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To all the Midwest BCS Teams...

Happy New Year 2008!

As we begin 2008, let me introduce myself. I am Cheryl Lychwick, a member of the Breast Cancer Survivor Team, "Fighting Angels Abreast," from Fort Dodge, Iowa.

Our Team was formed three years ago through the dream of three special people... Tom & Linda Donner and Barb Michaels. These individuals are members of the Da'Dragons Team, sponsored by Rotary Club International. While at a race in Canada, their team was camped next to a cancer team. A Canadian doctor, who was a dragon boat enthusiast, had used the sport in a study of the kinds of activity that women who had mastectomies could participate in. That study shattered the theory that those women couldn't be active.

Later, the Mayo Clinic in

Rochester, Minnesota decided to start a team and Tom, Linda and Barb were called upon to help. They trained a new team there called "Making Waves". After making several trips to Minnesota, they decided to start a local breast cancer survivor team. The process of getting organized was slow but they didn't give up on us.



The first year, our team consisted of approximately 6 members and since we were just getting started, we had not thought of a team name. Their annual Fort Dodge Festival was just around the corner and we wanted to join in. Well, we called our Team "Too New For a Name"! The second year, we were up to about 10 members

and chose a name of "Fighting Angels Abreast"! The name stayed with us in our third year with approximately 18 members. Through the guidance of our mentors, we also began to market items for the team to raise funds. This past year, we promoted "Save the Ta Tas"! As we begin our fourth year, we look forward to meeting more new friends... and adding more team members!

If we ever have any concerns or questions.... Tom, Linda, Barb or any of their team members are always there to help us. They have all been so supportive. They've held the Breast Cancer Survivor Ceremony the last three years at their annual Dragon Boat Festival in Fort Dodge, Iowa. Each year the tears flowed, but the fellowship and support increased!

... But There is No BCS Team Representation

The telephone rang! ... The BCS Teams are beginning to grow, but there's no BCS Team representation from the Midwest at the Annual Meeting. Will you represent the Midwest Teams? was the request from the American Dragon Boat Association (ADBA) this Fall.

I immediately thought ... oh no, I have enough things on my plate. I thanked them for thinking of me and said 'no' because of the busy work schedule and other activities. But as I went about my day, those words kept echoing through my head ... no BCS

representation. The thoughts ... Am I letting the girls down who have fought back from so much? A team of believers and great fellowship has been built up and I'm sure the other teams in the Midwest feel that way too! Can I just turn away and say "No"?

Will the Midwest BCS Teams Be Recognized?

Well, hoping I would not regret the extra workload, I agreed to serve as the Midwest BCS Representative for a year. After all, BCS Teams may be rather new but are an entertaining and inspiring Division, wouldn't you agree?

So, in November 2007, I traveled with the Midwest representatives of the American Dragon Boat Association (ADBA) as a BCS representative at the United States Dragon Boat Federation (USDBF) Annual General Meeting held in Long Beach, California, the site of the 2008 USDBF Nationals. It was a two day meeting on Saturday and Sunday. The group had dinner together Saturday evening which was an opportunity to experience more dining options and a time to get to know other Board Members and representatives from the East Coast and Pacific Coast Regions.



The meeting had the usual agenda of the "Call to Order", review of the 'Mission' statement, voting Board confirmation and opening remarks. The Secretary's, Treasurer's, Committee and Regional Representative's reports followed. Race site representatives for 2008, 2009/10 and 2011 events were in attendance with presentations, proposals and discussion items. Team USA activities, just completed and future, were presented by Coordinator Barb Michaels from the Central Region (our area)!!! Additionally, there was a

discussion via telephone with Bob McNamara, Team USA Coach.

In this short period of time, the group also had the opportunity to visit the proposed 2008 USDBF Nationals Race site in Long Beach, California. The site was a channel-type racing site. It was close to the SeaPort Marina & Hotel (a proposed hotel for the Nationals) where we met and stayed.

A lot of business items were covered in those two days and before the meeting ended, the USDBF invited BCS Team representatives across the United States to attend their future Annual General Meetings. They also encouraged Youth Team representation at future meetings.

The weather ... it was cool and unfortunately cloudy. However, the sun came out the day we left!

The Midwest is the American Dragon Boat Association



The Midwest teams make up the American Dragon Boat Association (ADBA). This Association covered the states of North Dakota, South Dakota, Minnesota, Michigan, Indiana, Illinois, Wisconsin, Nebraska, Iowa, Kansas, Missouri, Colorado, Texas, Oklahoma, Arkansas, Louisiana, and Texas.

The ADBA formed a Midwest regional circuit in 1989. The next several years brought exponential growth in the Midwest with 16 festivals being serviced by 1994. The pace quickened as Cedar Rapids, Iowa (the Cedar River Dragon Boat Association – CRDBA) acquired boats in

the mid 1990s. In 2001 Fort Dodge, Iowa purchased a pair of dragon boats. The efforts of these groups peaked with Fort Dodge, Iowa hosting the 2004 US Nationals. Today, interested parties are lining up to get a slot in the busy Midwest schedule. The BCS Teams are beginning to appear too!

On the Lighter Side...

Get Me To The Church On Time

One Sunday morning a little girl in her Sunday best was running so she wouldn't be late for church.

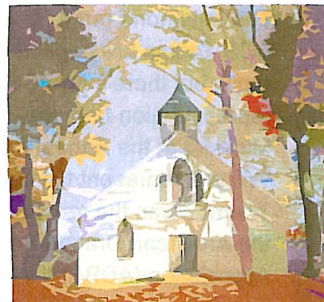
As she ran, she kept praying,

"Dear God, please don't let me be late to church. Please don't let me be late to church. Please don't let me be late to church..."

And, as she was running, she tripped and fell.

When she got back up she began praying again,

"Please God, don't let me be late to church --- but don't shove me either!"



Sometimes, we all need a little 'shove' to move onto a new challenge.

Have you reached out lately?

Refurbished Dragon Boat to Benefit Breast Cancer Survivors

It's name....Big Black!

Big Black was saved from extinction in late August 2006. Built of teak and jasper wood and once used as a practice boat, it had deteriorated through the years. "Big Black is a sister boat to Big Red, the boat used in Fort Dodge to help dragon boating get started," Tom Donner said. "Both boats have been in the United States for about 50 years."

The Dubuque Dragon Boat Association had used Big Black up until 4 1/2 years ago and they had refurbished the boat prior to that but since the boat was no longer being used, repairs were no longer being made. It showed its age; it was having some major problems. When wooden boats sit out of the water, the wood shrinks and dries out. Cracks form and the boat actually would sink if put back in the water.

Barb Michaels and Linda Donner are both representatives on the ADBA Midwest Association. "We started researching if there was a custom to

disposing of a boat," Michaels said. "The board decided it was in bad enough shape so we should just burn it."

"But that didn't seem right," Linda Donner said. "Why are we destroying a boat when we can't get gear for these breast cancer teams that dearly need it?" Tom Donner spoke up and said he couldn't see destroying a boat that could be used, so he promised to refurbish it and use it for breast cancer survivor teams. Donner bought Big Black for a dollar and a promise of new life.

"We're changing Big Black's name to Ashes," said Tom Donner, one of those leading the resurrection. "Out of the ashes will arise breast cancer survivor teams. It's just like their lives. But Big Black will be reborn as Ashes, and breast cancer survivors will be reborn as breast cancer survivor teams."

"Refurbishing the dragon boat likely will cost \$3,000," Donner said. To that end, he devised a way for people to honor breast cancer survivors or those

who have lost their fight by selling pink ribbons to replicate scales. "The dragon boat will be decorated with scales," Donner said. "We're leaving the boat black, but we're selling pink ribbons for \$5. People can write a message of hope. These ribbons will make the scales, and the messages will be laminated on."

Double M Signs in Fort Dodge created the pink ribbon scales; some were donated to the project, others were purchased. Donner has taken the roll of ribbons to dragon boat racing events.

Dragon boat activities used to be summertime events but these past couple of years it's turned into year-round activity for the enthusiasts. However, Donner equates the new life for the boat with the new life of breast cancer survivors who work together to paddle the boat in races, showing that a woman who has had breast cancer can live an active life.

That life comes out of the Ashes!

USA Dragon Boat Merchandise

Would you like to wear some Dragon Boat merchandise and proudly support your sport?

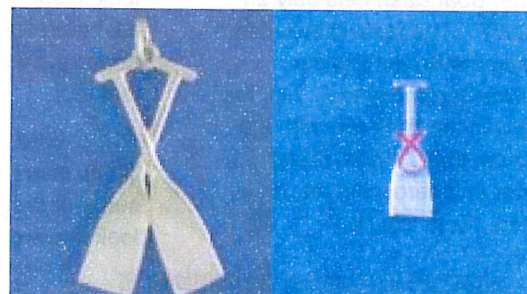
Shown here are just some of the items...but there are more on the website! The 'paddle' jewelry lends to eye-catching ooh's and aah's and the clothing insignia designs in red, white and blue reflect the USA spirit!

This merchandise is a new addition to the United States Dragon Boat Federation website and is available for purchase. Just visit the website to shop for some of the USA Dragon Boat merchandise at www.USDBF.org. There is a form at this website that you can fill out and send along with your payment to: USDBF, PO Box 189, Fort Dodge, IA 50501.

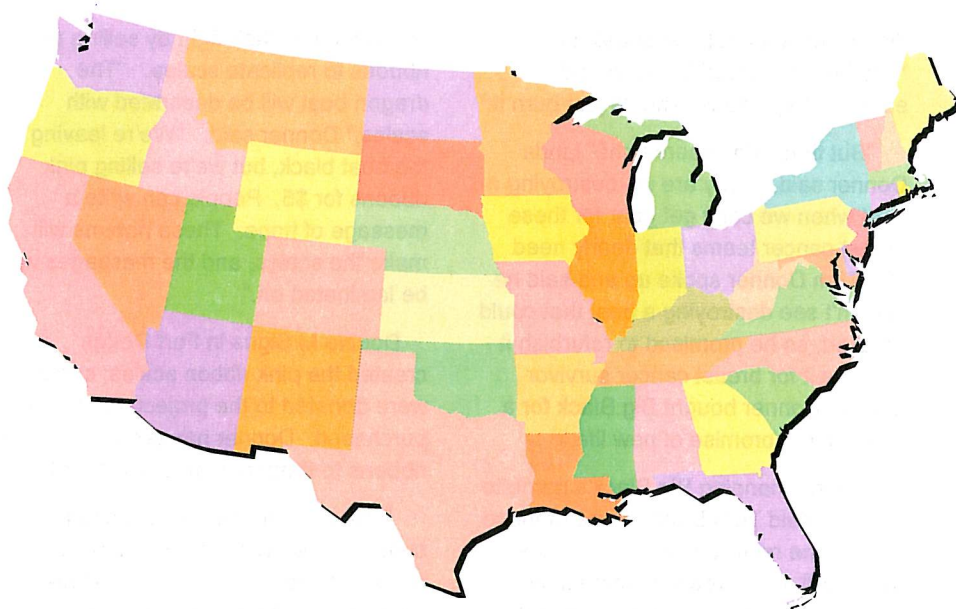
Better yet, you should come to the 12th Annual Dragon Boat Bash at Kennedy Park in Fort Dodge, Iowa on August 22, 23, and 24, 2008. The selection of many more items available for purchase at that Festival is exciting. There are special necklaces with the paddle(s) and the 'pink ribbon', and earrings too! There are also sun visors and tee shirts! Last year they had sun visors that said 'Save the Ta Tas'!

Visit the website for additional photos of USA Dragon Boat merchandise at www.USDBF.org.

Proceeds benefit Team USA, the National Dragon Boat Team.



Put Your Team on The Map – Where are You Located?

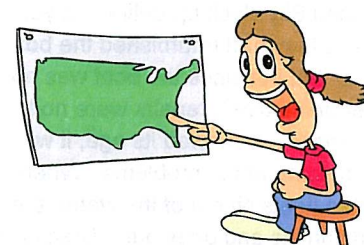


We want to recognize you on the map! Let's identify where all the Midwest BCS Teams are located!

Send your BCS Team news and photos to the E-mail address of: www.bcsdistrict@yahoo.com

... or if you don't have E-mail, send your team information to:

Cheryl Lychwick
The BCS Dragon Boaters
3141 14th Avenue North
Fort Dodge, IA 50501



Tell Everyone About Your Team!

This newsletter is for you, the **Midwest Breast Cancer Survivor Teams**. Tell the other teams what you are doing in your area through this newsletter. For 2008, I've prepared this Spring Issue and later, a Fall Issue...so your Team can be in the next issue!!

Team Captains, please send me a short story about your team and any dragon boating photos you'd like to share. You can include interesting tidbits to share with the other teams and other exciting news about your Team.

I've included our team photo (to the right) from the Fort Dodge, Iowa festival... the Badger Lake Dragon Boat Bash held July 20-22, 2007. The festival included a memorable Breast Cancer Survivor Ceremony too! Oh, the tall guy in the back row with the pink cap, that's our Manager, Trainer and hero who got us started...Tom Donner!

The photo directly below it shows the girls from Iowa who were able to make the trip to Canada...a first for the Fighting Angels Abreast team in this type of competition! We even paddled a 2,000 meter race and received a medal (of course everyone else who finished the race did too)! But talk about fun! If you ever get a chance to participate in a 2,000 meter race, do it!!! The time went fast as we paddled and sang, paddled and chanted. Of course the other teams had fun watching in amazement and laughing with us! We were out to celebrate life as a Team and do something we hadn't tried before! And, since we were so close to Niagara Falls, we also took in some of the sights and adventures of that area. What memories we brought back from that trip!

So, think about what you would like to share as you go through your summer dragon boat activities. I look forward to hearing from you!



Top Photo: Fighting Angels Abreast Team at the Fort Dodge Festival in Fort Dodge, IA.

Bottom Photo: Team Members at IDBF WCorCom on July 28, 2007 in Welland, Ontario, Canada.

Send BCS Team information via E-mail to: www.bcsdistrict@yahoo.com

... or if you don't have E-mail, send to:

Cheryl Lychwick
The BCS Dragon Boaters
3141 14th Avenue North
Fort Dodge, IA 50501

Dragon Boat Events Calendar for 2008!

Want to see what's happening in the Midwest for Dragon Boat events in 2008? Then leisurely sit back and plan your summer around some of these events:

DATE	PLACE	TYPE & SIZE OF THE EVENT	CONTACT
<i>April 5</i>	<i>Lafayette, LA A TDBA event</i>	<i>2nd Annual Miles Perret Cancer Center Dragon Boat Festival</i>	Contact Landis Myler via e-mail games@milesperretcenter.org
<i>April 19</i>	<i>Madison, LA A TDBA event</i>	<i>A new event for 2008</i>	Contact Dianne Dyar via e-mail dldyar@madisoncounty-chamber.com
<i>May 3</i>	<i>Houston, TX A TDBA event</i>	<i>The Houston Dragon Boat Festival - fun downtown www.houstondragonboat.com</i>	Contact Carolyn Long at 832-687-7208 or caroline@houstondragonboat.com
May 4	Burlington, IA An ADBA event	4 boats, one day, High School Races	Melissa Nelson-Chiprez at 319-753-2211 ext. 1235 (W) or e-mail man_57350@yahoo.com
<i>May 17</i>	<i>Dallas Fort Worth, TX A TDBA event</i>	<i>Join us for the 2nd Marco Polo Association Dragon Boat Festival</i>	Contact Katherine Dress via e-mail at: kathrine.dress@verizon.net
June 1	Waterloo, IA An ADBA event	2 boats, 1 day, My Waterloo Days Races	Jay Stodd at 319-233-8431 or e-mail to Jstodd2000@aol.com
<i>June 2</i>	<i>St. Louis, MO A GNM event</i>	<i>Gateway to Health Challenge and Dragon Boat Festival at Creve Coeur Lake</i>	Call John Marshall at 314-640-6436 or send e-mail to jmarshall@signaturehealth.net
<i>June 7</i>	<i>Oklahoma City, OK A TDBA event</i>	<i>This is an excellent race venue! Bigger & better for 2008</i>	Contact Mike Knopp at 405-412-0766 or via e-mail at mknopp@chesapeakeboathouse.org
June 7	Evansville, IN An ADBA event	4 boats – a great event for spectators!	Jamie Morris at 812-425-3828 or e-mail info@funkinthecity.com and jmorris@bgclubbev.org
June 7- 8	St. Charles, IL An ADBA event	2 boats, 2 days, Pride of the Fox RiverFest	Joy Meierhans via e-mail at JM@TheMeierhans.com or via phone 630-557-2575
June 14 & 15	South Haven, MI	2 boats, a wonderful venue a short walk from Lake Michigan	Call Deb Myers at 269-637-3657 or e-mail k9srus2@hotmail.com
June 21	Cedar Rapids, IA An ADBA event	2 boats, 1 day, A quick one-day event in deep water! www.americandragonboat.com/invitations/ CRDBAWebPage.pdf	E-mail Sherri Weaver at Sherri_Weaver@fpl.com
<i>July 12</i>	<i>Racine, WI A GNM event</i>	<i>A Rotary Club event – 2007 Great Midwest Dragon Boat Festival</i>	Pat Faulk (the event hot line) at 262-632- 0530 or send e-mail to patfaulk@cmcracine.org at: info@midwestdragonboatfestival.com
July 12–13	St. Paul, MN An ADBA event	4 boats, 1 day www.dragonfestival.org	Roger Lee via e-mail at rogerlee@dragonfestival.org
July 26	Chicago, IL An ADBA event	Join the Chicago Dragon Boat Race for Literacy 4 boats, one day	Call Galen Sjoström at 312-326-5320 or contact via e-mail at gsjoström@gmail.com

DATE	PLACE	TYPE & SIZE OF THE EVENT	CONTACT
July 26-27	Grand Marais, MN	The annual North Shore Dragon Boat Festival	Call Debbie Neitzke at 218-387-2578 or via e-mail at dneitzke@boreal.org
<i>July 28</i>	<i>Toledo, OH A QWN event</i>	<i>Participate in the Great Maumee River Dragon Boat Festival presented by BP</i>	Gretchen LeBoutillier at 419-242-2122 or gleboutillier@partnerstoleado.org
July 26 - 27	Denver, CO An ADDBA event	The Central Region Championship Regatta / ADDBA International Festival. The best cultural event in the central US! www.cdbf.org/	Contact Derek Herman at race@cdbf.com
<i>August 1 & 2</i>	<i>Bemidji, MN A QWN event</i>	<i>Great racing and even better scenery in scenic Minnesota!</i>	Send e-mail to Gary Johnson at: gj3456@paulbunyan.net
August 2	Manitowoc, WI An ADDBA event	2 boats, 1 day - This event benefits the Milwaukee Children's Hospitals www.lakeshoreweekend.com/dragonboats.html	Melissa Cain – phone 920-684-0361 mcain@UnitedOne.org
August 10	Iowa City, IA An ADDBA event	An exciting event near the U of I campus	Kevin Meller at 319-325-1396 or send e-mail to: kmeller26@netscape.net
August 16	Des Moines, IA An ADDBA event	Join this 4 boat fund raising event on Gray's Lake benefiting "My Angel Foundation" and transplant patients	Ted Cochran at ted@myangelfoundation.org
August 23 - 24	Ft. Dodge, IA An ADDBA event	Badger Lake is the place to be! See www.fortdodgedragonboat.com	Letitia Christnagel at 515-955-5424 or send e-mail to: tish12@frontiernet.net
August 23	Superior, WI	8 boats, 1 day – 4 boats race at a time, www.lakesuperiordragons.com	Contact Joe Radtke at 715-392-7131 or via e-mail at: jrbim@aol.com
August 24	COE College An ADDBA event	4 boats, 1 day, College fun! This is a great back to school event	Gregory L. Griffin at 319-399-8609 or e-mail at ggriffin@coe.edu
September 6 & 7	Dubuque, IA An ADDBA event	4 boats, 2 days, Paddle on the mighty Mississippi www.dubuquedragonboat.org	Sue Miller at 563-542-0605 - via e-mail Dboatsue2@aol.com
<i>September 22</i>	<i>Oshkosh, WI A QWN event</i>	<i>A great second year event</i>	Janice (Jan) Brantingham via e-mail at branting@uwosh.edu
<i>September 29</i>	<i>Ann Arbor, MI A QWN event</i>		
September 26 - 28	The Woodlands, TX An ADDBA event	4 boats, 3 days, a wonderful team building event	Roxanne Davis at 281-367-9622 x223 - via e-mail rdavis@ymcahouston.org
October 18	Houston, TX A TDBA event	One fine regatta At Clear Lake Park www.houstondragonboat.com	Contact Carolyn Long at 832-687-7208 or caroline@houstondragonboat.com
???	Beaumont, TX A TDBA event	A new event in 2008.	

For the latest information, visit www.dragon-boat.com and www.americandragonboat.com

ADBA serviced events are shown in black

GWH serviced events are shown in green script

TBA serviced events are shown in violet

Servicing organization unknown as shown in auburn

The dates listed with yellow highlight are NOT confirmed. Check the dragon boat websites above for updates.

Schedule of Events as of February 26, 2008

Dragon Boating is Fun – Dragon Boating is Friends – Dragon Boating is Support!



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

**The BCS
Dragon Boaters
Newsletter**

E-MAIL:
bcsdistrict@yahoo.com

The ADBA is on the Web!

See us at:

www.americandragonboatassociation.com

About Our Newsletter...

It's for you ...the Breast Cancer Survivors and Supporters ... to keep up with what is happening in the Midwest. It will also allow the Newsletter to pass along information from the United States Dragon Boat Federation to the Midwest Breast Cancer Division Teams!

If you have friends you'd like to encourage to join the sport of Dragon Boating, feel free to mail this newsletter to them. You can include a note on your experiences and what fun it is to paddle with a great group of people who've 'been there, done that'! Simply fold the newsletter in half for easy mailing or 'handing off' and address it to your friend(s)!

You can E-mail other BCS

team captains in your area of the Midwest to let them know too. Since we're just beginning, we don't know where all the BCS teams are and we don't want to forget anyone either.

I'm sure some teams may have been together for years and would have some exciting stories to share. Your help in getting the word out, or letting me know, would be appreciated. We welcome all the Midwest BCS Teams to join our newsletter group and be recognized.

I know each Team has some pretty heart-warming and interesting stories. Some will make us laugh, some will make us sit in amazement and some will make us cry. But you're

important! Maybe the Fall issue can be just about all the **BCS Teams** in the Midwest. Wouldn't that be great! So be sure to save those special stories and pictures as you go through the summer with your area Dragon Boat events. Your Team Captain can send a picture of your team at an event and the team can add a little story about how long you've been together, etc.

Please send your photo(s) and information for the Fall Newsletter to me by October 15, 2008 to bcsdistrict@yahoo.com!

You can also send the photos and information to my Fort Dodge, Iowa address if you do not have E-mail. Either way, hope to hear from you!

