



The BCS Dragon Boaters



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BCS Teams/Interest in Midwest Increases!

The number of BCS Teams grew in the Midwest this past year as well as the interest in creating new BCS teams. It's teamwork and support and the Midwest has both when it comes to helping others.

In May of 2012, "Thanks" to Bliss Cancer Center, Mary Greeley Medical Center and McFarland Clinic, a team was created in Ames, Iowa named "Life is Bliss". In July of 2012, this determined group of ladies competed in their first BCS dragon boat competition. They showed what teamwork could accomplish and felt the support around them in Olympic style

as they took home silver medals!

A Breast Cancer Survivor from Kansas City, Missouri is interested in starting a new BCS team in her area. She contacted the ADBA dragon boat representatives after reading about dragon boating in this, The BCS Dragon Boaters, newsletter! For all she's been through with her treatments of chemo and radiation and the support she received, she wants to do something for others and felt dragon boating was it! E-mails, phone contacts and future attempts to get together

continue to assist her in her efforts. The same is also true of a Detroit, Michigan woman who contacted the ADBA about forming a new BCS team in her area. She's wants to get the 'fun' back in the survivor's life along with team spirit and camaraderie. Both amazing women in their goals!

We've also recently made connections with a new BCS Team being formed in LaCrosse, Wisconsin, and their ambitions for the area's First Annual "Big Blue Dragon Boat Race". See page 12 for more details!

ADBA Annual Meeting, USDBF & BCS Reports

The American Dragon Boat Association (ADBA) Midwest Region Annual Meeting was held on February 20, 2013 via teleconference.

The meeting was called to order by President Ron Hau, followed by Sue Miller's Secretary's Report and John Miller's Treasurer's Report. Nominations for Vice-President and Treasurer were presented with Tom Donner being re-elected as Vice-President and John Miller as Treasurer.

The USDBF Report by ADBA representatives Linda Donner, Sue Miller and Mark Robinson was next on the agenda. An overview of USDBF activities was reported. The USDBF Communications Committee is in need of an

ADBA representative to serve on the committee. There is also an open position for a Central (Midwest) Region BCS Teams Representative within the USDBF. Anyone interested in either of these positions should contact an ADBA representative or officer.

It was also reported that the United States Dragon Boat Federation (USDBF) Officers are: President, Ginny O'Hare; Vice President, Barb Michaels; Secretary, Paula Humphries; and Treasurer, John Miller. It's great to have ADBA personnel on the team of USDBF officers!

The BCS Report was next given by Cheryl Lychwick. The increase in BCS teams/interest was shared with the group. A

summary of Midwest BCS Teams interested in the 2014 IBCPC Festival in Sarasota, Florida was also presented.

Club Crew information was next discussed and the need for the ADBA to know which teams would like to go to Italy for Worlds. Those teams should contact the ADBA by March 29, 2013.

The need for more ADBA Crew members to assist with Festivals was requested and discussed. This includes sterns, paddler training at the site, starter help, loading and unloading boats, etc. Any interested personnel should contact the ADBA.

With no further business, the meeting adjourned.

Welcome to the Newsletter ... Life is Bliss – Ames, Iowa



Life is Bliss



Life is Bliss! Winners on and off the water and meeting the challenge!

Our first competition...we're ready...and all smiles!

The thrill of excitement and the agony of defeat had new meaning this year. The Olympics had everyone on their seats waiting to see if their country would bring a medal home. However, there was a group of women who also brought home a medal in their first competitive race. They were the BCS dragon boat racing team...“Life Is Bliss”!

These women are the strongest, bravest, most caring women. They have either gone through breast cancer, are caregivers, or provide healthcare for patients being challenged by cancer. Their strength may not only be physical endurance, but an endurance to fight through the cancer by living each day to the fullest or by giving us the determination when they don't seem to have it.

Thanks to Bliss Cancer Center, Mary Greeley Medical Center, and McFarland Clinic, a team was formed in May, 2012. “Life Is Bliss” was named and the excitement began to brew. The ladies had official practices three different times. Learning to paddle together was quite a challenge. How symbolic of cancer where we have to learn how to survive together and face the many challenges.

Thanks, too, to the Fort Dodge Badger Lake Dragon Boat Association and the “Fighting Angels Abreast” BCS team for their support. They spent many hours helping us train, providing a dragon boat, and giving us laughter and entertainment.

The big race was at the Badger Lake Dragon Boat Bash at Kennedy Park in Fort Dodge on July 27th and 28th. Entertainment was provided on Friday evening and races began Saturday morning. Lightning had ended the day early, but teams were able to race at least two times. The Cancer Ceremony was also cancelled due to lightning, but pink carnations were given out to those who are or had been struggling with this disease. The carnations were to represent and meant to honor those who have lost their battle to cancer.

The festival not only acknowledged those who have lost their life, but the money raised went to the Trinity Hospital Cancer Unit, a new unit that will help patients around that area to receive great health care. This is what it's all about. People helping people to fight this disease.

People helping people fight this disease is how the breast cancer boating teams were started. Researchers helped in the fight by discovering the benefits that dragon boat racing could have. Dragon boat racing decreases the risk of lymphedema in those who had lymph nodes removed. Studies show that this form of exercise can decrease the chance of getting lymphedema.

So dragon boat racing is a win-win. It keeps us physically healthier and the comradery of these ladies is priceless. Priceless was this past summer. “Life Is Bliss” had never felt so full of energy, more connected to others who have gone through this, and ready to face the next dragon boat challenge. Just as the Olympics, many waited in anticipation to find out the medal results. “Life Is Bliss” won the silver medal!

(Photos submitted by Shelley)
(Article submitted by Arlyce)

Breast of Friends, Dubuque, Iowa



Breast of Friends

Breast of Friends had a great 2012 celebrating our 10 year anniversary! We started out the season with 10 of us going to Wallaceburg, Canada and paddling in the Sydenham Challenge with our sisters, Breast Buddies! We are always welcomed by our host Brian & Coco Armitage and the entire town knows when we have arrived!

This year we were interviewed by the local radio station and we love to spread our message of hope to others! We also participated in the Madison festival and enjoyed seeing all the other breast cancer teams and helping out the teams that needed paddlers. That is what dragon boating is all about, "Friendship through Paddling", and we all have such fun together.

Of course, Dubuque's festival was the best yet, celebrating 25 years of paddling! Not only did we win the GOLD but also the Spirit Award! That is really an honor and we had such a good time cheering for everyone and having our #1 cheerleader Paul, leading us on in spirit!! Of course, we couldn't have done it without our sisters from "Making Waves" that paddled with us! As survivors, that is what it is all about. We're all in the same "boat" anyway and are happy to help each other out any way we can.

We hope to see many of the ladies at our festival September 6, 7 & 8, 2013 in Dubuque, Iowa and at other festivals in the Midwest! We also look forward to participating in Sarasota, Florida in 2014 with a lot of our "sisters" in the boat and we pray that 2013 is a year of health & happiness for all!

(Photos and article submitted by Bonnie)

As it gets closer to the Dubuque Festival race date, check out the ADBA website at www.americandragonboat.com. At the Home page, click on 'Special Invitations' on the left, then click on 'Racing in Dubuque'. Other Midwest festival invitations are listed at that location too...just click and check them out! Remember the ADBA motto...."Friendship through Paddling!"

The Many Faces of Breast Cancer Teams I & II – Duluth, Minnesota & Superior, Wisconsin

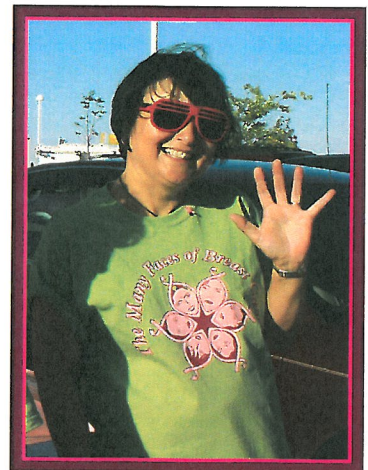


The Many Faces of Breast Cancer Team I



Peggy Rydberg's two daughters and sister.

**IN MEMORIAM of
PEGGY RYDBERG ...**



**Forever in thought and
our hearts, we miss
you, Dear Friend.**

The Many Faces of Breast Cancer Teams I & II – Duluth, Minnesota & Superior, Wisconsin (Continued)



The Many Faces of Breast Cancer Team II

The Many Faces of Breast Cancer Teams I and II are breast cancer survivors and supporters who participated in the Lake Superior Dragon Boat Races for the fourth year at Barker's Island. One of the team captains who started the teams, Peggy Rydberg, died in February of 2012 (see 'In Memoriam of Peggy Rydberg' pictures on previous page). It was fun having her sister and two daughters be supporters on the teams in her memory.

The Many Faces of Breast Cancer teams are members from all over Ely, Duluth, Brainerd, Superior, Minneapolis, South Range, and many other small towns in Wisconsin.

Team Captains were **Team I** - Jim Anderson, Drummer - Barb Hoag; **Team II** - Captain and Drummer - Colleen Hasforth.

Each year we celebrate life, have a large picnic, and invite family and friends. We pay to have a large tent set up. We release environmentally friendly pink balloons in memory of the teammates we've lost to breast cancer at the opening ceremony.

The Many Faces of Breast Cancer are part of Circle of Hope, a 501(c)(3) non-profit. Our website is located at <http://www.circleofhopeduluth.org>. Circle of Hope serves northern Minnesota and northern Wisconsin. They have other types of teams like bowling, ice golfing, etc.

At the end of May, the Circle of Hope organization moved into an office.

(Photos submitted by Peg and Kassie / Article submitted by Peg)

Pink Paddling Power, Racine, Wisconsin



Pink Paddling Power on the Awards Podium at Worlds!
(In Olympic style, "We Are The Champions" was playing.)



Look how far ahead we are ... Wow, this is great!
(Actually, we're paddling out to begin our race.)

2012 was Pink Paddling Power's busiest and most memorable year in the seven years together as a team/club/support group. After qualifying for the World Club Crew Championship at Nationals in Fort Dodge, Iowa at the close of the 2011 season, the big decision for the team was if we could commit to Hong Kong in July of 2012. Could we raise enough money? Could we train enough to make a good showing? Would we have enough members healthy to make the trip? With 27 of our 33 members saying "yes, we can do this!" the team forged on, holding 21 fundraisers between October 2011 and June 2012. That was only a small portion of the commitment. Starting in January there was weekly poolside paddling, weekly strength training at a Pilates studio, and an 8 week boot camp with a trainer. The boats were launched a month early for twice weekly in-water practice in April...in the cold Wisconsin water!

June took the team to Capital Lakes Dragon Fest in Madison, Wisconsin where three awards were won: Gold in Survivor Division (training paid off here where the team was seeded third going into the final and came from behind with a great finish!); Gold in Air Division (the 3rd of 4 corporate divisions) where the team was awarded The Oldest Average Age...(PPP) beat the Youngest Average Age team (a high school team). Yes, Pink Paddling Power's average age is over 60 years old! Our youngest member is 45 and our oldest is 72 years old.

July 4th-8th was the World Club Crew Championships in Victoria Harbour, Hong Kong. After a 13 hour flight and an 18 hour time zone difference, the team experienced what is amongst the most challenging venues known to dragon boaters. The only separation between the dragon boaters and the shipping lanes carrying freighters and cruise ships was a line of barges. The temperature and humidity were continually in the high 90's. We saw boats collide, capsize, go off course, lose a stern and in another case, a drummer overboard. Again the training paid off because the team was strong enough to finish all 5 heats without incident and experience the Olympic feel of standing on the podium **twice** at a world competition and receive bronze trophies in both the 200m and 500m length races. Although individual medals were not awarded, the official photo badge we wore said "athlete" which, for many of the women, was better than a medal! Now, not only were we cancer survivors...but athletes...athletes who got to meet and party with paddlers from all over the world!

July 29th, and a bit closer to home, Pink Paddling Power competed in the First Chicago International Dragon Boat Festival at Lake Arlington and took bronze medals in the Premier Women Grand A Division. The season ended with another Wisconsin race September 22nd at Oshkosh. We raced so well, we graduated from the C Division (past 2 years) to the B Division but not high enough to be in the medal finals. Still not too shabby for an all female team with an average age over 60!

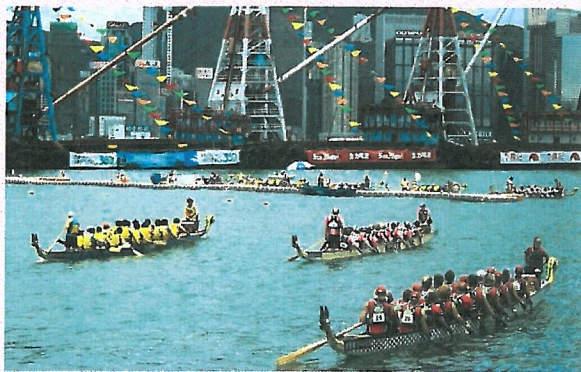
One of the best outcomes of the season was the awareness and support in our community to an inspirational group of breast cancer survivors who happen to paddle dragon boats. Not to be ignored was the health benefits to the paddlers who committed to the extra training. Many said they never felt so fit in their lives. Now the big question is: What should we try to achieve in 2013?

(Photos and article submitted by Kathy)

Pink Paddling Power...World Club Crew Championships in Victoria Harbour, Hong Kong – July 2012



Pink Paddling Power competing in a 500m heat.



Pink Paddling Power, in the middle, on the water.



Floating docks loading area--a challenge!



Pink Paddling Power on the race course.

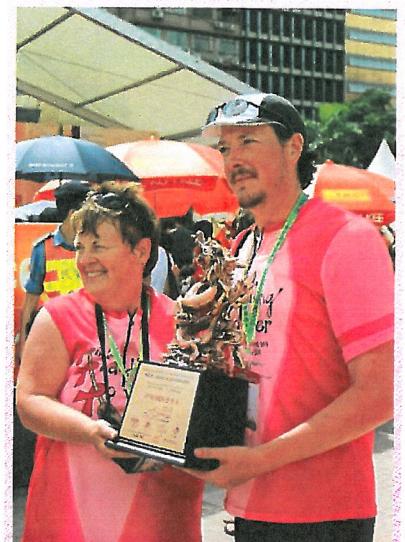


Gold, Silver and Bronze BCS winners on the podium together.

Paddlers from all over the world were so friendly. It started on opening ceremonies night when people from all over the world pulled the team in to join the spontaneous Conga Line that wove through the San Miguel Biergarten as live music played. We danced with paddlers from Australia, Canada, China, etc. As we were in the blocks before loading the boats, a paddler from Dubai yelled "Go Badgers" when he saw Wisconsin on our shirts. A women's team from Hong Kong even hosted a party in their home for our team. The closing party was very festive with many of the 7,000 paddlers attending. Ethnic cuisine and live entertainment, dancing, singing, trading race jerseys and race stories were highlights of the evening. Words are hard to find to describe how surreal the whole atmosphere was. Definitely a once in a lifetime experience that we never dreamed we would be a part of!



200m Premier Women Trophy



Kathy Sponholtz, Advisor and Bryan Siebenlist, Stern – their moment with the trophy!

Making Waves, Rochester, Minnesota

Making Waves, a floating support group, is about dragon boating and more....

As we start to look forward to the 2013 dragon boat season, I find it's so much fun to first look back on the previous year. The Making Waves Team traveled to Fort Dodge and two other festivals to paddle with our friends in Dubuque, and then an hour up north to Lake Phalen with our sisters, the Dragon Divas. It's so nice to have a group nearby. We look forward to getting to know our sisters to the east now as a new group forms out of La Crosse, Wisconsin.

We participated as a group in two parades and local events to get the community excited about paddling and increase awareness of breast cancer. To close out our season, the team was 'Makin Waves' for our parent organization, Join the Journey, at the 8th Annual 10 Mile Breast Cancer Awareness Walk on September 16th. We exposed over 200 of the 1,000 walkers to the joys of paddling on Silver Lake in Rochester. We hope some of our Midwest sisters will join us for the event in 2013 (3rd Sunday in September). Registration begins in June. See the Join The Journey website at www.jointhejourney.us for details.

Our dragon boat, "Waves of Hope", was cleaned and polished and is hibernating for the winter months but our Making Waves group is definitely not at rest. We are getting fit and strong and having "too much fun" in our Winter Workouts at the Rochester International Dance Studio on Wednesday evenings from 6-6:50 p.m. Dare I say it has been "poetry in motion" to see the group executing yoga, belly dance, Tai Chi, stretching and salsa moves in unison. Who could know exercise could be so much fun!

We are looking forward to the 2013 season and participating in more festivals. We would also like to host a stern clinic in Rochester to increase participation and foster interest in holding a festival in the near future. We are planning to participate in the 2014 IBCPC Festival in Sarasota. Hope to see many of you on the water this season.



This was the first season we paddled with our new Hong Kong style dragon boat. Since Barb Michaels and Tom & Linda Donner introduced us to the sport in 2005, it has been our dream to have our own boat and it is now a reality. We are grateful to so many ADBA members who patiently answer our queries and bring us along. She was christened "Waves of Hope" in a dry dock ceremony before the 2012 paddling season but she received her "real christening" when she traveled to Fort Dodge as part of the Badger Lake Dragon Boat Bash festival fleet last season.

(Photos and article submitted by Sheila)

Fighting Angels Abreast, Fort Dodge, Iowa



Fighting Angels Abreast

In early 2012, the Fighting Angels Abreast BCS team joined with the Fort Dodge Da' Dragons team in forming the new Badger Lake Dragon Boat Association to keep dragon boating alive in the Fort Dodge area. Thereafter, forging ahead, the Fighting Angels Abreast participated in the Waterloo Days Dragon Boat Event in June in Waterloo, Iowa; their local Badger Lake Dragon Boat Bash in July in Fort Dodge, Iowa; and the 25th Anniversary Dubuque Dragon Boat Festival in September in Dubuque, Iowa. The "Angels" were thrilled to have two Dragon Diva BCS team members from St. Paul, Minnesota join them in Waterloo and five Making Waves BCS team members from Rochester, Minnesota join them in Dubuque to 'fill the boat' for those festivals. Renewing those friendships were so special.

An exciting event began happening for the "Angels" in May when a team member sparked interest in forming a new BCS dragon boat team from Ames, Iowa through the McFarland Clinic, Mary Greeley Medical Center and Bliss Cancer Center. Tom, Linda, Barb and some of the "Angels" made the one hour trip to Ames to talk to an assembled group of survivors and staff to share dragon boating experiences and answer questions. Thereafter, the interested Ames dragon boaters met at a nearby lake, stepped into the boat on two separate weeknights, and ultimately fell in love with the sport. The Ames group then traveled to Fort Dodge for a couple of practices in June and participated in their first BCS dragon boat competition at the Badger Lake Dragon Boat Bash in July. The team came to be known as "Life is Bliss" and did a fantastic job. They were so much fun to be around. We are truly looking forward to having them join us at our festival in 2013!

The "Angels" continue to be involved with numerous breast cancer awareness and fundraiser events. "Care Bags" are made and given to cancer patients going through treatment at the local Trinity Cancer Center and to those requesting one in the surrounding areas. Team members gather several comfort items for the bag that are given to the survivor while going through their treatment, along with a note from the team. The girls were also creative and made the 'half-moon pillows' to put under the survivor's arm for comfort after surgery. Later, they can use it around the back of their neck for comfort while riding in a car, etc. The team participated in the Making Strides Against Breast Cancer Walk in Des Moines, Iowa and Relay for Life events in Webster County and Wright County. They walked in two parades alongside the dragon boat to promote the sport and awareness.

The Team is now preparing for the 2013 season and invites other BCS teams to join them at the Badger Lake Dragon Boat Bash in Fort Dodge, Iowa on August 2 and 3, 2013. The team is also making plans to attend the 2014 IBPC Festival in Sarasota, Florida.

(Photo and article submitted by Cheryl)

Dragon Divas, St. Paul, Minnesota



Dragon Divas

In 2006, the Dragons Divas were founded. Today, we have 70+ members ranging in age from 40 to 70 years of age. We have formed two teams. **Courage** is our most competitive team, each woman pushing themselves more than they thought possible. Our **Hope** team loves to paddle and is striving to increase their physical and emotional well being.

This past year we participated in a number of races. Our hard work showed both in improved race times and in our paddling skills. We participated in the Breast Cancer/Survivor Divisions in the following races: Capital Lakes Dragon Fest in Madison, Wisconsin; Badger Lake Dragon Boat Bash in Fort Dodge, Iowa; and Lake Superior Dragon Boat Festival in Superior, Wisconsin. We also participated in the Lake Phalen Dragon Festival (they do not have a BCS Division). Several Divas also participated in other Dragon Boat festivals in Phoenix, Arizona; Dubuque, Iowa; Starbuck, Minnesota; and Kalispell, Montana.

We participated in the White Bear Lake Manitou Days Parade. Our beloved boat, Nessie, won the Crowd Favorite Award at the Manitou Days Classic and Vintage Boat show.

In season training you can find us on Lake Gervais, training 2 times per week for the **Courage** team and once per week for the **Hope** team. And as each Diva knows, training doesn't stop there. Each Diva is committed to better health at home by exercising daily and eating right and taking that much needed "me" time.

Off season, we have taken the Divas to new heights. Our newest love is Zumba training. We also do strength training and TRX training with Leah, water aerobics and pool paddling.

The Divas can also be found in the community giving back at Feed My Starving Children and HealthEast Cancer Support Group, the Making Strides Against Breast Cancer Walk and the Susan B. Komen Walk.

But the Divas aren't just all hard work, we have fun too! Divas have been sighted at Girls Night Out at Gertens, MN Stars FC and Rock the Cure Breast Cancer Awareness Night, Masonic Cancer Center Survivorship Series, Mrs. Minnesota Pageant, Lecture on Nutrition and Cancer by Susan Silberstein, Romp and Stomp and yes, even climbing Mount Kilimanjaro.

We look forward to seeing you on the water. We Praise You Loudly! Paddles Up!

(Photo and article submitted by Sher)

Indy SurviveOars, Indianapolis, Indiana



Indy SurviveOars

The Indy SurviveOars are located in Indianapolis, Indiana. Having been on this team from the beginning, it is hard to believe we're going into our 6th season and steadily growing our membership. With the culmination of years of work from both our board, committee chairs, team members, 'supportoars' and coaching staff, we have come to be the team that has grown with experience at racing, community service and being a true support group.

2012 was a banner year for INSO. First of all, we were able to have members create a new website for us. Check us out at www.IndySurviveOars.org. Then, we hosted our 2nd Battle of the Paddles Race, which included firemen from the Pink Heals Fire Truck group (www.pinkfiretrucks.org), first responders from several areas around Indy and of course, us. Those firemen win every time, but we were happy to hand them the trophy. It was a great way to promote breast cancer awareness and fundraise for a couple of organizations. We also attended Chicago's first International Dragon Boat Race and were very successful in the Women's division where we won entry to the Walgreens International DBF event in Orlando.



Survivors Carol (left) and Susie (middle) with Amanda enjoying the flower ceremony!

Since we're the only dragon boat team in Indiana, we always travel, but this year's goal was to attend 2 close to home and 2 somewhat far away. We looked at races that didn't necessarily have BCS divisions for the first time and found the Toronto International Dragon Boat Festival on June 22nd and 23rd that looked interesting. So, we called and asked them to create a BCS Division and they did! They have added it to their website and as of now, have 3 BCS teams signed up. They need at least 1 more, so please consider attending that race. Check out their website for more information.

Our 2013 race schedule also includes Wilder, KY and Chicago. We're looking forward to seeing all of our 'surviveoar' and 'supportoar' friends at those races. Until then, take good care of yourselves.

(Photos and article submitted by Genie)

Future Events...

2014 IBCPC Participatory Dragon Boat Festival - Florida

The next IBCPC Participatory Dragon Boat Festival will be held on October 24 to 26, 2014 in Sarasota, Florida! It began in Vancouver BC Canada in 1996 with Dr. Don McKenzie launching a breast cancer dragon boat team, Abreast In A Boat. In 2005, Abreast In A Boat invited breast cancer dragon boat teams from Canada, Australia, Italy, Poland, Singapore and the United States to come to Vancouver to celebrate their 10 years as a team and to their amazement, over 1,600 paddlers and their families joined them. Continuing the excitement, adventure and survival instinct, the Pink Dragon Ladies of Tampa Bay and Save Our Sisters of Miami are hosting the 2014 IBCPC Participatory Dragon Boat Festival in Sarasota. Sarasota is halfway between Tampa and Miami and offers a spacious venue for racing, workshops, skills training and lots of survivor celebration! The Festival will also continue the tradition of The Sandy Smith Global Race in which eight international boats consisting of two representatives from each participating team paddle together ending with the Ceremony of Flowers on the Water.

Remember, this Festival consists of Breast Cancer Survivor Teams. A breast cancer survivor participant is someone who has been diagnosed with breast cancer. People not fitting into this definition can participate as a supporter in events for the supporter. A supporter can be a partner, friend or family member of a breast cancer survivor participant. ADBA Midwest individual breast cancer survivors seeking to be a part of an ADBA Midwest team can contact Cheryl at bcsdistrict@yahoo.com or the ADBA.

Festival details regarding registration fees, hotels, transportation, local attractions, etc. are available on the websites of www.sarasotaBCS2014festival.org and www.ibcpc.com. **Early bird registration starts April 1, 2013 so check the websites for all the details now!** Online registration will be available through the website and you'll also be able to follow the ramp up to Sarasota 2014 on their Facebook page. Breast Cancer Survivors and Supporters...now is the time to plan for this unforgettable event in October, 2014!

"Big Blue Dragon Boat Race" in La Crosse, Wisconsin

The First Annual "Big Blue Dragon Boat Race", sponsored by Mayo Clinic Health System Center for Breast Care, will be held on Saturday, July 6 in conjunction with the local Riverfest celebration at Riverside Park in La Crosse, Wisconsin, on the Mississippi River. This one day event will feature time trials in the morning with opening ceremonies at 11:00 a.m. and afternoon racing. The team registration fee is tentatively set at \$750.00 which includes a Riverfest button and food voucher for use at Riverfest. There is a designated team staging area at the south end of the park. (Note, due to the Riverfest activities, teams may sell Dragon Boat event t-shirts only in their tents.) Teams may have a practice opportunity on Friday night.

Lodging has been secured with three local hotels: 1) Best Western Riverfront Hotel (\$119.00/night single or double), 2) Brookstone Inn (\$75.00/night single; \$85.00/night double), and 3) Radisson Hotel (\$149.00/night, kings only available). These hotels and other La Crosse hotels can be accessed at <http://www.explorelacrosse.cm/category/places-to-stay>. Additionally, we have an agreement for college rooms from Western Technical College and there are campgrounds in the area with the closest right across the river from the race course at Pettibone Campground, holding a block of campsites (no large RV's though).

For more information and to register for the First Annual "Big Blue Dragon Boat Race", contact Cathy Pupp at 608-392-4172 or e-mail Cathy at pupp.cathleen@mayo.edu.

(Information submitted by Terri)

2013 USDBF Club Crews National Championship

The 2013 USDBF Club Crew National Championships will be held at Mercer County Park in West Windsor, New Jersey, from September 13th to 15th. The venue is surrounded by historic Princeton and within an hour of New York and Philadelphia. Race for the title of National Champion in the BCS Division as you compete for a berth at the International Dragon Boat Federation Club Crew World Championships (IDBF CCWCs) in Ravenna, Italy in 2014. Race distances will be contested for 200m, 500m, 1000m and 2000m. In addition, the awarding of the Dana Nelson Memorial Cup to the winning **all** BCS member team will be held at this event. Dana was very committed to the sport and the BCS division and this is a Memorial Cup that is awarded in her honor. The winner of the Memorial Cup must be a full BCS crew.

Please refer to IDBF rules for racing class, age and gender definitions at <http://www.idbf.org/rules.php>. Your team registration includes a 10x10 team tent and a team practice. The Westin Princeton at Forrestal Village will be the host hotel (\$119/night). For more event details, go to the USDBF website at www.usdbf.org and follow the links (or call Carolyn Lee at GWN, 416-962-8899).

Midwest / Mountain Dragon Boat Events Calendar for 2013!

Listed below are the dates and locations of Central Region race events turned into the ADBA. Plan to get away this year and attend as many of these Dragon Boating adventures as your vacation plans allow.

DATE	PLACE	CONTACT
March 23 & 24	Phoenix, AZ	www.azdba.com
April 27	Austin, TX	Contact Sheena Chang at sheenaschang@gmail.com
May 4	Downtown Houston, TX	www.houstondragonboat.com
May 5	Burlington, IA	Samantha Howe via e-mail at Samantha.Howe@bcstds.org
May 26	Dallas / Fort Worth, TX	www.dfwdragonboatfestival.com
June 1	Evansville, IN	Jamie Morris at 812-425-3828 or e-mail info@funkinthecity.com and jmorris@bgclubevv.org
June 1	St. Louis, MO	www.gatewaydragonboat.org
June 2	Waterloo, IA	www.mywaterloodays.org
June 8 & 9	St. Charles, IL	Paul via e-mail at pwasylyszyn@msn.com
June 22 & 23	South Haven, MI	www.southhavenharborfest.com
July 6	La Crosse, WI	Contact Terri Pedace via e-mail at Pedace.Therese@mayo.edu
July 13	Chicago, IL	Call Jessica Lee at 312-326-5320 or via e-mail at jessica@chicagochinatown.org
July 13 & 14	St. Paul, MN	Ami Nafzger via e-mail at anafzger@adopsources.org
July 20	Kenosha, WI	www.kenoshadragonboat.com
July 27	Chicago, IL	Kristin Flentye at 312.515.7205 or via e-mail at kafentye@yahoo.com
July 27 & 28	Denver, CO	E-mail info@cdbf.org
July 27 & 28	Grand Marais, MN	www.northshoredragonboat.com
July 28	Sheboygan, WI	Contact Donna Cvetan via e-mail at dcvetan@yahoo.com
August 2 & 3	Fort Dodge, IA	www.badgerlakedragonboating.com or e-mail Julie Koester at jkoester@iowatelecom.net
August 3	Manitowoc, WI	Contact Paul Frey via e-mail at paulfrey1@hotmail.com
August 3	Bemidji, MN	www.bemidjidragonboat.com
August 10	Starbuck, MN	www.starbuckdragonboat.com
August 24	Superior, WI	www.lakesuperiordragons.com
August 24	COE College	Melissa Eilert at 319-399-8609 or e-mail at meilert@coe.edu
September 1	Lansing, MI	LansingDragonBoat@gmail.com or call 313-731-BOAT (2628)
September 7 & 8	Dubuque, IA	Sue Miller at 563-542-0605 or via e-mail at Dboatsue2@aol.com
September 14	Shreveport, LA	www.rotaryclubofshreveport.org
September 21	Oshkosh, WI	www.uwosh.edu/dragonboat
September 26 to 29	The Woodlands, TX	Roxanne Davis at 281-367-9622 x223 or via e-mail at rdavis@ymcahouston.org
October 19 & 20	Sugar Land, TX	www.houstondragonboat.com

(Schedule provided by the ADBA)

**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 American Dragon Boat Association (ADBA) and the United States Dragon Boat Federation (USDBF) 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 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 your 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 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 dragon boat adventures. Your Team Captain, or designated team member, can send pictures and a brief description of your team. Whether it be racing or helping at a fundraiser, submit them via e-mail to bcsdistrict@yahoo.com.

Now, let's continue to keep the Midwest BCS team members informed. Please consider being the Midwest BCS Representative. The position is open now. Contact Ron Hau (e-mail address on the ADBA website) about the position or to recommend someone. **Thank you!**

