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To all the Midwest BCS Teams...

THANK YOU!

A big "THANK YOU" to all the BCS Teams that sent in their 2008 dragon boat season team articles and pictures for the 2008 Fall BCS Newsletter! You made it a fantastic issue! Be it with racing or doing fundraisers, it appears all the teams were kept busy!

I think you will agree that the Fall issue was really fun to read as we learned about our sister BCS teams. It was great to share pictures and see where other BCS Teams are located. We hope to have a few more teams sending in information on their team this

Fall as they become more active or become involved in other activities. It will be great to share pictures and stories this Fall of our 2009 dragon boat season! So, capture those "special moments" to send my way around September!

ADBA Holds Annual Meeting

The Annual Meeting of the American Dragon Boat Association (ADBA) was held in January in Iowa.

The meeting was called to order by President Ron with the meeting minutes and agenda covered by Secretary Sue. The Treasurer's Report followed which included the balance sheet and budget vs. actual. An update on the year-end budget was also given by

Treasurer John. The fleet of boats underwent repairs and general refurbishment this past year but that expense will not be as high this year.

The meeting also covered discussions on insurance policies and renewal dates, 2009 mileage rates, the nomination and election of officers, the preliminary racing events schedule, preparing a USDBF AGM Regional report

and the identification of Sue, John and Kevin as Central Region representatives for the USDBF annual meeting with Linda as an alternate. Cheryl would also be attending as an ADBA BCS Representative.

As hosts, the ADBA would be providing the food for the breaks at the USDBF AGM. Thereafter, the meeting adjourned.

Some of Life's Little Paradoxes...

- Why are there locks on the doors of stores that are open 24 hours a day?
- If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?
- Why does mineral water that has "trickled through mountains for centuries" go out of date next year?
- It's easy to identify people who can't count to 10 or 12.
- Bumper sticker: Honk if you love peace and quiet!
- Why do banks leave the door wide open but the pens chained to the counter?
- They're in front of you in the supermarket express line!
- A fine is a tax for doing wrong. A tax is a fine for doing well.
- If the #2 pencil is the most popular, why is it still #2?
- Why do they call it a TV set when you only get one?
- Why is it called a "drive through" if you have to stop?
- Why are they called stairs inside but steps outside?
- Why don't they make planes out of the indestructible stuff the black boxes are made of?
- Why are Softballs hard?

USDBF AGM in Bloomington, Minnesota

USDBF AGM – what is that you wonder? It stands for ...United States Dragon Boat Federation Annual General Meeting!! Now that was pretty simple!

Once you know what it stands for, it doesn't look so strange. Actually, you are expanding your knowledge about dragon boating and learning about your team association with them. Let me use a ladder as a learning tool and take you on a climb down the ladder from the USDBF level to the BCS level.

The USDBF is the governing body of dragon boating at the top of the ladder. On the next step down, there are three regions represented within the USDBF to cover the United States – the Eastern Region (East Coast), the Central Region (Midwest) and the Pacific Region (West Coast). These regions come together at the USDBF AGM. We are the Central Region comprised of the teams from the Midwest. Our Region lead is the American Dragon Boat Association (ADBA) which is comprised of the individual dragon boat teams in the Midwest and affiliated teams like the BCS Teams.

The ADBA formed a Midwest regional circuit in 1989. The next several years brought 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. Later came the Dubuque Dragon Boat Association. The BCS Teams come into the picture as another group under an area dragon boat association/group. The Midwest teams can join the ADBA to have the dragon boat association within their area correspond with the American Dragon Boat Association to represent their views, etc. to the USDBF. The rules and regulations governing the teams all go back up the ladder to the USDBF as the governing body.

Annually, there is a USDBF AGM that rotates to each region. The previous annual meeting was hosted by the Pacific Region in Long Beach, California. This year, the Central Region hosted the

annual meeting at the Marriott in Bloomington, Minnesota. The next annual meeting will be hosted by the Eastern Region. There, you just completed lesson USDBF 101!!

Understanding the USDBF a little better now, let me report on my attendance at the USDBF AGM as a BCS Representative for the Midwest or Central Region. Our first day opened with roll call, identification of voting members and the normal order of business including Minutes and the Treasurer's Report with related discussion items. Reports were given by representatives regarding the status of the 2010 Nationals in Chattanooga, Tennessee; the 2011 Worlds in Tampa, Florida; and Team USA. The USDBF Mission statement was discussed and approved. President Ginny gave an overview of the suggested committees for break-out discussion in the afternoon; namely, Nationals & RFP; Insurance; Team USA; Fund Raising and Outreach; and BCS/Special Interest Divisions.

The afternoon business was participation in committee discussions and reporting back to the group. The committees did their break-out session in different rooms at the hotel. Obviously, our Committee was the BCS/Special Interest Divisions Committee. There were five discussion members present for our Committee discussions. The questions posed to our Committee were:

- 1) Who are the existing paddling special interest groups (i.e. breast cancer, blind, deaf, cancer of any type, special needs)?
- 2) Where are they located?
- 3) How do their events handle including them when they are the only special interest group in the event?
- 4) What are the special interest groups most interested in Dragon Boating?
- 5) Sponsorship?
- 6) How to grow the group in the U.S.?

Later in the afternoon, the various Committees returned to the meeting room

to report on their Committee work. A lot of discussion sharing took place as reports were given and the group later convened for the evening.

The next morning the remaining Committee Reports were given and discussed. Other USDBF issues were covered such as insurance, follow-up approval issues and conference call schedules/plans and due dates for Committee work. The election of Officers for President and Secretary were held. President Ginny, Vice President Barb and Secretary Bob (with his wife's typing abilities) are below. Treasurer Steve joined the meeting via teleconference.



There was also a request and discussion on the need to add a 2nd Vice President and a Corresponding Secretary. Candidates will be obtained, interviewed and elected in follow-up teleconferences.

After lunch, an International Dragon Boat Federation (IDBF) report/discussion was given followed by Regional Reports. Representatives present from the Pacific, Central and Eastern Regions each reported on activities and events during the past year and any upcoming newsworthy items in their Region. The USDBF also talked about increasing regional involvement and long range planning goals. The date and location of the next USDBF AGM was discussed and set for November 14-15, 2009 in Chattanooga, TN. After summarizing future communication dates and notes, the annual meeting adjourned.

There Are More Midwest BCS Teams Out There!

Well, it's been a year now and we have found some sister BCS teams in the Midwest! Yeah!! What a good feeling to be able to locate other BCS Teams pulling together for each other! A big "Thank You" to all those teams that I've had contact with over this past year!

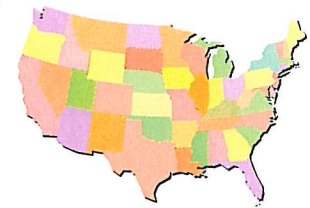
Even though it is exciting to discover where the BCS teams are located, what is even more exciting is hearing or reading about the activities each BCS team is involved in while supporting each other and their communities. The energy level is high, the determination is real and the compassion is heartfelt. You are all one special group of caring people!

We haven't heard from all the Teams and we know there are more out there...let's locate them!!

Midwest BCS Team Locations

- Vessel of Hope, Cedar Rapids, IA
- Breast of Friends, Dubuque, IA
- Fighting Angels Abreast, Fort Dodge, IA
- Indy SurviveOars, Indianapolis, IN
- Detroit Karmanos Life Preservers, Detroit, MI
- Survivor Sistership, Duluth, MN
- Survivor & Supporters I, Duluth, MN
- Survivor & Supporters II, Duluth, MN
- Dragon Divas, Minneapolis, MN
- Making Waves, Rochester, MN
- The Dragon Dream Team, Akron, OH
- Pink Phurree, Houston TX,
- Team Survivor, Madison, WI
- Pink Paddling Power, Racine, WI

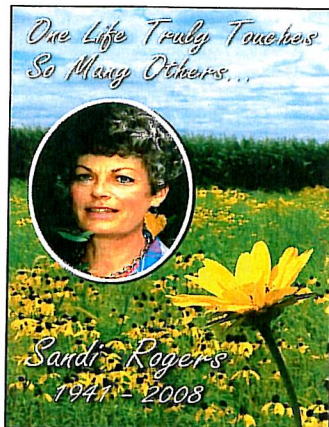
(Located via E-mail contacts or searches)



Let's find the other BCS sister teams out there!



IN MEMORY OF ... Sandi Rogers from Fort Dodge, IA



**Sandi Rogers,
Fighting Angels
Abreast
Team Member**

Sandi Rogers passed away Sunday, December 14, 2008 in Fort Dodge, Iowa following a courageous 29 year battle with cancer. She was diagnosed in 1989 with a melanoma, in 1996 she had breast cancer and in 2008, was diagnosed with a metastatic melanoma.

Sandi graduated from grade school and high school in Iowa. She attended the Northwest Institute of Medical Technology in Minneapolis, Minnesota. Sandi worked as a Lab Technician at Mary Greeley Hospital in Ames, Boone County Hospital in Boone, and then Lutheran Hospital in Fort Dodge. She married, and she and her husband moved to Fort Dodge where they operated their business. She served as a bookkeeper for their business and later for her son's business.

When first moving to Fort Dodge, Sandi sang with the Fort Dodge Glee Club and most recently with the Sunshine Singers in

Fort Dodge. She sang with the Sunshine Singers March Music Ministry program at the same time she was receiving radiation at Mayo Clinic last spring. Sandi belonged to Trinity United Methodist Church and sang in the church choir. Additionally, she mentored a confirmation class. Following her husband's death, she also volunteered with Trinity Hospice.

Sandi loved to sing and enjoyed being outside on her acreage planting many flowers and trees. Her greatest love was for her family and spending time with them. During the last two years, Sandi took on a new adventure and climbed at least 15 of the 57 different 14,000 foot mountains in Colorado with her special friend.

Sandi paddled with the Fort Dodge Fighting Angels Abreast BCS Dragon Boat team until last spring. She was always ready to paddle with the team at the Fort Dodge Festival.

IN MEMORY OF ... Tenley Anne Ireland-Witte from Duluth, MN



**Tenley Anne
Ireland-Witte,
Survivor Sistership
Team Member**

Tenley Anne Ireland-Witte of Duluth, Minnesota, went to be with our Lord on March 3, 2009. Tenley was born on March 11, 1958 in Seattle, Washington, to parents, Donald and Janet Ireland.

She was a 1976 graduate of Duluth High School. After High School she attended a one year study at the Torchbearers Bible School in England and Sweden. Upon returning to the United States, she received her Bachelors degree in Social Work from Bethel College and a Masters degree in Social Work from the University of Minnesota, Minneapolis campus.

She was a member of Lakeview Covenant Church in Duluth and loved

her church family. On Oct. 18, 1997, Tenley married John Witte and they resided together in Duluth.

The span of her professional career started in Washington, D.C. as she worked on Capitol Hill for two Congressmen. During that time, she volunteered to help organize and set up one of the gala balls for President Ronald Reagan's second inauguration and worked with one of the Congressmen to have a pavilion permanently on display at the Smithsonian's American History Museum.

After over five years in Washington, D.C., she returned to Duluth where she practiced Social Work at Polinsky; followed by the Range Mental Health Agency (RMHA). During her tenure at RMHA, she began her work with school children at the Albrook School. It was there where the students, themselves, told her that she impacted the next generation by the way she reached out and gave to this unique group of students. She made a difference in their lives by listening and providing advice, along with introducing life experiences to these students that included several weekend outings. Tenley's legacy lives on in their lives and in the lives of their children.

Most recently, Tenley left a legacy with those she came into contact with at PATH in Duluth, where she was a social worker placing children with families in foster care and adoptions. It was there where she poured herself into each child and each home wanting the best for individuals involved. In addition, she was a speaker and advocate in her field. A common thread in Tenley's rich life was her love of people. Tenley paddled with the Survivor Sistership team as a crew member for five years at the Dragon Boat races in Superior, Wisconsin...a boat filled with team members of breast cancer survivors. She was

an inspiration to team members and donors that contributed to the cause. She made an adventure out of even the most mundane events. She had such a sparkle -- was always ready to laugh. She enjoyed mentoring young women basing advice on Godly principles. Tenley's approach to everything started from a position of love and compassion for others and a desire to honor God. Those goals really guided her life. She was quick to see the pain in others and would offer compassion and really wise advice.

She was preceded in death by her mother, Janet, and younger sister, Julie. Tenley will be remembered by her loving husband of 11 years, John, who deeply misses his 'special gal' and who supported her from day one in many ways. Also having shared in Tenley's life was her dad, Don, of Duluth, who was a strong supporter of Tenley, especially at the local festival; her mother-in-law, Ethel; her sister, Dana and husband, Michael of Herndon, Virginia; and nieces, Julie and Cristina -- again, her legacy lives on in the girls' lives as they fondly call attention to life principles that their Auntie taught and lived by.

In lieu of flowers, donations were made to Tenley's favorite works: Lakeview Covenant Church Scholarship Fund in Tenley's name (1001 Jean Duluth Rd., Duluth, MN 55804) and Survivor Sistership (c/o Nancy Lowney, 2431 Jefferson St., Duluth, MN 55812), Tenley's BCS Team. Even toward the latter part of her life, Tenley was thinking of her "sisters"...it was her wish to raise money to buy life jackets for each team member. Through her caring concern, it is happening!

Tenley, we raise our Paddles in memory of you with Thanks! Love, the Sistership!

Food for Thought..

We are all part of something bigger, we're born into families, we're educated in schools, we worship in many faiths. Our schools and worship are in communities, in towns, in states, countries, the world...in which we all share.

And each deed we do, either good or bad, is like a pebble dropped into a pond. Out go the ripples, spreading well beyond what one little pebble can accomplish, thus reaching farther into our world.

Make the world a better place!! Our little ripples can make a difference!!



Dragon Boat Jewelry Available!

Would you like to wear some Breast Cancer Ribbon Dragon Boat jewelry? Shown below are some of the items available. This 'paddle' jewelry will have people come up to you and inquire, "Where did you get your earrings...or necklace?"

Well, you can tell them that Linda (one of our leaders and BCS team founders) in Fort Dodge, Iowa has a great selection! If you come to the 13th Annual Dragon Boat Bash at Kennedy Park in Fort Dodge, Iowa on August 15, 2009, you can see all of her pieces...it is for a fundraiser.

To order, just send Linda a note with the following:

- Item & number (listed under the picture) and quantity.
- Payment for total item(s) amount plus Shipping of \$3.00 for the first item and \$1.00 for each additional item...no sales tax...checks payable to Fort Dodge Rotary Club.
- Send order with your payment to: Fort Dodge Rotary Club
Attn: Linda
PO Box 189
Fort Dodge, IA 50501

THANK YOU!



Pendant-CPP06-P-S
\$29.00



Pendant-CPP07-P-S
\$27.00



Pendant-CPP08-P-S
\$25.00



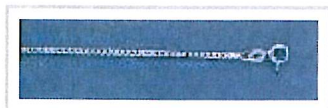
Earrings-CPP02-E-S
\$26.00



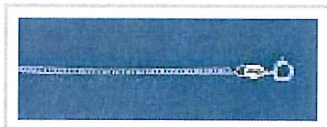
Earrings-CPP01
\$16.00



Toe Ring-CPP01-T-S
\$16.00



Box Chain
\$18.00



Link Chain
\$20.00

The Box Chain comes in 16 and 18 inch lengths.

The Link Chain comes in 16 and 18 inch lengths.

Dragon Boat Events Calendar for 2009!

Listed below are the dates and locations of race events turned into the ADBA as of March 8, 2009. Looking for a different vacation spot this summer? Maybe check out these areas and plan on a Dragon Boating adventure!

DATE	PLACE	CONTACT
March 28 & 29	Phoenix, AZ	Contact Gurmeet Attra at 480-559-3337 or E-mail gkattra@yahoo.com
May 2	Houston, TX	Contact Carolyn Long at 832-687-7208 or E-mail caroline@houstondragonboat.com
May 3	Burlington, IA	Melissa Nelson-Chiprez at 319-753-2211, Ext. 1235 (W) or E-mail man_57350@yahoo.com
May 16	Dallas / Fort Worth, TX	Contact Katherine Dress via E-mail at kathrine.dress@verizon.net
June 6	St. Louis, MO	John W. Marshall at 314-842-8655 x189 or E-mail jmarshall@SignatureHealth.net
June 7	Waterloo, IA	Cory Lang at 319-266-0568 or E-mail to clang@cr.k12.ia.us
June 6 & 7	Evansville, IN	Jamie Morris at 812-425-3828 or E-mail info@funkinthecity.com and jmorris@bgclubevv.org
June 13 - 14	St. Charles, IL	Joy Meierhans via E-mail at JM@TheMeierhans.com or via phone 630-557-2575
June 20 & 21	South Haven, MI	Call Deb Myers at 269-637-3657 or E-mail k9srus2@hotmail.com
June 27	Cedar Rapids, IA	E-mail Sherri Weaver at Sherri.Weaver@nexteraenergy.com
July 11	Racine, WI	Pat Faulk (the event hot line) at 262-632-0530 or send E-mail to patfaulk@cmcracine.org at: info@midwestdragonboatfestival.com
July 11 – 12	St. Paul, MN	Roger Lee via E-mail at rogerlee@dragonfestival.org
July 18	Lake View, IA	John M. Scott via E-mail John.Scott@fbfs.com or via telephone at 712-830-4317
July 25	Chicago, IL	Call Man-Men Lee at 312-326-5320 or via E-mail at manmen@chicagochinatown.org
July 25	Grand Marais, MN	Call Debbie Neitzke at 218-387-2578 or via E-mail at dneitzke@boreal.org
July 25 & 26	Denver, CO	Contact Derek Herman at race@cdbf.com
August 1	Bemidji, MN	Send E-mail to Gary Johnson at gj3456@paulbunyan.net
August 1	Des Moines, IA	Ted Cochran at ted@myangelfoundation.org
August 2	Iowa City, IA	Kevin Meller at 319-325-1396 or send E-mail to kmeller26@netscape.net
August 8	Manitowoc, WI	Melissa Cain – phone 920-684-0361 or mcaain@UnitedOne.org
August 8	Starbuck, MN	Contact the Chamber of Commerce at 320-239-4220 or via E-mail at starbuckchamber@hcinet.net
August 15	Ft. Dodge, IA	Letitia Christnagel at 515-955-5424 or send E-mail to tish12@frontiernet.net
August 22	Superior, WI	Contact Joe Radtke at 715-392-7131 or via E-mail at jrbim@aol.com
August 23	COE College	Tom Hicks at 319-399-826 or E-mail at thicks@coe.edu
Sept. 12 & 13	Dubuque, IA	Sue Miller at 563-542-0605 or via E-mail Dboatsue2@aol.com
Sept. 25 to 27	The Woodlands, TX	Roxanne Davis at 281-367-9622, Ext. 223 or via E-mail rdavis@ymcahouston.org

DATE	PLACE	CONTACT
October 4	Oklahoma City, OK	Contact Mike Knopp at 405-412-0766 or via E-mail at mknopp@chesapeakeboathouse.org
October 17 & 18	Houston, TX	Contact Carolyn Long at 832-687-7208 or caroline@houstondragonboat.com

Read About Your Team in the Fall BCS Newsletter Issue!

This newsletter is for you, the Midwest Breast Cancer Survivor Teams.

The 2009 Fall newsletter issue will again be dedicated to all the teams in the Midwest. Have a designated person on your team capture your team in action this season. Then, have someone write an article about what your team did this year. You can include races you attended, any activities you were involved in, fundraisers, etc. Each team will have their own page so send some pictures too, especially one of your team!

If you meet another team during your summer this year, please let them know about the newsletter and have them contact me so we can include their team in the newsletter as

well. We'd like to reach out to all the Midwest teams and introduce ourselves to each other. Gradually, we may have an opportunity to meet each other at a festival or another event but we need to be aware of each other first.

Copies of the Fall BCS Newsletter issue will be taken to the USDBF AGM in November (and you know what those initials stand for)! So please send your team information to me by **October 1, 2009** to allow me time to prepare the Fall newsletter and correspond with teams if needed.

Also, we want to remember our sisters whom we've lost this year! We hope we don't have to use this space, but if someone from your team left you this year, there is an "In Memory of" section available in the newsletter.

Additionally, send a picture and a little write up about your BCS sister for the memoriam so other BCS teams can remember her as well. We can all use each other's support whether it be with paddling or caring about another team's BCS sister!

Send your BCS Team newsletter article and pictures 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

Please send your 2009 Fall Newsletter BCS Team article and pictures to Cheryl by **October 1, 2009 at www.bcsdistrict@yahoo.com.**

Tips, Tricks and Time Saving Hints!

Do you have some you can share?

The idea came up while speaking with another BCS team member from Minnesota. Getting started or taking over a team position isn't always easy. There are teams that have been paddling together for many years with wonderful shortcuts they've learned over the years by trial and error or by just brainstorming.

Be it paddling, tent decorations, fundraising hints, picture-taking do's and don'ts, packing for a race...or what not to pack...you may save some time for a team or make someone's day with your idea!

Any tidbit would be appreciated!

Here's one that was suggested for identifying seating assignments in the boat on race day:

Draw the outline of the boat on a piece of paper...the front of the boat at the top of the sheet, shaping down to the back of the boat at the bottom. Draw the necessary number of lines in between to simulate the seats. Then hang the outline in your tent. Each team member is given a clothespin (clamp type) with their name written on it (there are some pretty pink plastic ones too). Each team member simply clamps their clothespin onto the line simulating their position or seat in the boat. When requested to line up for the race... they know their assignment and are ready!



Now surprisingly, it does work... especially when the line-up needs adjustment for last minute changes.

How slick was that little idea! I'm sure there are more.

We'd love to hear what tips or ideas other teams may have. Please send your ideas to me when you send your team article...or when one comes to mind. I'm sure the other teams would appreciate the tip! We'll put them together for a future newsletter!

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

**The BCS
Dragon Boaters
Newsletter**

E-MAIL:
bcsdistrict@yahoo.com

View the Newsletter on
the ADBA Website!

Check out the site at:
www.americandragonboat.com

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 Central Region (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 have '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. We're still finding out where all the BCS teams are located and you may know of a new team. We don't want to forget anyone!

Some teams have been together for years and have some exciting stories to share. New teams also have a fantastic story to tell. 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 that unfold during events or from the participants. Some will make us laugh, some will make us stare in amazement

and some will make us cry. But you're important! Be sure to save those special stories and pictures as you go through the summer with your area Dragon Boat events. Your Team Captain, or designated Team member, can send pictures of your team at events and add a description about what your BCS team did this year whether it be racing or helping at a fundraiser.

Please send your photos and team information for the Fall Newsletter to me by October 1, 2009 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!

