



# The BCS Dragon Boaters



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## Midwest BCS Teams Eager to Race in 2022!

Even though some BCS teams started their 2021 racing season in late Summer due to the continuing Coronavirus pandemic, some BCS teams with health concerns still chose not to participate in 2021 races.

All the Midwest BCS Teams are eager to race again and hope any pandemic concerns have improved enough in 2022 to allow racing back on their schedules. They miss seeing

their dragon boat friends, the camaraderie from participating in races together, and the many new friendships acquired along the way!

The 2023 IBCPC Festival in New Zealand still brings some planning frustrations due to the continuing pandemic concerns. The original 2022 date was moved to April 10-16, 2023 but travel regulations outside of the United States and in New

Zealand are still impacting their final plans. It is hoped more definitive answers will be forthcoming to calm some of the fears for participants.

All teams need to remain aware of the conditions and take necessary precautions as they navigate to get back on track to participate in races. Let's all live up to the ADBA motto of **"Friendship Through Paddling"** in 2022!

## ADBA Annual Meeting, BCS & USDBF Reports

The American Dragon Boat Association (ADBA) Annual Meeting was held on Saturday, March 19, 2022 at 1:00 p.m. as a Zoom Meeting. The meeting was called to order by ADBA President Barbara Michaels followed by a roll call of the ADBA voting members. The Meeting Minutes of the 2021 ADBA Annual Meeting were presented by Secretary Sue Miller and approved. A review of the Treasurer John Miller's Report followed and was also approved.

ADBA's 2<sup>nd</sup> Vice-President, Csilla Gutay, reported on the Monthly ADBA Focus Group Meetings via WebEx for the Special Interest (BCS/ACS/PD) Teams and Competitive Teams that started in April 2020 to March 2022. Seeking a means of communication and a way to better serve the concerns and needs of the ADBA Region teams, these WebEx Meetings were quite informative and successful during the corona-

virus pandemic as well. Teams could stay connected while not on the water by listening to interesting speakers, voicing team concerns, or exchanging feedback on types of exercises the Region teams were doing to stay fit and so be ready for paddling again when the racing season could resume.

ADBA BCS Representative, Cheryl Lychwick, presented the BCS Report. The 2021 racing season started later than normal due to the continuing coronavirus pandemic and some teams with health concerns chose to sit out the 2021 racing season. There are BCS paddlers on 17 BCS teams and 2 All Cancer teams in the ADBA Region. Teams tried to keep team exercise sessions and Breast Cancer Awareness community events going with clever ways to make them happen while still observing the recommended guidelines. Online exercising, outdoor team activities, zoom meetings and even kayaking

helped team members stay connected while observing requested social distancing. Some teams connected with other Midwest Teams via the ADBA 2<sup>nd</sup> Vice President's monthly ADBA Focus Group Meetings. They could see members of BCS teams in the Region and share their team spirit.

The IBCPC Participatory Festival in New Zealand was postponed from April 2022 to April 10-16, 2023 because of the continuing coronavirus pandemic. In a December 2021 Bulletin, the Festival Organizing Committee made the decision to extend the Registration Close date to June 30, 2022 and the Final Payment Due date to August 31, 2022 to give participants more time to understand the world travel scenario better. At this time, several venues, including Lake Karapiro, will require proof of vaccination . . . (Continued on page 2) . . .

## ADBA Annual Meeting, BCS & USDBF Reports (Continued from Page 1)

to participate in the IBCPC Festival. The travel policies are changing constantly so BCS Teams will need to watch for the 2023 IBCPC Bulletins for updates. Over the last year, the USDBF updated their website ([www.usdbf.org](http://www.usdbf.org)) to include a separate web page for each of the Special Interest Division Teams of which the BCS Division is termed BCP, Breast Cancer Paddlers. In USDBF terminology, the 3 Special Interest Divisions are BCP, ACP (All Cancer Paddlers) and PD (Paradrasons). A U.S. Map is presently being added to each web page to show the locations of the BCP, ACP and PD member teams. Future work continues with each subcommittee to list the festival locations available to the BCP, ACP and PD Teams on their web pages. Cheryl also reported she would be producing the Spring 2022 BCS Newsletter again to be sent to the ADBA Team Contacts for their team as well as being posted on the ADBA website ([www.americandragonboat.org](http://www.americandragonboat.org)) under "BCS News". Some teams will report on racing activity and some will report on how they stay connected as a team while not racing due to the continuing pandemic. Without a doubt, all teams are wanting to get back on the water to race in 2022 and see their 'Sister' teams again. The Midwest BCS Teams "Thank" the ADBA for their services during this frustrating pandemic!

Barb Michaels next shared the history of the ADBA as the original governing body for the sport of dragon boating in the U.S. The ADBA financed the start of the USDBF and relinquished their right as the governing body for the sport in 1998. She talked about ADBA Membership opportunities and the positions the ADBA holds on the USDBF. She explained the new USDBF Membership system implemented in 2021, the need to be a member if attending USDBF National/Championship events and being a Member of your Region. It was stated the IDBF has banned Russian Clubs from competition at World Championships and World Club Crew Championships following suit with the decisions made by the IOC. Individuals are selected for Team USA for the World Championships which are tentatively scheduled to be held in 2023 in Hong Kong, not Spain as originally announced. They are seeking a Team USA Manager. John Miller, Linda Donner and Barb reported on the U.S. National Club Crew Championship held October 1-3, 2021. This was the first time the USDBF took on the challenge of producing their own National Championships. All berths for CCWC were awarded at the event in Sarasota, Florida. There were 87 teams registered for National Championships but 14 withdrew closer to the event due to Covid concerns. There were 3 Clubs from the Midwest. Drones were used to help officiate the event which allowed a closer look at turns in the 2000m races. It was a very successful event! Nathan Benderson Park proposed, and it was later approved by the USDBF Board of Directors, that Nathan Benderson Park will host Nationals in 2023, 2025 and 2027! Clubs who won berths at CCNC will now compete in the IDBF 2022 Club Crew World Championships to be held on July 18-24, also at Nathan Benderson Park. Bulletin 1 is available on the USDBF and IDBF websites with Bulletin 2 coming out shortly. Drones will again be used. Our own Barb Michaels has been appointed Championship Director and is seeking volunteers for the docks, marshalling, race administration, hostess and many other opportunities. If you're available, please contact Barb at [president@americandragonboat.com](mailto:president@americandragonboat.com). Barb also mentioned the PanAm Club Crew Championships were postponed to March 2023 in Panama due to the coronavirus pandemic. A berth is not needed to participate, it is small boat competition only, and is typically held on ocean water. A slightly different small boat is used which provides more stability on the water. Barb mentioned the ADBA is seeking 2 candidates to represent the region on the USDBF Nominating Committee. That Committee will be working to identify qualified candidates for expired term positions of 1<sup>st</sup> Vice President, Treasurer, Membership Director and Competition Officer. If anyone is interested, please send an e-mail to Barb Michaels at [president@americandragonboat.com](mailto:president@americandragonboat.com). Coaching and Steering opportunities are listed on the USDBF website. Be sure to check the USDBF website ([www.usdbf.org](http://www.usdbf.org)) if you are interested.

The election of Officers and Directors to fill expired terms was next on the ADBA Annual Meeting agenda. The nominated candidates for expired terms were presented and approved as follows: President, Barb Michaels; Secretary, Sue Miller; and Directors at Large, Ron Hau, Robin Iovino and Lilian Care (BCS). The 2<sup>nd</sup> Vice President position remains 'Open' as no nominations were received. Anyone interested in this position should contact the ADBA President, Barb Michaels at [president@americandragonboat.com](mailto:president@americandragonboat.com). The other current ADBA Officers and Directors At Large are Vice-President, Tom Donner; Treasurer, John Miller; and Directors at Large, Linda Donner, Mark Robinson and Heath Miller. After a Questions & Answers segment and with no further business, the 2022 ADBA Annual Meeting adjourned.

Be sure to visit the ADBA website at [www.americandragonboat.org](http://www.americandragonboat.org) for more services and news as well as associated links to dragon boat organizations and Midwest racing festivals. Festival, Club and Individual Membership information is also available.

The 2022 USDBF Annual General Meeting will be held on May 21, 2022 in the 'Tower' at Nathan Benderson Park in Sarasota, Florida (at a later date this year). Paddlers are reminded that the USDBF Individual Membership Fee is \$55.00 the first year and \$35.00 per consecutive year thereafter. For Club Crew events (CCNC, CCWC, PACCC), you must also be a member of a club and be a member in good standing of your regional dragon boat organization (Central Region is ADBA). Athletes of all levels of competition are encouraged to support their local Region (i.e. ADBA) through Membership as a Festival, Club or Individual Member. More USDBF Membership information and the requirements can be viewed on the USDBF website at [www.usdbf.org](http://www.usdbf.org).

## Breast of Texas - Grapevine, Texas



**Breast of Texas Paddlers at the Oklahoma Regatta Festival in Oklahoma City, OK in October, 2021.**



**The Oklahoma Regatta gave Breast of Texas an opportunity to get back on the water for some racing!**

The Breast of Texas reboots with their new dragon boat, Percy! Perseverance was just what the Breast of Texas needed these past 5 years.

After combining with friends from Houston, Louisiana and Winnipeg, Canada in Florence, Italy in 2018, they ventured out on their own and purchased the shiny, purple-scaled, 10-person boat called Percy, short for Perseverance. They spent the 2019 season learning the ropes -- coaching, regrouping and recruiting, and learning to move the boat into and out of the water by themselves. Unfortunately, COVID put a little stumbling block in their plans for 2020, but this team of positive breast cancer survivors developed a workaround!

To stay in racing shape, yet maintain social distance amidst the pandemic, the team began to meet in kayaks! Moving practices to kayaks was a great way to practice their strokes, improve their endurance, and spend time on the water. After battling breast cancer, these Survivors were not about to let Covid keep them down! Their strength as individuals and as a team helped propel the following season.

2021 allowed the team to move practices back into Percy, pushing off the docks at the Silver Lake Marina in Grapevine, Texas. With several new members and extreme gratitude for being able to paddle and spend time together, the team began training, with the help of a couple of volunteer coaches and the B-R-E-A-S-T method.

In October of 2021, the Breast of Texas participated in the Oklahoma Regatta Festival in Oklahoma City. The team raced in the 200 and 500 Meter races, as well as the 250 Meter Flag Catching race. Participating with the other breast cancer Dragon Boat teams composed of supportive, positive and motivating survivors was both emotional and humbling! We also had the honor of meeting a Sister team, the KC Pink Warriors! The Breast of Texas received two medals and was so proud to be a part of the Oklahoma races!

Following the excitement of the races, the team participated in a local "Pink Out" football game, focused on honoring breast cancer survivors, raising funds and awareness to fight breast cancer. The Breast of Texas ended the 2021 season twinkling as they participated in the Grapevine Parade of Lights, an annual holiday parade in the city of Grapevine with over 100 floats!

They are very excited to enter the 2022 season and look forward to spreading awareness and growing as a team! Paddles Up!  
(Photos and Article Submitted by Karla G.)



**"Percy" in the Grapevine Parade of Lights Holiday Event! Lights on the boat and paddles made it glow in the dark!**



**Breast of Texas purchased their own purple-scaled 10-man boat fittingly named "Percy", short for "Perseverance!"**

## Making Waves - Rochester, Minnesota



**A Pink Tractor Pulling the Making Waves Dragon Boat in the Parade!**

Making Waves participates often times in local parades. A local farmer, who restored a tractor and painted it **PINK** in honor of breast cancer, tows the dragon boat for the team.



Making Waves was unable to paddle the summer of 2020 or go to races in 2021 due to the pandemic. The city of Rochester had really shut things down. During that time, we were able to gather in outdoor settings while social distancing and wearing masks. We had ice cream outings and outdoor movies in driveways. While we were disappointed that we couldn't paddle, this was a good way to keep in touch. We had lots of fun with this! These were good, safe ways to get out of the house and help us keep from going crazy. The team has participated in picking up litter for Rochester each year in the Spring. This is a good way for us to give back to the city for all they do for us. We also participated in Sailing for Leukemia, a fundraiser in Lake City, Minnesota. Since then, we had a New Zealand Festival information potluck at a local brewery. We had a presentation regarding New Zealand and lots of people came. The room had New Zealand decorations and we played a New Zealand word game. There were door prizes with the grand prize being a nice bottle of New Zealand wine.

Last summer, we got a new cover for our boat and cleaned it up good, along with having a potluck. We seem to have lots of fun eating! The team was able to practice/paddle one evening of the week for the summer, but due to pandemic restrictions, did not go to any festivals.

Recently, we had our first gathering of 2022. We ate out, talked a bit about some upcoming festivals, some fundraisers by our parent organization, had door prizes and great conversation! One of the women won a pink pompom! A fun time was had by all!

(Photos and Article Submitted by Karla M.)



**Some of the Making Waves Teams Members at their First Outing for the 2022 Season – Eating!!**



**Sue, Karla, Ann and Jean enjoy the sunny day at the Sailing for Leukemia Fundraiser!**

## Fighting Angels Abreast - Fort Dodge, Iowa



The 'Angels' Team takes time out for a photo at the Aug. 2021 Fort Dodge Festival.

The Fighting Angels Abreast team was so excited to be back on the water at the 2021 Badger Lake Dragon Boat Bash in Fort Dodge last August. They were thrilled to have four other BCS teams come from Kansas, Minnesota, Texas and Iowa to join them, plus other individual BCS paddlers. This was the first time to the festival for Pink Phurree from Houston, TX who had a blast! We're hoping all teams can be back on the water again in 2022 without masking, social distancing and fist bumping. A hug is so much better!

What festivals are you planning to attend in 2022? The Fighting Angels Abreast BCS Team invites BCS paddlers to the **25th Anniversary of the Badger Lake Dragon Boat Bash at Kennedy Park, Fort Dodge, Iowa on August 12 & 13, 2022**. Opening Ceremonies, Team introductions, Awakening of the Dragon Ceremony, a concert (Band K) and fireworks will be on Friday evening, August 12. The Team Captains' Meeting, Time Trials racing, the BCS Flower Ceremony, Division Championships racing, and an Awards Ceremony will be on Saturday, August 13. The Schedule of Events, Registration form, Roster, Team Waiver and other details are available on the website at [info@badgerlakedragonboating.com](mailto:info@badgerlakedragonboating.com). There will also be a Silent Auction to benefit cancer patients and the local hospital's Cancer Center.

(Photos and Article Submitted by Marilyn and Cheryl)



The BCS Arch line after the BCS Flower Ceremony stretched from the beach (far right), up and around into the tents area!



BCS Teams from Life Is Bliss (IA), Dragon Divas (MN), Pink Phurree (TX), Fighting Angels Abreast (IA), and KC Pink Warriors (KS) gather for a group BCS Team picture after racing at the Fort Dodge 2021 Badger Lake Dragon Boat Festival!

# Prairie Dragon Paddlers - Champaign-Urbana, Illinois



Debi, Theresa, Marilyn and Pat are ready and anxious to get the boat on the water.



The first launch in 2021 of the Prairie Dragon Paddlers' boat for practice and outdoor fun!

While our team, the Prairie Dragon Paddlers, did not participate in any races for the 2021 season in year two of the global pandemic, we at least found a safe way to practice on our serene local lake in the middle of land-locked east-central Illinois without any Covid outbreaks. Just the camaraderie of being together and getting out on the water was welcome and beneficial after being in lockdown, and we welcomed a few new teammates, too!

The Board of Directors established a Safety Committee and consulted regularly with experts from the Center for Disease Control, the local public health district and epidemiologists from our nearby university. The general policy required people in the boat to be fully vaccinated, but it was important that we continue to include everyone as part of the team, regardless of vaccination status.

At one point when even vaccinated, asymptomatic people were found to be contracting and spreading more contagious variants of the virus, albeit with less deadly results. We asked those in the boat to voluntarily wear masks—with 100 percent compliance—and Coach Debi Bliss modified the practices to be a little less vigorous so the team could keep paddling. One witness remarked on social media that if a team of breast cancer survivors could be out in the summer heat paddling a dragon boat fully masked, he really didn't have much patience for those who were complaining to him about wearing a mask indoors at his place of work. He also ended up making a generous donation to our team!

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Paddlers safely back in the boat practicing and preparing for the IBCPC New Zealand Festival!



Participating in a Rowing Machine Fundraiser for Breast Cancer Research and Patient Support!

Prairie Dragon Paddlers - Champaign-Urbana, Illinois (Continued)



Prairie Dragon Paddlers participants in the October 2021 Rowathon in Monticello, Illinois.



Team Members learn about stroke refinement and team blending at a June 2021 Clinic with Connie.

In addition to being out on the water again in 2021, the team gave extra focus to other areas of our organization, including exercise programs, group walks and social gatherings on Zoom. Prairie Dragon Paddlers also used this time to develop our next three-year strategic plan, host a Flower Ceremony for one of our own, continue to support the Prairie Dragon Paddlers Breast Cancer Research Fund at the University of Illinois at Urbana-Champaign Cancer Center, and to establish a new Patient/Survivor Support Initiative in partnership with our title sponsor, Christie Clinic.

The Patient/Survivor Support Initiative is a pilot program to reach out to others in our community diagnosed with breast cancer and to offer support during treatment and beyond. The first phase of the program includes comfort kits of "road-tested" items that our team members found particularly helpful when we were going through treatment. Each kit from the Prairie Dragon Paddlers "Support Squad" includes a letter of encouragement and invitation to be a part of the team. Plans for future phases of the initiative include creating a Survivorship Plan that can be customized with the input of an individual's health care team.

As we prepare for our Annual Spring Welcome Breakfast to kick off the 2022 season, we hope to be able to safely participate in some regional races again, as well as look forward to the IBCPC Festival in New Zealand in 2023. It would mark our first time participating as a full team at the festival.

So, although the pandemic has interrupted and altered the last couple of years for the Prairie Dragon Paddlers, we remain strong and purposeful in our mission to inspire hope, support the health and wellness of breast cancer survivors through the sport of dragon boating, and promote breast cancer awareness, survivor empowerment and research advances.

(Photos and Article Submitted by Vanessa)



Founder Kelly Bradham 'Thanks' the team for rising above the year's extenuating challenges!

Year End Party Fun!



A November 2021 celebration of gratitude and recognition!



1st Year Coach Debi Bliss is gifted a special jacket!

## Dallas United PINK - Dallas, Texas



**The Dallas United PINK Team was so excited to be back on the water and have a Flower Ceremony!**



**Even Coach Lim arrived at a themed practice in full Wonder Woman Attire!**

### Camaraderie During Covid by Rachel R.

The past two years have been an interesting challenge for all, and Dallas United Crew's Pink team is no exception. We began our 2020 season with a record influx of new paddlers, all of whom experienced one practice on the water...one practice! Then it all came to a screeching halt. Our focus shifted to keeping everyone engaged and connected despite our physical isolation. Our boathouse, Dallas United Crew, stepped up by allowing everyone to bring rowing machines to their homes for individual workouts. A teammate, Emily Atlas, hosted Qigong classes via Zoom call. We used our Facebook page to maintain community, post training videos, celebrate birthdays, and communicate the growing number of festival cancellations. Would we ever get back on the water?

When our boathouse re-opened in early Fall, we masked-up and showed-up. Yes, we had to record temperatures, sanitize, utilize multiple boats, and alternate rows for social distancing...but at least we were back on the water! It was a short season, but we made the most of it.

The 2021 season began with much promise. We maintained most of our roster and even recruited a few more. We had been living with Covid for a year, most were now vaccinated, and the outlook was bright! Enter the variants. Despite new restrictions, we maintained our 2021 practice schedules and added a few opportunities to build relationships. We gathered in small groups to walk, hike, bike and kayak. We grabbed brunch or coffee together after most practices. We created our own opportunities to celebrate being together. Themed practices became frequent, whether it be "super(s)heros", "pink-out" or our epic Halloween costume practice. Everyone enjoyed taking on a new persona, perhaps none as much as our coach, Jovin Lim, who arrived in full Wonder Woman attire. His explanation? He was simply paying tribute to "the strongest women I know." He is an absolute gem and will do anything to encourage us and lighten our hearts.

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## Dallas United PINK - Dallas, Texas (Continued)

In the absence of festivals for a second year, we realized that almost a third of our team had never known the excitement and camaraderie of a BCS Dragon Boat race day; nor had they had the privilege of experiencing a Flower Ceremony. The festival schedule was out of our hands, but we could sure do something about the Flower Ceremony. On a beautiful, crisp, fall morning Dallas United Pink teammates, family and friends gathered in the boats and on the dock. We told stories and recalled fond memories of those we've lost. We celebrated the resilience of spirit for all breast cancer survivors. We shared a moment of silence to both honor the past and embrace hope for the future. It was such a wonderful morning. More than we could have imagined!

Our 7th year, is off to a great start. We've added even more names to our roster. Both veterans and rookies alike are hopeful for a more traditional season in 2022. While we have our sights set on New Zealand, we are taking it one week, one practice, one festival at a time!

Paddles Up!

(Photos and Article Submitted by Debbie and Rachel)

## IN MEMORY OF . . .



### In Celebration of Elizabeth Carolyn Anderson ... Dallas United PINK

Growing up in Waurika, Oklahoma, Carolyn developed a love of sports at a young age and excelled at them. She was a loyal OSU Cowboy fan through and through, AND she played professional football for the Oklahoma City Dolls from 1978-1981 (they won the National Championship in 1978)!

Carolyn was a technology guru and an accomplished manager of people and resources around the world. Married to her wife, Sara, for 25 years, they were active members in their church, loved theater, and became active in dog rescue...had 5 of her own and fostered many others.

Diagnosed with breast cancer in 2007, she spent the next 15 years fundraising, completing a 3 Day Walk and a Half Marathon for the Leukemia & Lymphoma Society. Ironically, she was diagnosed with Non-Hodgkin's Lymphoma in the Fall of 2021 and was in treatment when she contracted COVID in January.

Carolyn saw our team on a TV News program and thought, "I can do that!" She joined our PINK team in February of 2020. It was chilly that day but we still went out in the boat. I remember asking her at brunch after practice if she was going to come back. The photo of Carolyn was taken just as she replied with a "Hell Yes!" Her smile and her response summed up her feelings about her teammates, who had become friends, like a family. Her enthusiasm was contagious and extended to her friends and family who were not part of the team. One of her favorite memories was paddling in the Flower Ceremony held in October 2021.

(Photo and Article Submitted by Debbie)



## IBCPC NEWS & HAPPENINGS!

### IBCPC Participatory Festival to be Held in New Zealand!

The IBCPC Participatory Festival originally scheduled for 2022 was postponed due to the continuing Coronavirus pandemic to April 10-16, 2023 at Lake Karapiro, Cambridge, New Zealand.

On December 16, 2021, Festival 2023 Bulletin #3 from the Festival Organizing Committee and the IBCPC Steering Committee announced their decision to extend the registration close off date to June 30, 2022 and the final payment of fees to August 31, 2022 to give participants more time to better understand what the world travel scenario might look like. The Bulletin also stated that while neither the Festival Committee nor the IBCPC can stipulate that you must be vaccinated, this criterion is becoming more and more commonplace particularly with the venues. At the issuance of Bulletin #3, Lake Karapiro is in the Mighty River Domain which has stipulated you must be vaccinated to enter the venue. The "Meet and Greet" party location is also at a vaccination required venue. The travel policy changes constantly. Teams need to watch for 2023 IBCPC Bulletins for the latest updates.

Deadline Reminder Dates (as of this March, 2022 Newsletter publication):

- **June 30, 2022 (10 AM NZ time) - Team Registration Closes**
- **August 31, 2022 - Final Payment of Balance of Registration Fees**

As Bulletins are issued by the IBCPC, they will be sent to you directly, if you signed up on the IBCPC website and/or to your team contacts. The Festival website, <https://www.newzealandbcs2023.com>, is another source for the latest Festival Bulletins.

### IBCPC U.S. National Representative Replacement Appointed – Tarshia Boutte



**Tarshia Boutte, IBCPC  
U.S. National Midwest Rep.**

For the past seven years, Cheryl Lychwick has been with the IBCPC as the U.S. National Representative for the Midwest Region. For personal reasons, she is limiting her many volunteer responsibilities and Tarshia Boutte from Houston, Texas was appointed this past Fall of 2021 to replace Cheryl and take over her duties to represent the IBCPC U.S. Midwest BCS teams. Cheryl still remains active with many other BCS volunteer responsibilities and looks forward to seeing her 'Sisters' at events.

Tarshia is a native Houstonian and an invasive ductile carcinoma survivor. She is a member of Texas' first Breast Cancer Survivor Dragon Boat Team, Pink Phurree. On the day following her first chemotherapy infusion 14 years ago, Tarshia participated in her first dragon boat practice and was completely hooked. For a 36-year-old newly diagnosed breast cancer survivor, dragon boat paddling alongside fellow warriors was then, and is still now, therapeutic for body, mind, and spirit. Since being introduced to dragon boat paddling in August 2007, Tarshia has had the opportunity to race in breast cancer, women's, master's, mixed competitive, and community divisions with Pink Phurree and other teams within the United States, Canada, Europe, and the Middle East. This has afforded her the opportunity to make many acquaintances through the sport of dragon boating.

Tarshia continues to be inspired by the courage, strength and sisterhood found within this unconventional support group of breast cancer survivors, among her crew of Pink Phurree, and within the international breast cancer survivor dragon boat paddling community.

As IBCPC U.S. National Representative for the Midwest Region, Tarshia is looking forward to pursuing opportunities for Midwest Region BCS teams to collaborate, promote paddler and team development, prepare for the 2023 IBCPC Participatory Festival in New Zealand, and remain informed of, and have a voice concerning, issues impacting our community of survivors. Congratulations Tarshia!

Tarshia created an online hub space to centralize questions and answers within the Midwest Region and summarize key points she receives from IBCPC communications. The US Midwest Communications Hub Link is <https://bit.ly/3BXoWzG> or typed in the web browser (case sensitive) as [bit.ly/3BXoWzG](https://bit.ly/3BXoWzG).



## 2022 Midwest / Mountain Schedule

Contact events directly for late breaking changes.

DATE	PLACE	CONTACT
March 26 & 27	Tempe, AZ	<a href="http://www.azdba.org/">www.azdba.org/</a>
April 30	Gulf Port, MS	<a href="http://www.racedragonboats.com">www.racedragonboats.com</a> <a href="http://www.unitedwaysm.org/dbf">www.unitedwaysm.org/dbf</a>
May 07	Alexandria, LA	<a href="https://themuseum.org/fundraisers/">https://themuseum.org/fundraisers/</a> <a href="https://www.facebook.com/LouisianaDragonBoatRaces/">www.facebook.com/LouisianaDragonBoatRaces/</a>
May 14	Decatur, AL	<a href="http://www.racedragonboats.com/schedule/">http://www.racedragonboats.com/schedule/</a> <a href="https://www.decaturmorganfoundation.org/dragon-boat">https://www.decaturmorganfoundation.org/dragon-boat</a>
June 4	Chicago, IL (Blue Island)	<a href="http://www.gwndragonboat.com/Default.asp?id=solutions-event-calendar&amp;l=1">www.gwndragonboat.com/Default.asp?id=solutions-event-calendar&amp;l=1</a> <a href="http://chicagodragonboats.com">chicagodragonboats.com</a>
June 11	Little Rock, AR	<a href="http://www.racedragonboats.com">www.racedragonboats.com</a> <a href="http://www.rivercitiesdragonboatfestival.com/">www.rivercitiesdragonboatfestival.com/</a>
June 11	Texarkana, TX	<a href="http://www.racedragonboats.com/schedule/">http://www.racedragonboats.com/schedule/</a> <a href="http://www.handsontexarkana.org/dragon-boat-festival-2022.html">http://www.handsontexarkana.org/dragon-boat-festival-2022.html</a>
June 18	St. Louis, MO	<a href="https://www.panamdragonboat.com/race-calendar/">https://www.panamdragonboat.com/race-calendar/</a> <a href="http://www.signaturefoundation.org/events/gateway-dragon-boat-festival/">www.signaturefoundation.org/events/gateway-dragon-boat-festival/</a> <a href="mailto:info@southhavenharborfest.com">info@southhavenharborfest.com</a>
June 18 & 19	South Haven, MI	<a href="http://www.gwndragonboat.com/Default.asp?id=solutions-event-calendar&amp;l=1">www.gwndragonboat.com/Default.asp?id=solutions-event-calendar&amp;l=1</a> <a href="https://www.bellevilleareachamber.org/events-calendar">https://www.bellevilleareachamber.org/events-calendar</a>
June 25 & 26	Belleville, MI	<a href="http://www.panamdragonboat.com/race-calendar/">www.panamdragonboat.com/race-calendar/</a> <a href="http://www.chicagochinatown.org/">www.chicagochinatown.org/</a>
June 25	Chicago, IL	<a href="http://www.racedragonboats.com">www.racedragonboats.com</a> <a href="http://www.dragonsonthelake.com/">www.dragonsonthelake.com/</a>
July 23	Akron, OH	<a href="http://www.racedragonboats.com">www.racedragonboats.com</a> <a href="http://www.dragonsonthelake.com/">www.dragonsonthelake.com/</a>
July 30	Chicago, IL	<a href="http://www.gwndragonboat.com/default.asp?id=chicago&amp;l=1">www.gwndragonboat.com/default.asp?id=chicago&amp;l=1</a>
August 05 & 06	Bemidji, MN	<a href="http://www.bemidjdragonboat.com/">www.bemidjdragonboat.com/</a> <a href="https://www.gwndragonboat.com/Default.asp?id=solutions-event-calendar&amp;l=1">https://www.gwndragonboat.com/Default.asp?id=solutions-event-calendar&amp;l=1</a>
August 06	Charlevoix, MI	<a href="http://www.visitcharlevoix.com/">www.visitcharlevoix.com/</a>
August 06	Ft. Wayne, IN	<a href="http://www.racedragonboats.com">www.racedragonboats.com</a> <a href="http://www.riverfrontfw.org">www.riverfrontfw.org</a>
August 06	Ft. Madison, IA	<a href="http://www.riverfestfm.com">www.riverfestfm.com</a>
August 13	Ft. Dodge, IA	<a href="http://www.badgerlakedragonboating.com">www.badgerlakedragonboating.com</a>
August 13	Guntersville, AL	<a href="http://www.racedragonboats.com">www.racedragonboats.com</a> <a href="https://www.facebook.com/marshallcountdragonboat/">https://www.facebook.com/marshallcountdragonboat/</a>
August 13	Milwaukee, WI	<a href="http://www.panamdragonboat.com/race-calendar/">www.panamdragonboat.com/race-calendar/</a> <a href="http://www.milwaukeekeedragonboatfest.org">www.milwaukeekeedragonboatfest.org</a>
August 13	Starbuck, MN	<a href="http://www.gwndragonboat.com/Default.asp?id=solutions-event-calendar&amp;l=1">www.gwndragonboat.com/Default.asp?id=solutions-event-calendar&amp;l=1</a> <a href="http://www.starbuckdragonboat.com/">www.starbuckdragonboat.com/</a>
August 19 & 20	Birmingham, AL	<a href="http://www.racedragonboats.com">www.racedragonboats.com</a> <a href="https://www.mpdragonboats.com/">https://www.mpdragonboats.com/</a>
August 20	Gadsden, AL	<a href="http://www.panamdragonboat.com/race-calendar/">www.panamdragonboat.com/race-calendar/</a> <a href="http://www.habitatdragonboat.com">http://www.habitatdragonboat.com</a>
August 20	Minocqua, WI	<a href="http://www.panamdragonboat.com/race-calendar/">www.panamdragonboat.com/race-calendar/</a> <a href="https://www.minocquadrdragonboat.com/">https://www.minocquadrdragonboat.com/</a>
August 20	Sparks, NV	<a href="http://www.gwndragonboat.com/default.asp?id=nevada&amp;l=1">www.gwndragonboat.com/default.asp?id=nevada&amp;l=1</a>
August 26	Kenosha, WI	<a href="http://www.panamdragonboat.com/race-calendar/">www.panamdragonboat.com/race-calendar/</a>
August 26 & 27	Superior, WI	<a href="http://www.lakesuperiordragons.com">www.lakesuperiordragons.com</a>
August 27	South Jordan, UT	<a href="https://www.gwndragonboat.com/Default.asp?id=solutions-event-calendar&amp;l=1">https://www.gwndragonboat.com/Default.asp?id=solutions-event-calendar&amp;l=1</a> <a href="https://www.mydaybreak.com/live_news_detail_T16_R703.php">https://www.mydaybreak.com/live_news_detail_T16_R703.php</a>
September 17	Nashville, TN	<a href="http://www.racedragonboats.com">www.racedragonboats.com</a> <a href="http://www.dragonboatnashville.com">www.dragonboatnashville.com</a>
Sept 10 & 11	Dubuque, IA	<a href="http://www.dubuquedragonboat.org/">http://www.dubuquedragonboat.org/</a>
September 18	Lorain, OH (Cleveland)	<a href="http://www.racedragonboats.com">www.racedragonboats.com</a> <a href="http://www.cledba.org">www.cledba.org</a>
9/29 to 10/2	The Woodlands, TX	<a href="http://www.ymcadragonboat.org/">www.ymcadragonboat.org/</a>
October 15	Florence, AL	<a href="http://www.racedragonboats.com">www.racedragonboats.com</a> <a href="http://www.shoalsscholardollars.com/dragon-boat-festival">www.shoalsscholardollars.com/dragon-boat-festival</a>

14 March 2022

Please send any corrections / additions to [Dboat2xs@aol.com](mailto:Dboat2xs@aol.com)

Listed above are the dates and places for Midwest dragon boat events as of March 14, 2022. Contact information for each race on this Midwest Race Schedule can also be found on the American Dragon Boat Association website at [www.americandragonboat.org](http://www.americandragonboat.org). Please check the ADBA website regularly for any 2022 additions, changes or updates to any of the race schedules. Thank you!

The Central Region  
(ADBA) Breast Cancer  
Survivors/Supporters

# The BCS Dragon Boaters Newsletter

E-Mail:  
[bcsdistrict@yahoo.com](mailto:bcsdistrict@yahoo.com)

View the BCS Newsletter  
on the ADBA Website at:

[www.americandragonboat.org](http://www.americandragonboat.org)  
Click on "BCS News"

USDBF Website:  
[www.usdbf.org](http://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 to the Central Region (Midwest Region ADBA) Breast Cancer Teams from the American Dragon Boat Association (ADBA), the United States Dragon Boat Federation (USDBF), the International Dragon Boat Federation (IDBF), and the International Breast Cancer Paddlers Commission (IBCPC).

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, feel free to share this Newsletter with them. We don't want to miss anyone!

We welcome all the Midwest BCS Teams to join our social media 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 those stories are important and you're important! Be sure to save those special stories and pictures during the 2022 dragon boat season to share your dragon boat adventures. Your designated team member or Team Captain can submit a brief story and a picture or two of your team to share. As we expand the ADBA BCS Representative position, we'll see what form of social media will be our next communication with the BCS teams. In the meantime, be strong and stay positive!

Paddles Up in 2022!

