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Midwest BCS Teams Look to the Future!

They are always there for support, they are thinking of someone else, they are there to help out a fellow cancer Survivor through a cancer experience, they are smiling through tears of joy and sometimes even through tears of sadness seen in a different light. Who are 'they'?

They gather as a team or a group to promote a brighter

future, they support cancer research to find a cure for cancer, they work with lawmakers to pass laws in the fight against cancer, and they live in your area. Who are 'they'?

They are YOU...the cancer Survivor and Supporter! YOU are important and YOU are the educators and promoters of wellness with early detection.

As we continue to look to the future, let's have fun getting there and meeting each other. Be sure to check out the information in this newsletter about the next IBCPC Dragon Boat Festival to be held in 2014...in the United States! This is where Breast Cancer teams from all over come together.

Hope to see you there!

2012 ADBA Annual Meeting / USDBF Report

The Annual Meeting of the American Dragon Boat Association (ADBA) was held on February 4, 2012 in East Dubuque, Illinois and via teleconference.

President Ron Hau called the meeting to order. Sue Miller followed with the Secretary's Report and then John Miller with the Treasurer's Report. Nominations for president and secretary were presented with Ron Hau being re-elected as President and Sue Miller being re-elected as Secretary. Other ADBA officers are Vice President, Tom Donner and Treasurer, John Miller.

The next agenda item was the USDBF Annual Meeting Report. ADBA Representatives Linda Donner, Sue Miller and John Miller attended the USDBF Annual Meeting held this year via two conference calls, one week apart. The USDBF is looking for more volunteers to serve on national

committees and the Board. Committee vacancies are on the Website/PR Committee, the Training Committee and the Nationals Coach Selection Criteria Committee. Interested volunteers may contact Barb Michaels. Barb also mentioned that better communication is one of the goals for the USDBF. Anyone wanting to be added to the USDBF contact list should send e-mail contact information to Barb.

USDBF Officers for 2012 are: President, Ginny O'Hare; Vice President, Barb Michaels; Secretary, Paula Humphries; and Treasurer, John Miller. The ADBA is proud to have Barb and John from this region serving as USDBF officers!

For USDBF representation, there are open positions for ADBA Regional Representative and for ADBA Breast Cancer Representative. Interested parties should contact Sue Miller, ADBA Secretary.

Club Crew information was next on the agenda. Breast Cancer Survivor teams and Special Interest groups (i.e. blind, handicap, all cancers, etc.) are now included in the Club Crew Championships. It was also clarified that Club Crew Championships are for clubs that have been together for at least six months and the World Championships are for National Teams selected by the country. Race Circuit vs. Regional Championships discussion followed.

Paddling, Coaching and Steering Clinics were also discussed. The ADBA has officials in the Midwest to assist teams/festivals. The ADBA is always in need of volunteers to help at festivals (steering and training). If you know of someone, have them contact Sue Miller.

With no further business, the meeting adjourned.

EVENT NEWS FROM MIDWEST BREAST CANCER SURVIVOR TEAMS!

MIDWEST BCS TEAMS...

This section was set aside for all the Midwest Breast Cancer Survivor Teams to send in information about their 2012 BCS Team race event...or some special event that their BCS team is doing for the sport of dragon boating. The following teams had information they wanted to share with you for your enjoyment, to be aware of their team efforts, to learn more about them or to invite you to participate in a festival with them.

Best wish for a safe racing season and great paddling among friends in 2012! Live, Laugh, Love!

THE MANY FACES OF BREAST CANCER TEAM I and TEAM II, Duluth, Minnesota

DULUTH, MINNESOTA...

Peggy Anderson is the Coordinator of Circle of Hope, Inc. We are a 501(c)3 organization. We have two teams, The Many Faces of Breast Cancer Team I (Jim Anderson is the team captain) and The Many Faces of Breast Cancer Team II (Colleen Hasforth is the team captain.) We participate in the Lake Superior Dragon Boat Festival at Barker's Island each year. The Circle of Hope website is <http://www.circleofhopeduluth.org>.

Peggy Anderson



The Many Faces of Breast Cancer Team I



The Many Faces of Breast Cancer Team II

Circle of Hope, Inc. is located out of Duluth, MN and serves both northern Minnesota and northern Wisconsin. It is a 501(c)3 charitable organization serving the public interest of helping clients (any gender or age) in poverty and those in financial distress from a breast cancer diagnosis. Its primary mission is to provide block grants (or payments) to clients for their breast cancer treatment medical bills related to surgery, oncology/chemo, radiation, dental work (related to chemo) and prescription loophole drug coverage. Also, lymphedema expenses are covered.

This organization is committed toward improving the lives of clients affected by breast cancer. Financial help will be given based on the application and meeting specific criteria. This organization follows H.I.P.P.A. policies, adheres to patient privacy, and pays directly to providers.

Other financial, emotional resources and services are offered as well. Some services may be achieved through our community support group called **Circle of Support**, telephone calls, one-to-one meetings or participation in inclusive group activities.

The Circle of Hope organization's purpose is exclusively charitable and educational.

BREAST OF FRIENDS, Dubuque, Iowa

DUBUQUE, IOWA...

On September 8 and 9, 2012, Dubuque will be celebrating 25 years of dragon boat racing on the Mighty Mississippi River. It will also be Breast of Friends' 10th year of competition!

We would love to invite all of our "sisters" to come join us for two sunny, fun-filled days of racing at Miller River View Park! We guarantee lots of treats and loads of friendship to make your weekend one you won't soon forget.

Our motto is "There is life after breast cancer and what a great life it is!" and we would enjoy sharing it with all of you! Please check out our new website www.breastoffriendsdragonboatteam.com or e-mail bonniebell@hotmail.com if you have any questions!

Paddles Up!

Bonnie Bell

CAJUN INVASION, Lafayette, Louisiana

LAFAYETTE, LOUISIANA...

Cajun Invasion is Louisiana's first and only dragon boat team which was founded in 2006. Our membership consists of breast cancer survivors, survivors of other cancers and supporters. We promote breast cancer awareness and encourage a healthy lifestyle through the sport of dragon boating.

Although we do not sponsor an event, there are 2 races that we will be participating in this year in our state. On May 12, 2012, the 3rd Annual Greater New Orleans Dragon Boat Festival will take place on the Tchefuncte River in Madisonville, LA. To get more details or to register, go to www.gwndragonboat.com. Also, on September 8, 2012, the 4th Annual Red River Dragon Boat Festival will be held in Shreveport, LA. Details and registration are still pending but the festival is sponsored by the local Rotary Club and their website is www.rotaryclubofshreveport.org.

Outside of Louisiana on May 20, 2012, we will race at the DFW Dragon Boat, Kite and Lantern Festival on Lake Carolyn in Irving, TX. Get race info at <http://dfwdragonboatfestival.com>. We will also be at the 9th Annual Gulf Coast International Dragon Boat Regatta in Sugar Land, TX in October. Information about that event can be found at www.texasdragonboat.com.

We are always looking for races to attend within driving distance from our south Louisiana location. We hope to see some of y'all during the 2012 season!

Nancy Duhon
President, Cajun Invasion

FIGHTING ANGELS ABREAST, Fort Dodge, Iowa

FORT DODGE, IOWA...

With the development of a new nonprofit organization, The Badger Lake Dragon Boat Association is set to take the helm of the 2012 Badger Lake Dragon Boat Bash scheduled for July 27 and 28, 2012 in Fort Dodge, Iowa. The Fighting Angels Abreast BCS Dragon Boat Team would like to invite you to participate in the BCS Race Division at the 2012 Badger Lake Dragon Boat Bash. This festival will be held at John F. Kennedy Park on Badger Lake, north of Fort Dodge, Iowa. The team dinner, Parade of Teams, Opening Ceremonies and band(s) will be on Friday evening, July 27 at Kennedy Park. Racing in all divisions will take place on Saturday, July 28 along with a Breast Cancer Survivor Ceremony mid-day and the Awards Ceremony after the races.

GREAT NEWS ... if your team registers by May 1, 2012, you can save \$100.00 off the registration fee! Tell them you read about it in the BCS Newsletter! For more details regarding registration, etc., visit the website at www.badgerlakedragonboating.com or contact Barb Michaels at 515-571-0174 or Linda Donner at 515-571-9642, event organizers.

The "Angels" continue to be involved with numerous breast cancer awareness and fundraiser events. They continue to make up "Care Bags" to give to cancer patients going through treatment at the Trinity Cancer Center. We'll assist with the Angel Ride to provide for cancer patients' needs on July 14 and join our BCS sisters in Dubuque in September for some friendly competition. We're busy assisting with our new association and would appreciate your support! Come paddle with us in Fort Dodge, Iowa on July 27 & 28, 2012 at the 16th Annual Badger Lake Dragon Boat Bash at Kennedy Park!

Cheryl Lychwick

Midwest Dragon Boat Events Calendar for 2012!

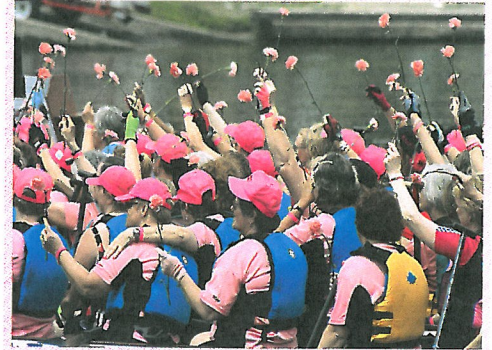
Listed below are the dates and locations of Midwest race events turned into the ADDBA. Plan to get away this summer at one or more of these Dragon Boating adventures!

DATE	PLACE	CONTACT
March 31 & April 1	Phoenix, AZ	www.azdba.com
March 31	Webster, TX	www.texasdragonboat.com
April 28	Austin, TX	Sheena Chang @ sheenaschang@gmail.com
May 5	Downtown Houston, TX	www.texasdragonboat.com
May 6	Burlington, IA	Melissa Kohlhof via e-mail Melissa.Kohlhof@bclds.org
May 20	Dallas / Fort Worth, TX	www.dfwdragonboatfestival.com
June 2	Evansville, IN	Jamie Morris at 812-425-3828 or e-mail: info@funkinthecity.com and jmorris@bgclubevv.org
June 3	Waterloo, IA	www.mywaterloodays.org
June 9 & 10	St. Charles, IL	Paul via e-mail at: pwasylyszyn@msn.com
June 16 & 17	South Haven, MI	www.southhavenharborfest.com
June 23	Madison, WI	www.capitallakesdragonfest.com
July 14	Racine, WI	The event hot line at 262-632-0530 or at: info@midwestdragonboatfestival.com
July 14 & 15	St. Paul, MN	Ami Nafzger via e-mail at: anafzger@adopsources.org
July 21	Chicago, IL	Call Man-Men Lee at 312-326-5320 or via e-mail at: manmen@chicagochinatown.org
July 21 & 22	Denver, CO	E-mail: info@cdbf.org
July 28	Ft. Dodge, IA	Letitia Christnagel at 515-955-5424 or send e-mail to: tish12@frontiernet.net
July 28	Chicago, IL	info@gwndragonboat.com
July 28 & 29	Grand Marais, MN	www.northshoredragonboat.com
July 29	Sheboygan, WI	Contact Donna Cvetan via e-mail at: dcvetan@yahoo.com
August 3	Verona, WI	Contact Carrie Sandstrom at 608-276-8090 or by e-mail at: carrie.sandstrom@charter.net or Jenny @ 608-577-8291
August 4	Manitowoc, WI	Contact Paul Frey via e-mail at: paulfrey1@hotmail.com
August 4	Bemidji, MN	www.bemidjidragonboat.com
August 11	Starbuck, MN	www.starbuckdragonboat.com
August 11	St. Louis, MO	www.gatewaydragonboat.org
August 24	COE College	Melissa Eilert at 319-399-8261 or e-mail at: meilert@coe.edu
August 25	Superior, WI	www.lakesuperiordragons.com
September 2	Lansing, MI	LansingDragonBoat@gmail.com or call 313-731-BOAT (2628)
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

FUTURE DATE!**2014 IBCPC Dragon Boat Festival**

In June 2010, Peterborough, Ontario, Canada was the host for the International Dragon Boat Festival for Breast Cancer Survivors. The event is organized under the auspices of the International Breast Cancer Paddling Commission (IBCPC).

In **October 2014**, the IBCPC Dragon Boat Festival will be in **Sarasota, Florida!**



The IBCPC was pleased to announce the teams of Pink Dragon Ladies from Tampa Bay and Save Our Sisters from Miami are the successful joint bidders for the next IBCPC festival. Pink Dragon Ladies will be marking their tenth anniversary in 2014; let's join them both in their celebrations! **Survivorship and Sisterhood in the Sunshine State.**

The charming city of Sarasota, located in west central Florida, on the Gulf of Mexico, with its sunshine, warm temperatures and friendly ambiance, will be an outstanding location for celebration. The international panel of judges for the event were most appreciative of the caliber of submissions and wished to thank those who worked so hard to prepare their proposals.

Mark your calendars for **October 2014**. The exact dates will be available as soon as they are confirmed. Watch for the March IBCPC Newsletter which will contain more information about the 2014 Festival.

'News from the International Breast Cancer Paddlers' Commission'

So, start planning, start fundraising and start saving a few \$ each week to participate and join your 'Sisters' (and 'Brothers') in Florida in 2014. Look to the future and seize the opportunity to do something you never thought you'd experience!

Let's Keep in Touch!

Over the past several years, we've made many friendships, shared numerous stories, and gained unforgettable memories. We've gone from not knowing where other BCS dragon boat teams are to locating several teams in the Midwest. We now know we have active Breast Cancer Survivor teams in the Central Region (Midwest) in:

- Dubuque, Iowa – Breast of Friends
- Fort Dodge, Iowa – Fighting Angels Abreast
- Indianapolis, Indiana – Indy SurviveOars
- Lafayette, Louisiana – Cajun Invasion
- Duluth, Minnesota – Survivor Sistership
- Duluth, Minnesota – Survivors & Supporters I
- Duluth, Minnesota – The Many Faces of Breast Cancer Team I
- Duluth, Minnesota – The Many Faces of Breast Cancer Team II
- Rochester, Minnesota – Making Waves
- St. Paul, Minnesota – Dragon Divas
- Houston, Texas – Pink Phuree BCS Dragon Boat Team
- Madison, Wisconsin – TEAMSurvivor Madison, Inc.
- Racine, Wisconsin – Pink Paddling Power
and
- Houston, Texas – Blind Fury (A Special Interest Group of Blind Paddlers)

Although the BCS Newsletter may end if no one steps forward to assume the ADBA Midwest BCS Representative position, let's keep in touch! The Dubuque, Fort Dodge and Lafayette BCS teams want to share their e-mail addresses and 'Keep in Touch'. Join them by forwarding your e-mail to Cheryl at bcsdistrict@yahoo.com to connect you to the other Midwest BCS Team contacts.

We've gained some wonderful experiences and some memorable friendships. Let's keep in touch!

**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

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 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 friends!

If you meet a new BCS team at a Midwest festival, tell them about your newsletter. We don't want to miss 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. Submit them via e-mail to bcsdistrict@yahoo.com.

Now, let's keep the Midwest BCS team members informed. Please step forward as the Midwest BCS Representative Contact Ron Hau (e-mail address on the ADBA website) about the position or to recommend someone. **Thank you!**

