



The BCS Dragon Boaters



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Midwest BCS Teams Shine in Fall Issue!

The Midwest BCS Teams sure came through this past Fall to share their team news! It was great ..."THANK YOU" from the bottom of my heart!

It was truly inspiring to read of all the activities the teams involved themselves in from racing, to fundraisers, to community work. There were so many extra efforts put out by each of the teams, along

with supporters and coaches, etc., that one can't help but want to be a part of it. It is just so rewarding!

On the other hand, the energy exhibited and zest for life give us all that extra push to say "I can do it!" We strive to stay positive and celebrate life! That image is captured by family, friends and spectators as they observe us all in action.

We want them to know there is life after cancer and to never give up and to seek support. Not individually, but together, we show we can make a difference in the fight for cancer survivors or supporters to want to go on and enjoy life.

May you always hold that feeling and shine like a beacon to others!

ADBA Annual Meeting Held in January, 2010

The Annual Meeting of the American Dragon Boat Association (ADBA) was held January 16, 2010 in East Dubuque, Illinois. The option for attending via teleconference was also made available to members unable to attend in person.

The meeting was called to order by President Ron Hau. The Secretary's Report and Treasurer's Report followed. The election of officers for the positions of President and Secretary were held. Linda Donner had been nominated for President but declined the nomination. There were no other nominations for the respective offices. Additionally, no nominations had been received for the ADBA BCS Representative. Nominations closed and votes were cast. Ron Hau was re-elected as ADBA President and Sue Miller was re-elected as Secretary. Other officers are Kevin Hotop, Vice President and John Miller,

Treasurer. The ADBA thanked Cheryl for her service as ADBA BCS Representative. The search for a replacement will continue.

ADBA Representatives attending the USDBF Annual General Meeting held in Chattanooga, Tennessee in November 2009 reported on the meeting. The USDBF will retain Bob McNamara as head coach as well as the rest of the Prague coaching staff for Team USA. The U.S. Nationals is now termed Club Crew Nationals and a BCS division awarding the Dana Nelson Cup will be added to this event being held on July 23-25, 2010 in Chattanooga, Tennessee.

Various committees were also established at the USDBF Annual Meeting to improve and research services and to assist members. The USDBF website is now up and running as well.

A paddling clinic is being planned for the Midwest this

year. Teams will be notified by e-mail to determine interest. Possible sites discussed were Chicago, Minneapolis, or Denver. After team feedback, the location and date for the training will be determined.

There was discussion regarding the implementation of a Central Region race Circuit among ADBA affiliate festivals. Points would be awarded to teams that travel to races on the circuit and place, thus accumulating points to determine regional championship crews. A Race Circuit Committee was established to look at this.

In other business, it was suggested pertinent minutes, agendas, etc. be sent to the ADBA affiliates. Members are also reminded to visit the ADBA website at www.americandragonboat.com.

With no further business, the meeting adjourned.

USDBF AGM Held November, 2009 in Chattanooga, TN

The USDBF AGM – United States Dragon Boat Federation Annual General Meeting – was held November 14 & 15, 2009, in Chattanooga, Tennessee. The attendees were welcomed by President Ginny O'Hare and the usual business of Secretary's and Treasurer's reports followed. The agenda and goals for the weekend were briefly discussed.

During the morning business, three new Committees were established to discuss, research, and achieve goals set by the USDBF in covering the needs of the organization and its members. The committee members for New Festivals & Recreational Clubs; Team USA; and Website & Communications broke into groups for discussion. These committees would continue to meet via teleconference meetings throughout the year. Additionally throughout the year, there would be quarterly teleconferences with the Officers and Boards members to ensure better communication in achieving the goals and ambitions of the USDBF.

Penny, the host organizer of the USDBF Club Crew National Championships to be held in Chattanooga in 2010 on July 23-25, and two Committee Members, updated the USDBF on the progress of the arrangements for the July event. Subcommittees for Promotions, Logistics, Fundraising, Transportation & Shuttling, and Volunteers had been established. There is strong local support for the sport and all seems to be progressing favorably. After the business of the day, Penny took the group to the race site and explained the race course, site set up, and layout (picture below).



It was also proposed that Nationals this

year include a Breast Cancer Survivor (BCS) Division. The USDBF received a proposal to award the 2nd Annual Dana Nelson Memorial Challenge Cup at the July 2010 USDBF Club Crew Nationals event. This award was started in memory of Dana Nelson by the Wasabi SOAR BCS Dragon Boat Team. The USDBF acknowledges the BCS teams are growing and will establish the criteria for this division into the races.

In conjunction with Nationals, Penny and Raul are putting together a book entitled "Reaching for Life". Chapters will present stories of courageous women and men connected to both breast cancer and the sport of dragon boat racing. Invitations went out to teams, and individuals, all across the U.S. as well as Australia and Canada. They hope to have the book published in the Spring and available at the USDBF Club Crew National Championships.

The USDBF Anti-Doping Policy and Procedure was reviewed and discussed. The cost for testing is expensive but needs to be done professionally. Some of the discussion points regarded random testing of athletes, reasonable suspicions, who should pay for the testing, cheating in being tested, and rules to follow. The USDBF will follow the Anti-Doping Policy of the IDBF which does not tolerate the use of performance-enhancing agents.

A Team USA Prague Report was given. The course was reported as a bit of a problem due to the water levels but the USA did very well receiving several medals. There were 318 people who traveled to Prague and 78 supporters.

An update on Worlds 2011 to be held in Tampa was given by organizing committee representatives. As 2011 will be the 20th Anniversary of the IDBF, they will be working on a Hall of Fame type recognition of this along with other activities for Worlds like a trade show and other celebrations of dragon boating events. The Worlds Committee is also working on housing close by for athletes and a translator/interpreter to be available for every 75 participants. Food will be

available close by and shuttle services are also being arranged. The race course will be on salt water and an electronic timing tower will be tested in the Fall of 2010. Committee goals are for a superior race course, good officiating, many competitive teams, and a fun time with much hospitality.

An IDBF Report was given at the Annual Meeting. Teheran, Iran will be the location for Worlds in 2013 since they won the bid. It was discussed that the Iranian government will have to educate participants regarding some issues such as safety, how women would dress, attitude ... an overall cultural education. It was also reported that Ginny O'Hare was elected as Regional Representative for North America and Bob Morro was re-elected for a second term as Vice President of the IDBF.

Elections for USDBF positions of 1st Vice President, 2nd Vice President, and Treasurer were held. Nominations were read. There were no nominations for the Second Vice President position so it was motioned the position remain open until the next Annual General Meeting. Barb Michaels was re-elected as 1st Vice President for a two-year term and Steve Brownlow was re-elected as Treasurer for a two-year term.

After Regional Reports were given, previous Committee Reports were turned in, USDBF Website updates were viewed (www.usdbf.org), and future dates were set, the Annual Meeting adjourned.



Central Region (ADBA) Representatives (above) attending the AGM were Sue Miller (left), Linda Donner (right), and Cheryl Lychwick (taking the picture!). Barb Michaels, standing behind Linda, is from the Central Region (ADBA) also and was re-elected 1st Vice President.

14 Midwest BCS Teams Respond to Survey!

Thank You to all the Midwest BCS Teams that responded to our USDBF BCS/ Special Interest Teams Committee survey/form last year. As explained in the correspondence that accompanied the form, the number of BCS teams are growing and the USDBF wanted to be able to include the BCS division in their discussions to assist the teams where they can. In order to do that, they needed some feedback from the teams regarding locations, type of teams and concerns of the respective teams from each region. Your response was a starting point and I Thank You again for your cooperation.

The BCS survey responses from the Eastern, Central (Midwest) and Pacific Regions were submitted in a report presented to the USDBF President at the Annual General Meeting in November 2009. The Midwest had the highest participation in response to the form! Although our USDBF BCS/Special Interest Teams Committee had an impressive report, it was noted that no Special Interest Teams (i.e. blind, deaf, physically/ developmentally challenged) were represented or located. The Committee was asked to do further work in locating the Special Interest teams and reporting back to the USDBF with a follow-up report. So, even though the Committee work is still ongoing, I sincerely appreciated your help to gather the data for the Central Region (Midwest ADDBA) BCS teams!

Your sister teams that responded to the survey were:

- Vessel of Hope, Cedar Rapids, IA
- Breast of Friends, Dubuque, IA
- Fighting Angels Abreast, Fort Dodge, IA
- Indy SurviveOars, Indianapolis, IN
- Survivor Sistership, Duluth, MN
- Survivor & Supporters I, Duluth, MN & Superior, WI
- The Many Faces of Breast Cancer Team I, Duluth, MN & Superior, WI
- The Many Faces of Breast Cancer Team II, Duluth, MN & Superior, WI
- Making Waves, Rochester, MN
- Dragon Divas, St. Paul, MN
- Dragon Dream Team, Akron, OH
- Pink Phurree BCS Dragon Boat Team, Houston TX
- TEAMSurvivor Madison, Inc., Madison, WI
- Pink Paddling Power, Racine, WI

Although this is information gathered by the Committee to assist the USDBF, I think this general information can be shared with those of you that reported for our Region. It was interesting to note the year the 14 Midwest teams reporting were started:

- 2002 – one team
- 2003 – two teams
- 2005 – three teams
- 2006 – two teams
- 2007 – four teams
- 2009 – two teams



Also some general information of interest was the member type of BCS teams among the 14 Midwest teams reporting:

6 – All Breast Cancer Survivors

8 – Breast Cancer Survivors with Mixed Cancer Survivors and/or Supporters

We know there is more work to be done for the future but the survey was a start. Midwest teams at least know where our sister teams are located. If your team goes to a Midwest Festival and meets a new BCS team, by all means, 'Welcome' them and encourage them to be counted. Have them contact our Midwest ADDBA Board at www.americandragonboat.com.

You can be proud of what your team has accomplished and you know how much the unity and support of each other means to a survivor. One can also feel the comfort, concern and love of the Supporters! We're alive!

2010 USDBF Club Crew National Championships in July!

Come for the competition, come for the fun, come for the scenery – the 2010 USDBF Club Crew National Championships are worth the trip from anywhere. All U.S. club crew teams are invited to paddle on Chickamauga Lake in the Scenic City (Chattanooga, Tennessee) from July 23-25, 2010.

Registration is \$950 per club team; featuring a special BCS race in memory of Dana Nelson; and the release of Reaching for Life, a book about BCS dragon boaters. It will be an exciting event for everyone. Bring your Best! More info: www.usdbf.org or www.racedragonboats.com. (Note from Penny Behling, Host Organizer).

Note from the Editor: The USDBF is offering this opportunity to BCS Teams--a BCS division at Club Crew Nationals! If your BCS team wants to meet other BCS Teams from across the U.S. and test your paddling skills at a more competitive level, the USDBF invites you to come join in the fun at Chattanooga on July 23-25!!

Midwest Dragon Boat Events Calendar for 2010!

Listed below are the dates and locations of Midwest race events turned into the ADDBA (starting in April due to the date of this issue). Schedule a weekend get away this summer at one of these Dragon Boating adventures!

DATE	PLACE	CONTACT
March 27 & 28	Phoenix, AZ	www.azdba.com
April 24	Austin, TX	www.austincoolers.com
May 1	Houston, TX	www.texasdragonboat.com
May 2	Burlington, IA	Deb Brueck at 319-759-2131 (c) or e-mail dbrueck@burlington.k12.ia.us
May 16	Dallas / Fort Worth, TX	www.dfwdragonboatfestival.com
June 5	Evansville, IN	Jamie Morris at 812-425-3828 or e-mail info@funkinthecity.com and jmorris@bgclubevv.org
June 6	Waterloo, IA	Cory Lang at 319-290-8050 or e-mail to clang@cr.k12.ia.us
June 12 & 13	St. Charles, IL	Joy Meierhans via e-mail at JM@TheMeierhans.com and pwasylyszyn@msn.com or via phone 630-557-2575
June 19 & 20	South Haven, MI	Call Deb Myers at 269-637-3657 or e-mail k9srus2@hotmail.com
June 26	Madison, WI	info@capitallakesdragonfest.com
July 10	Racine, WI	Pat Faulk (event hot line) at 262-632-0530 or send e-mail to patfaulk@cmcracine.org at: info@midwestdragonboatfestival.com
July 10 & 11	St. Paul, MN	Roger Lee via e-mail at rogerlee@dragonfestival.org
July 17	Lake View, IA	John M. Scott via email: John.Scott@fbfs.com or via telephone at: 712-830-4317
July 24	Chicago, IL	Call Man-Men Lee at 312-326-5320 or via e-mail at manmen@chicagochinatown.org
July 24 & 25	Denver, CO	Contact Derek Herman at race@cdbf.com
July 23, 24 & 25	US National Club Crew Races Chattanooga, TN	www.usdbf.com
July 31	Fort Dodge, IA	Letitia Christnagel at 515-955-5424 or send e-mail to: tish12@frontiernet.net
July 31 & Aug. 1	Grand Marais, MN	www.northshoredragonboat.com/
August 7	Manitowoc, WI	Contact Paul Frey via e-mail at: paulfrey1@hotmail.com
August 7	Bemidji, MN	Send e-mail to Gary Johnson at: gj3456@paulbunyan.net
August 14	Starbuck, MN	Contact Lori at the Chamber of Commerce at 320-239-4220 or via e-mail at: starbuckchamber@hcinet.net
August 21	St. Louis, MO	www.gatewaydragonboat.org
August 28	Superior, WI	Contact Joe Radtke at 715-392-7131 or via e-mail at: jrbim@aol.com
August 28	Iowa City, IA	Jess Mimick at 319-335-4152 or send e-mail to: jessica-mimick@uiowa.edu
August 29	COE College	Tom Hicks at 319-399-8261 or e-mail at thicks@coe.edu
Sept. 11 & 12	Dubuque, IA	Sue Miller at 563-542-0605 - via e-mail Dboatsue2@aol.com
September 11	Shreveport, LA	www.rotaryclubofshreveport.org

DATE	PLACE	CONTACT
Sept. 24, 25 & 26	The Woodlands, TX	Roxanne Davis at 281-367-9622 x223 or via e-mail rdavis@ymcahouston.org
September 25	Oshkosh, WI	www.uwosh.edu/dragonboat
October 9 & 10	Oklahoma City, OK	Contact Mary Jo Hope at 405-232-5900 ext 18 or via e-mail at mjhope@chesapeakeboathouse.org
October 16 & 17	Houston, TX	www.texasdragonboat.com

May 5, 2010

Awaiting response

Confirm Dates Later

International Dragon Boat Festival in Peterborough, Canada!

Survivors Abreast is thrilled to host an international festival for breast cancer survivors from around the world. We can't wait until June 2010 and are very, very busy planning and preparing for a successful and well-run event. We want everyone to leave with warm memories and newly made friends.

Peterborough, Ontario, Canada is the host for the International Dragon Boat Festival 2010 for Breast Cancer Survivors, to be held June 11 to 13. The event is organized under the auspices of the International Breast Cancer Paddling Commission (IBPC).

Previously, two international festivals for breast cancer dragon boat teams were held, Abreast in Australia Caloundra 2007 and the Tenth Anniversary Celebrations in Vancouver 2005. At both Caloundra and Vancouver, the emphasis was on raising awareness, participation and inclusiveness.

The IBPC formed to oversee these international festivals and to ensure a standard for participants, paddling venues and special events. For example, all paddling participants will be people who have been diagnosed with breast cancer and features will include The Sandy Smith Global Race and medals of participation for all attendees.

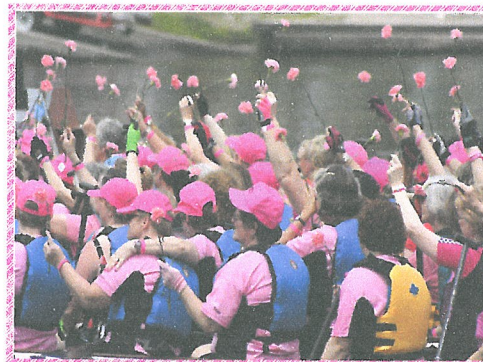
About 75 breast cancer survivor teams have registered from all over the world to visit Peterborough and paddle on Little Lake in June 2010. These teams

include: 42 from Canada (all provinces represented), 12 United States, 14 Australia, 2 England, 1 South Africa, and 2 from Italy. Composite teams will include 6 or 7 paddlers from New Zealand and possibly Singapore and Hong Kong. Up to 2000 paddlers and supporters will visit Peterborough.

Great White North (GWN) Dragon Boat, an organization based in Toronto that is experienced in running dragon boat festivals across North America, has been hired to take care of the race logistics with support and guidance from the organizing committee and volunteers.

Teams may arrive in the City starting on Saturday, June 5 and paddling practices on Little Lake will run from Tuesday, June 8, to Friday a.m. June 11. Optional tourist activities will be planned for the athletes and their families during the afternoon and evening hours. If teams arrive early, they might want to take advantage of full day tours in the beginning of the week.

Highlights of the event will include a parade of athletes, opening and closing ceremonies, a welcoming barbeque hosted by the Mayor, a gala dinner with entertainment followed by a dance with a live band, a special memorial race—The Sandy Smith Global Race, a variety of workshops for paddlers, a beer tent, vendors and information/awareness booths and the traditional flower ceremony.



On Saturday and Sunday, June 12-13, the races will take place and will end by 5:00 p.m. each day. Saturday a gala dinner at the Evinrude Centre will be held with cash bars, entertainment and keynote speakers. Cocktails 6:00 – 7:00 with dinner at 7:00 to 9:00 followed by a post-dinner dance with a live band at the nearby Memorial Centre. The theme is Pink. . . Get the Party Started! Teams will be transported to the dance and taken back to their hotels at the end of the evening.

On Sunday the event ends with the closing ceremonies in Del Cray Park—tears and goodbyes! We are counting the days until your arrival.

Paddles Up!

Carol Mutton
Co-Chair, Steering Committee
Co-Chair, Communications
Past President, Survivors Abreast
<http://www.survivorsabreast.com/>

(Article & Photo Submitted by Carol)

A Message from the Kentucky Thorough-Breasts BCS Team!

Save the Date!

The Kentucky Thorough-Breasts - Dragon Boat Derby – Pink in the Park - August 14, 2010 - AJ Jolly Park, Alexandria, Kentucky!
Registration Fee waived for BCS Teams - Event is a Fundraising event.

For more information, contact Angie King at aaking@fuse.net or 859-391-5763.

(Article submitted by Angie)

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

**The BCS
Dragon Boaters
Newsletter**

E-MAIL:
bcsdistrict@yahoo.com

View the Newsletter on
the ADBA Website!

Check out the site at:

www.americandragonboat.com

BCS News

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 ADBA) 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)!

If you meet a new BCS team at a Midwest Festival, tell them about your newsletter. 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 save your photos and team information for the Fall 2010 Newsletter.

As you may have heard, I resigned my position which allows other BCS team members to step forward. If you are interested or have questions about the position, **please** contact Ron Hau (e-mail address on the ADBA website). They'd like to have a replacement by this Fall!

