀 American Cancer Society Making Strides Against Breast Cancer Houston
- 🎀 Filipino Street Festival Dragon Boat Boot

(Continued on Next Page)

Pink Phurree – Houston, Texas (Continued)

2019 Season In Review:

- Ponce, Puerto Rico: Our 2019 season began with a 12 person **PINK PHURREE** crew participating in the Puerto Rico Dragon Boat Festival. **PINK PHURREE** had plans to return to Ponce with two crews from Austin, Dallas, Houston, and the KC Pink Warriors but mother nature had other plans (earthquake). Although this year's Puerto Rico Dragon Boat Festival was cancelled, we are all set to participate in January, 2021!
- Indian Harbour Beach, Florida: In early April, 2019, six **PINK PHURREE** members participated in Jim Farintosh's week-long Bow Wave Dragon Boat Paddle Camp at Indian Harbour Beach, Florida. The opportunity to receive personalized training and feedback from world class paddlers like Jim and his fellow coaches, coupled with interacting with paddlers from all over North America has been an invaluable experience for the development of our veteran and novice paddlers. Amazing experiences!
- Austin, Texas: The first race event of the Texas Gulf Coast season is the Austin Dragon Boat and Paddle Festival and takes place the last weekend in April at Festival Beach on Lady Bird Lake in Austin, Texas.
- Houston, Texas: On the morning of Saturday, May 4, 2019, in support of our ovarian cancer survivor (a few are both breast and ovarian cancer survivors) crew members, **PINK PHURREE** participated as presenters and walkers in the MD Anderson Cancer Center Sprint for Life 5K Ovarian Cancer Walk. Immediately after the walk, the team hopped on the metro-rail and headed downtown to compete in the Houston Dragon Boat Festival which takes place the first Saturday in May on Buffalo Bayou at Allen's Landing, Houston, Texas.
- Oklahoma City, Oklahoma: In June of 2019, another 12 person crew of **PINK PHURREE** headed to Oklahoma City for the Stars & Stripes Dragon Boat Festival held every last Saturday of June at Riversport in Oklahoma City, Oklahoma. **PINK PHURREE** placed first in the Breast Cancer Survivor Division, taking home a trophy and lots of great memories!
- Kenosha, Wisconsin: In July of 2019, 4 members of **PINK PHURREE** joined the Fighting Angels Abreast BCS team's composite team of BCS paddlers from across the Midwest region at the 2019 ADBA Regional Championships on Lake Andrea in Pleasant Prairie, Wisconsin.
- Sugar Land, Texas: In October, 2019, some members of Breast of Texas (Grapevine, TX) and some members of the newly formed Paddles with a Purpose (Austin, TX) teams joined the Team of **PINK PHURREE** in the Gulf Coast International Dragon Boat Regatta held the 2nd weekend in October on Brooke's Lake in Sugar Land, Texas.

**"The best and most beautiful things in the world cannot be seen or even touched.
They must be felt with the heart." – Helen Keller (1880-1968)**

(Photos and Article Submitted by Gaile)



Paddles Up! Think! Together! It's about how good you look from shore too!

Fiji Outreach Experience for Midwest Paddlers from Minnesota!



Midwest BCS Paddlers Karla Mees (L) and Kristine Kunze (R) assisted at the Fiji Outreach.



A young Survivor Mother was able to be a part of the Fiji team and brought her baby with her.

Midwest BCS Paddlers Travel with Fiji Outreach

Helping other new BCS teams starting up around the World...that is what two of our Midwest BCS paddlers did the first week of February, 2020. Karla Mees with Making Waves and Kristine Kunze with Dragon Divas were part of the Fiji Outreach group of 16 survivors and 9 supporters from the United States, Canada and Australia who participated in helping with the Fiji Outreach at Nadi, Fiji, on the shores of the Pacific Ocean. About 30 Fijian Survivors & Supporters attended the outreach. A young mother, who was 10-weeks pregnant when she received her cancer diagnosis, attended with her healthy baby. Dolly Devi, a Survivor and an organizer of this event, had done some fund raising prior to the event and was able to purchase a new dragon boat and life vests which arrived while we were in Fiji, after which a Blessing of the dragon boat was held. Then we taught the Fijians dragon boating skills and safety factors, how to get into the boat, seat placement, commands, how to paddle, and how to exit the boat. Of course, we did take some time for sightseeing while in Fiji. A good time was had by all and lots of new friendships were formed!

(Top Photos and Article Submitted by Karla)

Fiji Outreach Work So Appreciated

The Bula Outreach Crew, a group of 16 BCS from Canada, USA and Australia got together in Nadi, Fiji to celebrate the World Cancer Day on February 4, 2020. Together with Dr. Don McKenzie and Jane Frost, founders of Abreast In A Boat in 1996, they met with 30 BCS and 6 ACS from Nadi and Suva to share the benefits of the exercise, the wonderful experience of dragon boating and of course, the hope after breast cancer. The pink and violet new boat was awakened by a Chinese, Hindu, Christian and Fijian ceremony. The warm Fijian waters witnessed the increasing joy of the local novices through the five sunny outreach days and the strength felt aboard.

There are not enough ways to Thank the Fiji Cancer Society for its kindness and support and to Dolly Devi, the Abreast In A Boat member, who dreamed about changing lives in her home country, Fiji, and gave us the opportunity to join her in this wonderful endeavor.

The new teams, the Fiji-D-Dragons, either in Nadi and Suva are bringing hope in Fiji.

The following images are worth more than a thousand words. Please enjoy them! Vinaka!

(Article and Photos Submitted by Adriana)

Fiji Outreach Experience for Midwest Paddlers (Continued)



Local novices and Bula Outreach Crew Members bonding together during a lunch break.



Awakening of the Dragon following a Fijian Ceremony.



'Last paddle' celebrated with a paddles arch.



Going to paddle and put it all together on the water!



The first 'Flower Ceremony' held in Fiji!



The Bula Outreach Crew with Dr. Don McKenzie.



IBCPC NEWS & HAPPENINGS!

Remember, the last IBCPC Festival in Florence, Italy in 2018! Has it been that long ago? Sure doesn't seem like it! Now, we are gearing up for the next IBCPC Festival in 2022 at Lake Karapiro, Cambridge, New Zealand! **Due to the Coronavirus pandemic, however, the EarlyBird Registration has been changed from April 1, 2020 (New Zealand time) to June 1, 2020 (New Zealand time).**

As you register for the festival, below are some reminders; however, to get the most updated information and answers any of your questions, please check the festival website at www.newzealandbcs2022.com.

Registration Fees

- Full Registration (per paddler and supporter) is \$US350.
- EarlyBird (per paddler) for the first 25 full teams (minimum 22, maximum 26) that register as EarlyBird is \$US300. (Number on team registered at time of EarlyBird at EarlyBird rate only.)
- For both of the above, \$US150 per person is payable on registration with the balance payable by April 1, 2021 NZ time.
- If you are one of the EarlyBird recipients, the reduced balance payable by April 1, 2021 NZ time will be advised in advance.
- The team registration must include your drummer and steer/helm/sweep.
- Each team will have its own unique identifier number, which will be provided to you at the time of registration. Refer to the festival website if your team/club has enough paddlers to send two or more teams.
- Information regarding composite teams is available on the festival website.
- You will not need to provide the team members' names until payment of the registration fee balance by April 1, 2021 NZ time.
- All we need now for registration is the team name and the minimum number of 22 required to register as a team.
- Once you have registered, paid your deposit, and we have allocated you a unique identifier, then you can go ahead and book your accommodations.

Included in Your Registration Fees

- Registration package
- Goody bag
- T-shirt
- Lunches on both racing days - Saturday and Sunday
- Practice sessions prior to race days
- Opening Meet and Greet Party (including arrival drink and nibbles, plus lots of mixing and mingling)
- Pink Parade (walking through the streets of Cambridge)
- Opening Ceremony at the village green in Cambridge
- Transport to and from the race venue
- Transport to and from the Pink Parade and Opening Ceremony
- Transport to and from the Meet and Greet Party
- Transport to and from practice sessions
- Transport to and from Congress
- Attendance at Congress by your nominated representatives
- 1 day of racing on Saturday **and** 1 day of racing on Sunday
- IBCPC Global Finale Race (in Memory of Sandy Smith)
- Flower Ceremony
- Closing Ceremony and party at Lake Karapiro (dinner voucher included) with dancing
- Commemorative Medal

Requirements to Participate in the 2022 IBCPC Participatory Festival

1. All paddlers must have had a diagnosis of breast cancer (includes steer and drummer).
2. Your team must be a member of the IBCPC.
3. Each paddling participant must furnish a medical certificate with proof of diagnosis and fitness to paddle by Sept. 1, 2021.
4. Each registrant (paddlers and supporters) must submit an authorization to use images and personal information of legal responsibility (you will find an example on our website in due course).

Terms and Conditions

- Registration deposit is non-refundable.
- Cancellation of registration is non-refundable.
- Should a participant wish to transfer their registration, this is possible but will incur a \$10US administration fee.
- All transfers must be sent to info@newzealandbcs2022.com and must be performed no later than December 1, 2021.

2020 Midwest / Mountain Dragon Boat Events Calendar!

The event calendars are constantly changing due to the Covid-19 virus. At the Annual ADBA Meeting on March 21, 2020, President Barb Michaels shared the USDBF position on the Covid-19 virus which is the same as the IDBF. Teams have been asked to suspend all practices and workouts **as teams** at this point (be innovative with individual workouts). Camps and races are being postponed or cancelled. Barb encouraged everyone to follow federal, state and local guidelines.

The 12th IDBF Club Crew World Championships in France will not be held in 2020. In a March 27, 2020 New Release by Mike Thomas, IDBF President, the main reason behind this decision is for the health and well being of the athletes. Some of the factors that guided their decision (but not limited to) were athletes in most countries are restricted in being able to train as a team; some athletes will be affected by economic pressures due to loss of income; consideration of vulnerable family members; inability to effectively predict what travel restrictions may still be in force; and the volatility in the exchange rate will increase the costs to athletes. The Organizing Committee and the City of Aix les Bains (France) are still committed to hosting the Championships in 2021. A complete copy of the News Release is available on the 'Home' page of the ADBA website (www.americandragonboat.org).

Please, let's all do our part, stay home if possible, stay vigilant, be safe and pray for a quick end to the Coronavirus pandemic!

ALERT! Event schedules are fluid and changing as a result of the Coronavirus pandemic: Contact events directly for late breaking changes!

DATE	PLACE	DATE	PLACE
Canceled	Tempe, AZ	August 8	Fort Madison, IA
Canceled	Austin, TX	August 8	Fort Wayne, IN
Postponed	Houston, TX	August 8	Starbuck, MN
Rescheduled to 2021	Las Vegas, NV	August 8	White Bear Lake, MN
Canceled	Burlington, IA	August 15	Cleveland, OH
Postponed	Decatur, AL	August 15	Minocqua, WI
May 9	Madison, MS	August 15	Sparks, NV
May 9	Memphis, TN	August 21 & 22	Superior, WI
Canceled	Columbus, OH	August 22	Birmingham, AL
May 30	Guntersville, AL	Rescheduled to Aug. 22	Chicago, IL
June 6	Chicago, IL	August 22	Colorado Springs, CO
June 13	Arlington, TX	August 22	Pleasant Prairie, WI
Delayed - June 13	Gulf Port, MS	August 29	Greenville, MS
June 13	Kankakee, IL	August 29 & 30	Lake Orion, MI
June 20 & 21	South Haven, MI	September 12	La Porte, IN
June 20	La Crosse, WI	September 12	Louisville, KY
June 20	Little Rock, AR	September 12	Nashville, TN
June 20	St. Louis, MO	September 12 & 13	Dubuque, IA
June 27	Albert Lea, MN	September 19	Sandusky, OH
June 27	Des Moines, IA	September 20	Dallas / Fort Worth, TX
July 11	Milwaukee, WI	September 20	Lansing, MI
Canceled	St. Paul, MN	September 26	Indianapolis, IN
July 25	Akron, OH	Rescheduled to Sept. 26	Texarkana, TX
July 25	Chicago, IL	October 1 to 4	The Woodlands, TX
July 25 & 26	Denver, CO	Rescheduled to Oct. 3	Pineville, LA
July 31-August 1	Bemidji, MI	October 10	Florence, AL
August 1	Charlevoix, MI	October 10 & 11	Sugar Land, TX
August 1 & 2	Celburne, TX	November 7	San Antonio, TX
August 8	Fort Dodge, IA		

As of March 26, 2020

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 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 those stories are important and you're important! Be sure to save those special stories and pictures during the 2020 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 2020!

