



The BCS Dragon Boaters



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New BCS Teams in the Midwest in 2013!

As we know, Breast Cancer Survivors can go on to live an active life after a cancer diagnosis and treatment and we saw proof of that again in the Midwest with the birth of two new Breast Cancer Survivor (BCS) teams in 2013.

The "Crews in Blue" Breast Cancer Team from La Crosse, Wisconsin started with a Breast Cancer Survivors team, then a second team of Survivors and Supporters, then participation in the First Annual Big Blue Dragon Boat Race in La Crosse in July, 2013. They never imagined the number of friends they would make and

where the sport could take them. It was breathtaking and exciting!

Not far behind was a new Breast Cancer Survivors and Supporters team being formed in Detroit, Michigan by the name of the "Motor City Dragons". That determined young woman who wanted to put the 'fun' back in the survivor's life and create team spirit and camaraderie saw her dream become a reality in 2013! The Motor City Dragons sought out some coaching and training and then 'got their feet wet' entering three races in the fall. To their amazement and

joy, they won a bronze, a silver and a gold. What a wonderful sport this dragon boating can be!

Our Kansas City, Missouri Breast Cancer Survivor is still interested in starting a Breast Cancer Survivor Dragon Boat team in her area although she did have to put it on hold for a while. We will continue to assist her in her efforts where needed. We encourage any other interested Breast Cancer Survivors who may want to join this great sport of dragon boating to reach out and talk to other dragon boaters!

ADBA Annual Meeting, USDBF & BCS Reports

The 2014 Annual Meeting of the American Dragon Boat Association (ADBA) Midwest Region was held via teleconference on March 13, 2014. After the Call to Order and the Welcome by the President, the Secretary's and Treasurer's Reports were reviewed and accepted. The Nominating Committee presented the nominations for President and Secretary. The Vice President presided over the elections and voting members elected Ron Hau as President and Sue Miller as Secretary. Other officers are Tom Donner, Vice President and John Miller, Treasurer.

The next Agenda item was the United States Dragon Boat Federation (USDBF) Report which was lead off by Barb

Michaels,^{1st} Vice President of the USDBF, with contributions by John Miller, USDBF Treasurer. The Team USA coach selection process was explained with input from some ADBA members as Team USA coaches.

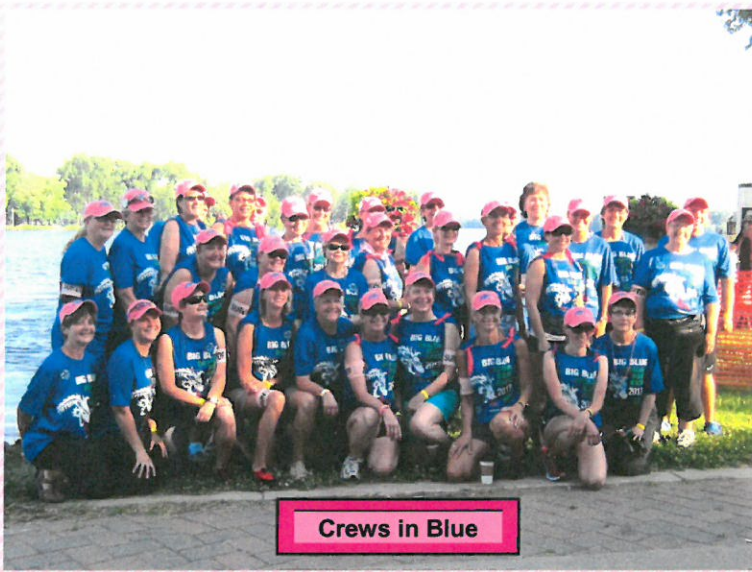
ADBA representatives Mark Robinson, Sue Miller and Linda Donner followed with a report of the USDBF activities and upcoming meetings. Linda reviewed the USDBF representation for our Region and the number of votes per region. Along with the 3 ADBA Representatives, Craig Lincoln was nominated and accepted as an alternate USDBF Representative. The next Annual General Meeting of the USDBF will be at the Airport O'Hare Hilton in Chicago on April 5, 2014.

There is still an open position for a Central (Midwest) Region BCS Teams Representative within the USDBF. Any interested BCS members should contact an ADBA officer or representative for more information.

Discussion followed regarding the 10 USDBF Committees and the opportunity for ADBA member volunteers to serve on the different committees. The individual committees are Competition, Fundraising /Sponsorship, Team USA Coach Selection, Membership, Finance, Youth Development, Coach Certification, Steering Certification, Communications, and Officials Certification.

(Continued on page 10...)

Welcome to a new BCS Team in 2013... Crews in Blue – La Crosse, Wisconsin



Crews in Blue

These excited paddlers can hardly wait to get in the boat!



This Big Blue Dragon was sited dancing throughout the park at the First Annual Big Blue Dragon Boat Race on July 6, 2013 in La Crosse, Wisconsin. The Big Blue Dragon has also been sited dancing at local parades and community events bringing smiles to faces. Look for the Big Blue Dragon in 2014 too!

The "Crews in Blue" Breast Cancer Team is a new group that formed last year to participate in the first annual **Big Blue Dragon Boat Race**, sponsored by the Mayo Clinic Health System - Franciscan Healthcare Center for Breast Care. This event, which was held in conjunction with La Crosse's annual Riverfest celebration, welcomed 30 teams during our first year, racing in Taiwanese boats and supported by the American Dragon Boat Association. Several Crews in Blue teams were sponsored by the Mayo Clinic Health System including employees and their friends and families, as well as two teams of breast cancer survivors and their supporters. In addition to the Mayo teams, there were 22 locally formed teams who participated to make this an exciting and well attended event for the community. We were also thrilled to welcome two BCS club teams to La Crosse--Making Waves from Rochester, MN and Dragon Divas from St. Paul, MN. As part of the beautiful pink carnation ceremony, the Franciscan Sisters of Perpetual Adoration sang a blessing, and our champion and breast cancer surgeon, Dr. Kathleen Christian, spoke in honor of all those affected by breast cancer.

Our Big Blue Dragon appeared throughout the park during the event and was a treat for spectators! One of our team members read the Chinese story about the first dragon boats at the children's stage while the dragon danced with the help of a group of local dance students. Our dragon has since appeared in several local parades and will continue to represent us at community events. It is a wonderful way to remind people of the race and the purpose of the event.

Our BCS team is a diverse group of women who are both long term survivors and those who are just one or two years along in their survival. Our oldest paddler is a lively 75 year old who put many of the rest of us to shame with her energy and enthusiasm! Several are employees in the Mayo Health System, but others are from a variety of backgrounds and local communities who wanted to be part of this event. We were fortunate to have two team members who teach in sports related fields at UW-La Crosse who led us in regular strengthening and conditioning exercises through the Spring. However, it wasn't until we actually paddled in our first race that we realized how important that training and conditioning is! We were grateful for their time and coaching.



Crews in Blue – La Crosse, Wisconsin (Continued)



Breast Cancer Survivors at WI Event

The Breast Cancer Survivors all gather by the water for the Flower Ceremony in a time to remember and share.

Now it is time to prepare for Big Blue 2014! La Crosse has had its first exposure to dragon boat racing and we have had an overwhelming response from people wanting to participate this year! Our BCS paddlers are an enthusiastic group who had a wonderful time and are eager to participate again. Several members paddled in the Dubuque Dragon Boat Festival in September. As a result of that opportunity to meet and get to know other area teams, we were invited to join the Fort Dodge Fighting Angels Abreast in Sarasota, Florida this fall for the 2014 International BCS Festival.

We are excited to be part of the amazing, fun, and inspiring group of women and men who share this journey and are looking forward to many more paddling adventures!

We would like to thank those who have helped introduce us to dragon boat racing:

- Sheila Kramer and Making Waves for inviting us to practice with them on Silver Lake.
- Fighting Angels Abreast for inviting us to paddle with them at the Dubuque Festival and for inviting us to join them at the Sarasota 2014 International BCS Festival.
- Barb Michaels, Linda Donner, Cheryl Lychwick, Toni Mangskau and others for sharing their wisdom and offering guidance as we cut our teeth on dragon boating in 2013!

(Photos and Article submitted by Terri and Wendy)

What's Ahead for 2014?

- Mayo Clinic Health System just ordered 2 Hong Kong-style boats which will arrive in April. We can't wait to start practicing and getting our paddles wet!



- We will be participating in the 2nd Annual Big Blue Dragon Boat Race on July 5th in La Crosse, Wisconsin and looking at the possibility of paddling in other area races.

- Five of us have committed to joining the Fighting Angels Abreast in Sarasota, Florida for the International Breast Cancer Paddlers Commission (IBPC) Participatory Dragon Boat Competition!

We invite you to the 2014 **Big Blue Dragon Boat Race** on July 5th at Riverside Park in La Crosse, Wisconsin. Hope to see some of you there!!

Paddles Up!

TEAMSurvivor Madison – Madison, Wisconsin



TEAMSurvivor Madison, Inc. was formed in January, 2003 as an organization to provide fitness activities and events for women affected by cancer. We provide free or low cost fitness activities and health education programs for women with a past or present diagnosis of cancer. Our fun and supportive programs offer women the opportunity to reclaim their fitness, gain a sense of accomplishment, build a social support system and achieve renewed comfort with their bodies and their health. TEAMSurvivor Madison, Inc. is organized as a not-for-profit (501) (c) (3) corporation.

Dragon boating has been an integral part of our program offerings since 2003. Our 2013 season kicked off with a paddling clinic for our membership and supporters. Megan Kress's training gave us a great start to our season.

This past season we participated in races at: St Charles, IL – Pride of the Fox, Chicago Dragon Boat Festival, Lake Superior Dragon Boat Festival, and Oshkosh Dragon Boat Festival. In between festivals, our team practiced on Wednesday nights at Rutabaga Paddlesports. In the Summer of 2014 (June 21st), we will be bringing the Capital Lakes DragonFest back to Madison, Wisconsin. See <http://www.capitallakesdragonfest.com> for details. We will again offer a survivor division. We will also have an information table at Canoeopia (the largest Paddlesport Event in the world) in March. If you're in Madison, stop by and say hello!

During the off season, our members can be seen snowshoeing, participating in our 8 week fitness program offered through UW-Sport Medicine, biking and participating in various 5k/10k runs. One of our fundraising events is the Chocolate Chase – a family friendly biking event the Saturday of Labor Day weekend – that offers chocolate at every rest stop. Our members have also given back to the community by participating in: Sharing the Knowledge (Breast Cancer Recovery), Breath Free Yogathon (for lung cancer research), UW-Carbone Cancer Center (Cancer Conference), Making Strides for Cancer (American Cancer Society) and Moving for Mental Health Run/Walk (Chrysalis), to name a few.

Our team and board member, Jeri Walker lost her fight with cancer just before New Year's 2013. Her excitement for this sport and "can do" attitude is deeply missed. Our team honored Jeri at her memorial service with a paddle salute.

We look forward to our 2014 season!

(Photos and Article submitted by Teresa)



**In Memorial...Jeri Walker.
We Miss You!**

Pink Phurree – Houston, Texas



Pink Phurree BCS Dragon Boat Team

Pink Phurree managed to continue its evolution in 2013. As has been our history, our growth was slow, but steady. We finished the year with 6 new members who joined us on the boat for our last race of the year in Sugar Land, Texas. For the first time, we competed in the 2000 meter race and finished with a respectable time. So immensely proud of those ladies who had managed only one or two practices before joining the team, but they all did very well.

Our year started with our "resident" boat hauler leaving on his 'dream round the world trip'. Al Donatto had been an integral part of "all things boat" for our team (handsome gentleman in the team picture above). Thanks to him, our trailer is pink and the trailer and boat are in fantastic shape. But, we were left on our own to pull the boat and the ladies have met the challenge.

A few of us were lucky enough to attend the Bow Wave Paddling camp with Jim Farintosh in April. Although we worked hard, we had a great time and met many new friends. We then returned to our first race in Houston. Some of us raced in Dallas, while Tarshia represented Pink Phurree in Memphis and Frances in Shreveport. Our team members range in age from the 30's to the 80's. The only limitations we have are those that we've placed on ourselves. We have all decided to truly LOVE, LIVE AND LAUGH!!!

Off the water, we were equally as busy as we successfully hosted our first golf tournament. Although the weather refused to cooperate, everyone had fun. We are looking forward to making this an annual fundraising event.

Another fundraiser is our partnership with a local winery, Haak Vineyards & Winery. We now have 4 different wines that have our own Pink Phurree labels. One of the wines, the Madeira, recently won a gold medal. We are so amazingly blessed to have all these opportunities.

We are looking forward to Sarasota, Florida this fall and participating in the 2014 IBCPC Participatory Dragon Boat Festival, where we hope to not only be in contention, but to meet our fellow amazing survivors/thrivers!

Dragon Boating and Why We Do This....

- To develop a year round dragon boat team of breast cancer survivors.
- To demonstrate that one can lead a full and active lifestyle after diagnosis.
- To provide support, camaraderie and encouragement to team members.
- To raise awareness of breast cancer.
- To honor the memory of those who have passed on.

(Photos and article submitted by Frances)

Survivor Sistership – Duluth, Minnesota



I would like to introduce our very spirited team, Survivor Sistership, to the BCS Newsletter for the first time! We are an all women breast cancer survivor team from Duluth, Minnesota. We formed our team in 2002 for the first Lake Superior Dragon Boat Festival, held at Barker's Island in Superior, Wisconsin. None of us had ever heard of a "dragon boat" but it sounded like a **challenge** and we were up for it! Being able to participate in something like this after cancer is pretty awe inspiring. As a team we are very supportive of each other and wish to also inspire those who have been diagnosed with cancer...inspire HOPE. 2014 will be our 13th year with the festival! We have become true friends and gather multiple times a year to have fun, to plan and scheme, and laugh and share our lives. And, always thankful of our gift of survivorship!

Fundraising has also been a big part of our team challenge and our team works hard to raise money to help fight the cancer that threatened all of our lives and the lives of so many others each year. We are very proud to say that our team has raised nearly \$100,000 in our years paddling, with the majority of that money going to the charity partner of the festival, Essentia Health and their Breast Program. It feels so empowering to know that you can help make a difference.

Each year at the festival, we also do a very special rose petal ceremony on the water from our dragon boat. We drop rose petals from our boat into the beautiful waters of Lake Superior to honor and remember those who have so sadly lost their battle with cancer and also to encourage those that are on their journey to recovery and survivorship. Our team has lost six beautiful women and we honor their spirits and all others as we toss out those petals. Spectators can also participate by dropping petals from the shore. It is a very beautiful, touching and heartfelt ceremony.

The pink life jackets that you see in our team photo were a gift from a team member that passed....they are worn with loving memories each year.

Our team is looking forward to another spirited and inspiring year in 2014! We love our dragon boating fun and all the excitement of the event. We look forward to seeing all the teams year after year! Survivor Sistership says "Paddles Up!"

(Photos and article submitted by Marlene)

Survivor Sistership – Duluth, Minnesota (Continued)

“Welcome” to Survivor Sistership of Duluth, Minnesota for their first time in The BCS Dragon Boaters Newsletter. I’m delighted that Marlene and I were able to communicate with each other so I could share with you the team story of Survivor Sistership and their efforts in the fight against breast cancer. They, too, are an active BCS team in their area raising Breast Cancer awareness and funds. It’s evident in their team spirit and it’s evident in the spirit of their team member who passed away and gifted them the pink life jackets which are worn with loving memories each year. Their motto is nicely shared and displayed on the banner hanging in their team tent at events or community projects. I’d like to share their ‘motto’ with the other BCS dragon boaters which is reprinted in larger print to the right of the picture of their banner below.

Thank you Marlene, and all my newsletter contacts, for sharing your team activities in the BCS Dragon Boaters newsletter!

Editor’s Note



Survivor Sistership Motto

“The Survivor Sistership team members are all Breast Cancer Survivors. Our goal is to support each other, to celebrate life and to live each day to the fullest. Each member aspires to be a sign of hope to those who are diagnosed with cancer by moving forward with our lives in a positive way, not letting the cancer be in control.”



We look forward to meeting you at an upcoming BSC event! Come see us any time!

Editor Note: Survivor Sistership participates in the Lake Superior Dragon Boat Festival at Lake Superior, Wisconsin which will be held August 22 and 23, 2014. If you’re in the area at that time, stop and introduce yourself...or paddle with them!

Pretty in Pink and all smiles....’til we meet again Sisters!

Welcome to a new BCS Team in 2013... Motor City Dragons – Detroit, Michigan



**August Race,
Lake Orion, Michigan
(Bronze)**



**September Race,
Cleveland, Ohio
(Gold)**



For the Ford Warriors in Pink, every month is Breast Cancer Awareness month.

Motor City Dragons

**September Race,
Toronto, Canada
(Silver)**



The Motor City Dragons Team formed in Dearborn, Michigan within Ford Canoe & Kayak Club (FCKC), a member of Ford Employee Recreation Association (FERA). Ford Warriors in Pink is powering the Motor City Dragons (MCD) team and provided team uniforms for those who paddled in three festivals, in addition to dress shirts!

We got off the ground quickly with much help from other BCS teams, organizations and individuals to whom I'm very grateful for many reasons - too many to list: LAPD - Los Angeles Pink Dragons, The WonderBroads of Windsor, Breast Buddies, A Breast or Knot, IBCPC.

Our "Call-Out" to join Motor City Dragons was November 9, 2012 at Ford! This kicked off our monthly Motor City Dragons team meetings on the first Friday of each month. Many meetings took place before we saw our very first dragon boat on July 13, 2013 at the International Dragon Boat for the Cure event in Windsor, Ontario, Canada. There I met the 3 wonderful BCS teams who became our mentors, teachers, coaches and literally invited us to paddle with them in their boat (as we hope to purchase one at Easter 2014).

Loads of pictures document our learnings with the 3 teams: The WonderBroads of Windsor, Ontario - Barb invited us to Saturday practices; Breast Buddies in Wallaceburg, Ontario - Claudette led training at their festival; and A Breast or Knot of Windsor, Ontario - Tammie joined our team as coach.

We formed two crews with one being a Breast Cancer Survivor team and the other being a Co-Ed Supporter team.

Motor City Dragons participated in their first 3 dragon boat festivals and pictures are uploaded to Facebook Motor City Dragons to share our success and garner more support:

1. Dragon on the Lake Festival, Lake Orion, Michigan - We hosted lunch for our 3 BCS teams who coached and educated us.
2. GWN Dragon Boat Challenge in Toronto, Canada - Three of us attended. The Canadian Breast Cancer Foundation received \$45,000 from the GWN Challenge!
3. The Cleveland Dragon Boat Festival in Cleveland's Historic Flats on the Cuyahoga River – This was the highlight of our season where we teamed up with The Gathering Place to fill two boats, one with survivors and one with supporters! The Gold medal was snatched by our Survivor Team coming from last to first! The Gathering Place supports cancer patients and benefits with free weekly training in dragon boats. The festival awarded them \$3,000 in December and \$1,000 in January!

Motor City Dragons – Detroit, Michigan (Continued)



Komen 3-Day Walk



Having fun at the "Cattle Barron's Ball"

There were many firsts for the Motor City Dragons in 2013 which helped our team bond:

- Susan G. Komen 3-Day Walk walked by two Motor City Dragons and supported by five Motor City Dragons volunteers.
- American Cancer Society's \$1M fund raiser "Cattle Barron's Ball" in Chicago had five Motor City Dragons volunteers.
- Ellen Law ordered a dragon boat for us and "Pretty Patty" arrived in New Jersey in May, 2013.
- Ford Employee Recreation Association donated \$1,500 to the Motor City Dragons team in May, 2013 for the purchase of our boat.
- Getting closer to our goal, 3/4 of the funds are raised for purchasing our own dragon boat! We can hardly wait!
- Ford Yacht Club voted in January, 2014 to provide free storage for our dragon boat.
- Solution found in February, 2014 to transport our dragon boat home from New Jersey to Michigan.
- Ellen Law, on the United States National Team, will come to Detroit to train our team May 2-4 at the Ford Yacht Club on Grosse Ile, Michigan. Training Camp in Detroit is open to all.
- Awaken the Dragon Premier Preview in Michigan on February 1, 2014 in a BIG ICE Storm!
- Our team hosted the 2nd Annual Triple Negative Breast Cancer Day presentation March 3, 2014 with Dr. Lisa Newman, Professor of Surgery at the University of Michigan and Director of the Breast Care Center at the University of Michigan (part of the Comprehensive Cancer Center). For the Inaugural Triple Negative Breast Cancer Day on March 3, 2013, the audio recording and slides are both uploaded to the TNBC Foundation site.
- The IBCPC Participatory Dragon Boat Festival in Sarasota, Florida - We will have participation from seven Motor City Dragons at the event on October 24-26, 2014.
- Four articles on "@Ford Online" about the Motor City Dragons team were published:
 1. "Ford Employee Forms Dragon Boat Racing Team to Support Breast Cancer, Participants Wanted"
 2. "Motor City Dragons Bring Home Bronze in First Dragon Boat Competition"
 3. "Motor City Dragons Breast Cancer Supporter and Survivors Share Stories of Courage, Hope and Determination"
 4. "Triple Negative Breast Cancer Awareness Day Observed at Ford Research and Innovation Center"
- Publication in the Observer online: "Anti-cancer work honors longtime friend".

Goals:

- Bring home a rather large souvenir from the IBCPC Participatory Dragon Boat Festival: A dragon boat so that our two teams can paddle together on the Detroit River next year!
- Submit Bylaws for the Motor City Dragons to the State of Michigan to incorporate. This is the first step to become a 501 c 3 charitable organization.
- Complete fundraising for the final amount (~\$2,000) to bring home "Pretty Patty" via Dragon Boat Share sales and sale of dragon boat scales for \$100.
- Easter is the goal to bring "Pretty Patty" to Detroit for our first Training Camp May 2-4, 2014.
- Have fun at six festivals in 2014, support the fight against cancer by fundraising, help others with second opinions and by networking with YSC (Young Survival Coalition), Susan G. Komen Foundation, and The Pink Fund.

Vision:

1. Host a Breast Cancer Survivor Festival in Michigan in 2015 - July 25 or August 1. This would be a fund raiser for cancer related charities - make it an annual event.
2. Support cancer patients and their families and network with YSC, Komen, etc.

(Photos and article submitted by Csilla)

2014 IBCPC Participatory Dragon Boat Festival – Sarasota, Florida

The IBCPC Participatory Dragon Boat Festival to be held on October 24 to 26, 2014 in Sarasota, Florida will soon be here! The Midwest BCS Teams were busy in 2013 establishing teams and/or finding a team for individual breast cancer survivors to join, registering and making hotel reservations. Final payments will be coming due in the upcoming months as well as waivers to sign. Participants making their flight reservations are finding flights are filling up fast.

As of March 1, 2014, the Sarasota festival website listed 98 registered BCS teams from around the world:

- Australia - 12
- Canada - 47
- Ireland - 1
- Italy - 2
- New Zealand - 2
- United Kingdom - 2
- United States - 32

The following Midwest BCS teams were listed registrants (registration order and name):

- "Dragon Divas Minnesota, Team Courage"
- "Fighting Angels Abreast" (Includes paddlers from IA, MN, and WI)
- "Breast of Friends IA USA" (Includes paddlers from IA and MN)
- "Pink Phurree BCS Dragon Boat Team"
- "Indy SurviveOars"
- "Dragon Divas Minnesota-Team Hope"

Note: Pink Paddling Power from Racine, WI would have participated in the IBCPC Festival also but will be attending the IDBF 2014 Club Crew World Championships in Ravenna, Italy on September 3-7, 2014. We wish them Good Luck and safe travels as they represent the BCS teams of the Midwest. (Note: The IDBF 2016 Club Crew World Championships will be held in Adelaide, Australia.)

Participants can browse the festival website at www.ibcpc.com to keep posted on the activities and festival details. The Schedule of Events is also available showing daily activities from Monday, October 20th through Sunday, October 26th as well as Newsletter updates as more reminders and updates are announced. Don't wait; lots of details to work out before you leave! Plan now so that you can enjoy an experience of a lifetime with fellow survivors and new friends at the IBCPC Festival in Florida!

ADBA Annual Meeting, USDBF & BCS Reports (Continued)

(Continued from Page 1)

If anyone is interested in volunteering on any of the USDBF committees, or on an ADBA committee, please let Sue Miller know at dboatsue@aol.com. The ADBA can also use more Crew members to assist with festivals including sterns, training at the site, starter help, loading and unloading boats, etc., so please feel free to contact Sue if you'd like to help on the ADBA level.

The BCS Report was next on the Agenda and was presented by Cheryl Lychwick. As plans began to formalize for the 2014 International Breast Cancer Paddlers' Commission (IBCPC) Participatory Dragon Boat Festival to be held on October 24-26, 2014 in Sarasota, Florida, more contact with Midwest BCS teams began in February, 2013 to determine if individual teams were planning to enter the event and, if not, if team members wanted to group together to fill a boat(s) and participate in the event. Team registration began on April 1, 2013 and team hotel reservations were made shortly thereafter. Final payments and hotel deposits continue with upcoming Team Crew Member Registration and individual rostered team crew member waivers and releases to be completed. Flights are being reserved by each individual participant. It was reported that as of March 1, 2014, six Midwest BCS teams were listed on the Registered Teams list and a breakdown of BCS teams by country was also given (see the 2014 IBCPC article above).

Additionally, two new BCS teams were formed in 2013 with Crews in Blue from La Crosse, Wisconsin and the Motor City Dragons from Detroit, Michigan. There is still interest in forming a team in Kansas City, Missouri. Otherwise, the Midwest BCS Teams continue to promote awareness and early detection of breast cancer through paddling and community activities. 'Thanks' were also expressed to the ADBA and the friends that the BCS teams met this past season for their support and assistance in 2013. To the right, are the present ADBA officers: L-R, Front – Sue Miller, Secretary and Tom Donner, Vice President; L-R, Back – John Miller, Treasurer and Ron Hau, President.

The Annual Meeting concluded with other business including a history of the ADBA, ADBA mission statement discussion, an explanation of Membership dues, and a request for new ADBA volunteers. With no further business, the meeting adjourned.



Good Luck in Sarasota BCS Teams!

Midwest / Mountain Dragon Boat Events Calendar for 2014!

DATE	PLACE	CONTACT
March 22 & 23	Phoenix, AZ	www.azdba.com
April 26	Austin, TX	Contact Sheena Chang at sheenaschang@gmail.com
May 3	Downtown Houston, TX	www.houstondragonboat.com
May 4	Burlington, IA	Contact Samantha Howe at showe17@gapps.bcsds.org
May 10	Shreveport, LA	www.louisianadragonboat.com
May 18	Dallas / Fort Worth, TX	www.dfwdragonboatfestival.com
June 7	Evansville, IN	evansvilledragonboats@gmail.com
June 7 & 8	St. Charles, IL	www.prideofthefox.com
June 14	Kansas City, KS	www.chinagardensociety-kc.org
June 15	Waterloo, IA	www.mywaterloodays.org
June 21	Madison, WI	www.panamdragonboat.com
June 21 & 22	South Haven, MI	www.southhavenharborfest.com
June 28	Chicago, IL	www.chicagochinatown.org
June 28	St. Louis, MO	www.gatewaydragonboat.org
July 5	La Crosse, WI	www.mayoclinichealthsystem.org/locations/lacrosse/about-us/dragon-boat-2014
July 6	Lake Cornelia, IA	Contact Candy via e-mail at crfjet@wmtel.net
July 12	Milwaukee, WI	www.milwaukeedragonboatfest.org
July 12 & 13	St. Paul, MN	www.dragonfestival.org
July 19	Kenosha, WI	www.kenoshadragonboat.com
July 19 & 20	Denver, CO	www.cdbf.org
July 26	Chicago, IL	www.gwndragonboat.com
July 26 & 27	Grand Marais, MN	www.northshoredragonboat.com
July 27	Sheboygan, WI	www.lakeshoreweekendsheboygan.com
August 2	Bemidji, MN	www.bemidjidragonboat.com
August 2	Manitowoc, WI	www.lakeshoreweekend.org
August 9	Fort Dodge, IA	www.badgerlakedragonboating.com
August 9	Starbuck, MN	www.starbuckdragonboat.com
August 23	COE College	Melissa Eilert at 319-399-8609 or e-mail at meilert@coe.edu
August 23	Superior, WI	www.lakesuperiordragons.com
September 6 & 7	Dubuque, IA	www.dubuquedragonboat.org
September 14	Lansing, MI	www.capitalcitydragonboat.com
September 14	Shreveport, LA	www.rotaryclubofshreveport.org
September 20	Oshkosh, WI	www.uwosh.edu/dragonboat
September 25 to 28	The Woodlands, TX	Roxanne Davis at 281-367-9622 x223 or via e-mail at rdavis@ymcahouston.org
October 18 & 19	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 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/fall 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 or Sue Miller (on the ADBA website) about the position or to recommend someone. **Thank you!**

