



## Upcoming Events:

### Aug 23

☉ Sunrise Paddle (\*Must sign-up online)  
6:30 am

### Aug 27

☉ Peace Paddle (\*Must sign-up online)  
6:00 pm

### Aug 31

☉ Meet & Greet "Happy Hour"  
on the dock at 7:00 pm

### Sept 16-17

☉ Nationals: Mercer County, NJ

### Sept 20

☉ Sunrise Paddle (\*Must sign-up online)  
6:45 am

### Sept 24

☉ Peace Paddle (\*Must sign-up online)  
5:30 pm

### Oct 14

☉ Race: Orlando

### Oct 28

☉ Carolina Celebration Cup

### Nov 4

☉ Prevention-Palooza  
Scottish Rite Center

### Nov 5

☉ Day Light Savings Time  
Saturday morning practices only

## Featured DBC Members

### Meet Gail Stamm...

I am a native Charlestonian; born and raised. My husband, David, says that Spanish Moss runs through my veins! We met when he was a cadet at The Citadel and will celebrate our 45th anniversary in October. We have lived in Indiana, Texas, California and Virginia due to my husband's Air Force career. Our most interesting assignment was Okinawa, Japan where I became a

(Continued on page 6)

### Meet Jill Ewell...

I grew up in Hanahan but left SC after I graduated from Clemson in 1981. I spent most of the last 35 years in Alexandria Va. and moved to Mt Pleasant last December with my husband. We have two daughters. One lives in Brazil with her family and the other lives in Ohio. I retired from the pharmaceutical industry in 2009 and spent the last 8 years volunteering in Pastoral Care at my Church and doing Chaplaincy work in our local hospital. Since moving here I

(Continued on page 6)

## The Charleston Dragon Boat Festival was A BIG... and Windy Success!

Meagan Labriola, Executive Director

The Charleston Dragon Boat Festival is such a spirited event. Even in cold and windy conditions, our paddlers are smiling and enthused. Maybe it was the thrill of competition, the vibrant tents or the crazy ladies in neon hippy outfits, but the weather didn't dampen spirits one bit!

Some highlights from the day:

1. Carpet Diem from Keller Interior raised \$27,000 toward the cancer survivor programs of DBC, winning #1 Team Fundraising Championship.
2. Peggy Sudol from Gift Plantation Paddlers and John Burnside from SAIC Rockers were neck-n-neck for #1 Individual Fundraiser, raising over \$5k each!
3. The top 5 fundraising teams were: Carpet Diem, Gift Plantation Paddlers, F3 Charleston, PGF Paddlers and SAIC Rockers!
4. Total raised (net) from the event was \$181,672, a 5% increase from 2016.

Although our festival paddlers were weary and some wetter than others, I only received glowing feedback from everyone about the fun, friendliness, efficiency and important mission. Thank you very much to all our paddlers, volunteers and sponsors who give so much to support cancer survivorship in the Lowcountry. Thank you for coming together for such a memorable and heart-warming community event. We just have the best participants and that makes for the BEST event! Let's hope for a bright, sunny and WINDLESS day on May 4, 2018

## Who Are Those People?

Contributed by Patty Byrne

The DBC FUN Committee, aka TFC, was born 10 years ago! Patty Byrne decided to bring some virtual fun into the annual festival and she could not think of anyone else more fun than Cindy, Louise and Boo to help jump start this FUN idea! Every year they come up with amazing costumes and ideas that just blow everyone away. They discovered the Good Will Boutique and have continued the tradition ever since that first shopping spree. The first year they gathered gifts for every team (ALL 66 of them!!) and wrapped them all and put in fancy schmancy garbage bags identified for each team! They were like kids spending so much time on the Oriental Trading website!! (Ok everyone - hold your comments please!) As the years went on they really had it figured out!

Each year Becca gives TFC a golf cart to decorate making it the FUN MOBILE without question! They also have a designated tent where they hide the golf cart until they roll out the morning of the festival and everyone knows the FUN is just beginning! Epic times!

One year they duct taped a plunger and a poster on the door of a port-a-john

that said: *No Entrada - Peligoso - OUT OF ORDER!* This was primarily to make sure TFC had a clean potty all day! At one point they saw some maintenance guys going in to fix it! TFC told them the plan, the guys laughed and left! Good times!

Repertoires have included Pirates of the Caribbean, USC graduates for Brook, Kentucky Derby jockeys, doctors/surgeons, Charleston Battery soccer players, Ashley Hall students in uniform, condiments for a food truck, hula girls, Charleston firefighters, bridezillas, Captain & Not Tennille, mermaids, tourists, Carnival Cruise passengers (aka The Love Boat), Chef Boy-ar-dee and (our unanimous favorite) Duck Dynasty. Although the grand finale this year of Groovy Hippie Chicks was brilliant!

While TFC is busy getting dressed for the debut, they are also assembling costumes for Becca, Sterling, Denise, Hale, Grandee, Leslie, Juli and Meagan.

TFC randomly chases them down and they know it's coming. Sterling has managed to be elusive for periods of time, even to go so far as to climb up the ladder and get into the announcers booth with Bobby Collins to avoid TFC attack.

There have been times TFC has spotted Becca, only to run in the opposite direction as she has her "Game On" face! But TFC

(Continued on page 5)

## Message from the Prez 🐉 Lucy Spears, DBC President

### The DBC Spirit



Looking back on my 14 years with this club, I am humbled by the enduring spirit of DBC. What began as a small group hoping to make a difference in the lives of cancer survivors, has grown into family of more than 200 members. For those of us who are cancer survivors, we've

been given a rare opportunity. Few others have the chance to feel the resurgence of energy and spirit we thought was lost to surgeries, radiation and chemo treatments. What other "support group" offers exercise, dolphins and *bling*?

To our business supporters, community groups and individuals who support us through the festival and individual donations - thank you for the opportunity to redefine cancer survivorship. This year's festival raised over \$180,000 for our programs. It's your support that allows the club to meet the needs of a growing number of paddlers including CPR/AED certification, nutrition and healthy living classes, life jackets, paddles, boat repairs, insurance and so much more! And it's your support that allows us to pay it forward through the *Carolina Celebration Cup*, *Prevention Palooza*,

our new *Movement is Medicine* program and the *Mark Scarbrough Turn-around Award* for at-risk students.

To my fellow paddlers - Next time you're on the dock, look around and see who's steering, who's running the chase boat, who's coaching, who's working behind the scenes to make sure we have what we need. Chances are, they're not cancer survivors. They may be our families who have seen what this club does for us. They may be our friends who want to make our lives a little bit better. They may be festival sponsors who have helped raise money for things like the skiff's new motor. Whoever it is, thank them. Let them know how much you appreciate what they've given us - a chance to take a deep breath of fresh air and feel the strength within ourselves.

And to that very special group who have been with us from the beginning, year in and year out - Cindy, Sterling, Noreen, Louise, Hazel, Leslie and Rob D, plus all the other DBC family members and supporters who make sure we're on the water - **thank you for all you do!** I hope you see the delight in our faces when the salt water cools us off during a hard practice. I hope you hear our laughter as we make new friends. And I hope you know that you've helped us find something we thought was lost - sheer joy.

-Lucy

### 🌀 The Launch of **Movement is Medicine!**



DBC is always growing its wellness opportunities for members. Over the past few years, our Winter Fitness program has expanded, as well as other nutrition and fitness offerings. The success of our wellness program inspired us to reach out into the community and GET PEOPLE MOVING! Hence the launch of DBC's **Movement is Medicine** program.

The goals of DBC's *Movement is Medicine* program are two-fold:

- Encourage medical professionals to recommend or "prescribe" movement as an important part of disease prevention, overall wellness and quality of life.
- Encourage people of all walks of life to GET MOVING in whatever way feels right to them - without a gym membership, fancy workout clothes or any experience...Everyone can GET MOVING.

Here are just some of DBC's *Movement is Medicine* accomplishments since May:

1. Graduated 19 survivors from our Cancer Survivor Outreach Initiative
2. Contacted over 50 local physicians either by visit, phone call or letter.
3. Shared the *Movement is Medicine* video far and wide, including the websites and/or Facebook pages of the City of Charleston, Charleston County Parks, SC Cancer Alliance and several dragon boat clubs in the region.
4. Placed *Movement is Medicine* billboards all over I-526 and I-26
5. Invited to present at the SC Cancer Alliance meeting in September
6. Connected with Mayo Clinic and other wellness organizations in Southwest
7. Awarded 42 scholarships for chronically ill individuals to attend *Movel!* exercise program
8. Organized Prevention-Palooza on November 4 in partnership with Roper Hospital.
9. Provided daily fitness and nutrition tips on the DBC Facebook page.

**On The Water** *Monica Selinsky, Athletic Program Coordinator*

**🐉 Oriental, NC Festival 🐉**

Contributed by Meagan

DBC has a long history of sending All Cancer Survivor teams (ACS) to fantastic races across the country. As the country's very first All Cancer Survivor Dragon Boat club, DBC prioritizes ACS races, almost every year. Teams have gone to races such as, Victoria, BC; Portland, Oregon; Hartford, CT; Colorado Springs, CO; and...Oriental, North Carolina!

Historically, our ACS races have been full of camaraderie, heart and team spirit and that held true for **Fight Like Mad**, our most recent victors.

Despite dark clouds and a muddy entrance, I knew it was going to be a great day when I saw Madelyn in boxing gloves and Barbara Goodyear in a full-body sumo wrestling suit (despite very high humidity!). The team raced with great spirit and skill, coming in milli-seconds behind Charlotte Fury and winning Gold in the cancer survivor division.

Fight Like Mad was an inspiration to the race organizers, to the crowd, and to the brand new ACS team from Oriental. Thanks to Barbara Allen for captaining, to Rob Blyth for steering, to Hale for coaching and to the entire team for its sportsmanship, positivity and strength.

**🐉 Beaufort Dragon Boat Festival 🐉**

Contributed by La

The Beaufort Dragon Boat Festival was the perfect start to what I hope will be a long membership with DBC. We had a great first race, struggled a bit in the second, but finished strong in the third to win GOLD. Our success was due to the team's leadership from Sara and Cathy, with steady steering from Rob, and dedicated teammates. The best part of the festival, however, was getting to know teammates and team supporters better. Looking forward to filling the trophy shelf with more dragon boat bling and making lifelong friends!

**Don't Forget to  
Sign Up  
On-line for Practice!**

**🐉 The 2017 Schedules 🐉**

**Fall Practice Schedule (ends Nov. 5)**

- Mondays @ 6:15 PM - BCS & Cardio
- Tuesdays @ 6: 15 PM - Men & Women
- Wednesday @ 6:15pm - BCS
- Thursdays @ 6:15 PM - ACS & Sr. Women
- Saturdays @ 8:00 AM - Cardio & Technique

Novice Program  
Saturdays: August 12-Sept 16 @ 9:15 am

**Cancer Awareness Calendar**

Show your Support!  
Wear the Colors!

**September**

- Childhood Cancer Awareness Month (gold)
- Gynecologic Cancer Awareness Month (teal)
- Hodgkin's Lymphoma Awareness Month (violet)
- Leukemia Awareness Month (orange)
- Lymphoma Awareness Month (lime green)
- Multiple Myeloma Awareness Month (burgundy)
- Ovarian Cancer Awareness Month (teal)
- Thyroid Cancer Awareness Week (teal/pink/blue)
- Prostate Cancer Awareness Month (sky blue)

**🐉 4th Annual Prevention Palooza 🐉**

Prevention-Palooza will take place on Saturday, November 4 from 9am to noon at the Scottish Rite Center at 1051 Sam Rittenberg, 29407. Prevention-Palooza will be a bit different this year, with a stronger focus on our three fabulous speakers:

Dr. Valerie Scott - a physician with Roper St. Francis Physician Partners, Dr. Scott specializes in family medicine and is a long time advocate for exercise as a major component in disease prevention.

Dr. Bulsiewicz - physician with Lowcountry Gastroenterologists, Dr. B is the founder of "Happy Gut, Happy Life".  
Matt Stapleton - a physical therapist specialist in North Charleston that focuses on movement as medicine.

As usual, Prevention-Palooza is free and open to the community. Please mark your calendar and invite your friends and family to this important and informative event.

## Microbiome 101

It's a hot topic these days...the microbiome and how to nurture it and keep it healthy. I've been learning a lot about it and trying fermented foods (up to 100 times more good bacteria than probiotic supplements) like tempeh and kombucha. I've yet to try kefir and I'm having trouble working sauerkraut into my meals, but I love miso soup and yogurt!

I'm not a doctor or a nutritionist, nor do I eat healthy 100% of the time (not even close), but from what I'm learning, eating a plant-based diet and working fermented foods into your meals is important for weight control, disease prevention and feeling good. On this page you will find information from Dr. Ann that will help us as we learn more about the microbiome and how to live our healthiest lives.

You will also want to attend Prevention-Palooza on November 4. Dr. B, founder of "Healthy Gut, Healthy Life" will be our keynote speaker and will be sharing important information on how to tweak our Western/modern diet, full of processed foods, and boost gut bacteria with fresh and fermented foods.

-Meagan

## Code of Conduct

The Dragon Boat Charleston Club encourages teamwork, cooperation and understanding among people of diverse backgrounds. DBC expects all members to abide by the following responsibilities with regard to abuse, discrimination and harassment.

Members must observe and abide by the Club Code of Conduct detailed below:

- a) respect the rights, dignity and worth of all participants and officials regardless of their ability, gender or cultural background;
- b) not knowingly discriminate against, abuse, harass, ridicule or embarrass anyone covered by this Code of Conduct;
- c) be fair, considerate and honest in all dealings with others;
- d) treat all persons with respect, dignity and proper regard for their rights and obligations;
- e) respect the privacy of other persons;
- f) act at all times in a fair and sporting manner and in such a way as to ensure good relations within and between crew(s) and other organizations;
- g) not engage in behavior that is disrespectful to other crew members or teams during competition.

## Nurturing Your Precious Microbiome

by Dr. Ann Kulze

The huge ecosystem of microorganisms that reside in your gastrointestinal tract (your microbiome) largely define your health destiny. Think of them as your most valuable partner in health and healing. The microbiome is integral to immunity, modulating inflammation, digestive function, mood, metabolism, stress resiliency, and much, much more.

What defines a "healthy microbiome" is having a broad array and an abundance of "good" bacteria in your gut. Here are the key strategies for establishing and maintaining a healthy microbiome.

- Eat an abundance of plant-based foods- whole grains, beans, nuts, seeds, vegetables, and fruits. Good bacteria "feed" off of the fiber that only plant foods can provide. The more real food fiber you eat, the more "good" bacteria you will have in your gut. This is THE MOST POWERFUL and EFFECTIVE of all of these strategies. Honestly, if you do not eat an abundance of fiber, success is IMPOSSIBLE.
- Your microbiome's preferred types of fiber are inulin and arabinogalactans. The foods that offer the most of these special fibers (also known as prebiotics) are: garlic, onions, leeks, Jerusalem artichokes, asparagus, beans, oats, carrots, okra, radishes and tomatoes. Think of these foods as the "superstars" for feeding your microbiome.
- Limit consumption of processed, industrial foods, especially fast foods, junk foods, and those lacking fiber. These foods "feed" the bad bacteria, and the more "bad" bacteria you have in your gut, the less good ones you will have as they are in competition. Be especially vigilant in avoiding processed foods containing lecithin, polysorbate 80 (PS80), and carboxymethylcellulose (CMC). These "emulsifiers" have been shown to interfere with a healthy gut lining and disturb the microbiome balance.
- Include probiotic foods (fermented foods containing live beneficial bacteria) regularly in your diet – yogurt, kefir\*\*, tempeh, sauerkraut, kombucha, kimchee, and any other "fermented" foods that contain live bacteria. (Kefir is particularly potent in beneficial bacteria – I drink it daily!)
- Do not take antibiotics unless medically required. And if you must take an antibiotic, be sure to take a daily probiotic supplement as directed (they are over-the-counter) or drink kefir twice a day. (I prefer kefir.) Continue the probiotic/kefir for at least two weeks beyond completion of the antibiotic.
- Get out in nature and get dirty. The soil contains an entire ecosystem of good bacteria. Gardening is highly recommended, especially vegetable gardening!
- Consider a regular, daily supplement of a high quality probiotic or better yet, drink plain Kefir daily (sweeten with a bit of honey or molasses as needed). 99% lactose free kefir is available for those lactose intolerant.
- Get a household pet – dogs are best.
- Avoid use of consumer products that are marketed and labeled as "antibacterial". There is no evidence they have benefits and growing evidence that they kill the good bacteria and may come with risks.
- Future and expectant Mothers – breast feed (12 months optimal), avoid use of antibiotics in pregnancy unless medically required, and avoid Cesarian delivery unless clearly medically indicated.

## Safety First

It is important that every member (particularly steerspersons and coaches) know that the safety boat must be taken out at every practice. No exceptions. If, for some reason there is no one there to drive the boat, practice will have to be cancelled.

You MUST put on a life jacket before boarding the boat, even if bailing.



## A Focus On Wellness

Contributed by Alice Bova

DBC's new Wellness Committee was established at the 2017 annual meeting and it's off to a great start. The mission of the Wellness Committee is to cultivate and facilitate life-long physical, mental, spiritual, emotional and nutritional wellness for all DBC members.

Your Wellness committee is: Alice Bova: Chair; Madelyn Graf: Survivor Liaison; Cynthia Smalls; Karen Delcioppi; Peggy Sudol; Annette Dacquist; Suzette Schiffano; Lois Rineheimer Gail Masocco; Laura Francis.

We know that DBC already offers many resources for members. The Wellness Committee is here to fill whatever additional needs members may have and provide a comprehensive resource bank which includes support in all the areas of wellness listed in our mission.

The Wellness Committee has met several times and already accomplished many things, including

- Formulated mission statement
- Reviewed the wellness section of the DBC website & made recommendations
- Formulated member survey questions
- Started a Bank of Resources
- "Wellness" blurb in the weekly DBC Communications

### Looking Ahead...

Believe it or not, work has already begun on the 2018 Charleston Dragon Boat Festival. Permits are submitted and boats are reserved. I can't believe this will be my 10th year to produce the festival and I'm so proud of what this festival has become over the last decade.

I was a frustrated bystander to our first festival and watched as our out-of-state producers struggled to launch the boats from the start line and offered up inaccurate results, then left town with most of the money.

Since then we've installed a mooring system to anchor the start docks, used surveyors to verify the course, built our own docks, created our own custom race software, developed a merchandise tent, added entertainment and a margarita bar and kept the funds raised here to support our cancer survivors.

All of this is possible because DBC is a pretty smart and motivated group. And while they can't form a straight line on the dock, they show tremendous talent at moving 1,800 novice paddlers on and off the water in 5 minute intervals and making sure they have a great time doing it. I think we have the best dragon boat festival in America and I'm so proud to be a part of it.

Becca Gosnell, DBC Festival Coordinator

### Crunchy Roasted Chickpeas

These chickpeas are really versatile!

Olive oil: I L-O-V-E using flavored olive oil to make these! You can use your favorite oil of any kind {avocado, sunflower, etc}!

Spices: Let your imagination run wild! I have given you my favorite combination of delicious flavors here, but feel free to use whatever you prefer! You can even just use simple old salt and pepper if you like!

#### Ingredients

1 15 oz can chickpeas	½ tsp ground cumin
½ tsp smoked paprika	½ tsp garlic powder
¼ tsp onion powder	¼ tsp ground coriander
½ tsp sea salt	¼ tsp freshly ground black pepper
½ to 1 TBS olive oil	

#### Instructions

1. Preheat oven to 400 degrees F.
2. Lightly spray a baking sheet with non-stick spray. Set aside.
3. Rinse and thoroughly dry the chickpeas.
4. In a small bowl, mix together cumin, paprika, garlic powder, sea salt, onion powder and pepper. Set aside.
5. Bake dried chickpeas in the preheated oven on prepared baking sheet for 15 minutes (do not add any of the other ingredients yet)!
6. Remove the chickpeas from the oven and drizzle ½ TBS olive oil over the chickpeas, stirring until evenly coated. If necessary, slowly add more olive oil until all the chickpeas are lightly coated with olive oil.
7. Add spices to chickpeas and stir until evenly coated.
8. Bake at 400 for 10 more minutes, then stir.
9. Return stirred chickpeas to the oven and bake them for an additional 5-10 minutes, until desired crispiness is achieved (a total of 35-40 minutes of baking).
10. Turn off oven and crack the door a bit. Let chickpeas cool in the oven to achieve maximum crispiness.

### The Fun Continues...

has always managed to sneak up on her and dress her properly in FUN Committee style.

Over the years many people have asked to join TFC, but because of the limited number of seats in the FUN Mobile, the group has had to continuously decline! UNTIL, we realized that it was time to have a "Special Fun Committee Surprise Guest"! Who else could that one and only guest have been but Sylvia, aka "Church Lady"! She was a great addition in so many ways and didn't take up any room....although she did need a step stool to get on and off the cart! (Not really, but TFC exaggerated the movement for her! )

"We know you have all enjoyed our antics over the last 10 years and we were delighted to make everyone laugh and participate in some of the challenges we have given you at different times during the festivals. We really loved getting everyone "pumped up" and excited about the "Best Tent" "Most Spirited" and "Best Tee Shirt"! Enjoy the photos as we have enjoyed the memories!"

LIVE, LOVE, LAUGH!  
CHEERS!

Patty, Cindy, Boo & Louise  
Charleston 2017

*Meet Jill (Continued from page 1)*

have become involved in volunteering at Mepkin Abbey, MUSC, and Hope House .

I participated in the Outreach Program with DBC last spring and have loved the paddling ! I paddled at the festival, on the Beaufort team and look forward to the Oriental Race next weekend .

I have found all the DBC staff, coaches and participants to be very welcoming and encouraging which has been a great gift to me being “ new” to the area again!



Jill Ewell

*Meet Gail (Continued from page 1)*

certified PADI scuba diver. I also love to sail. After retirement, we returned to Charleston to live. You can take the girl out of the Lowcountry, but not the Lowcountry out of the girl!

We have one grandson who lives in Phoenix, AZ with our daughter and son-in-law. I am fortunate to have both my parents living. Dad is 97 years young and Mom is 90. As a seven year breast cancer survivor, it is my goal to also live a healthy life into my 90's.

I was introduced to DBC through the Outreach Program and was a member of the 2017 EYE OF THE DRAGON team. I really took to the sport. It filled a need in my life – exercising after cancer. I have found a place to belong thanks to the understanding of fellow cancer survivors and the support and encouragement from coaches, teammates and executive leadership. I love paddling on the Ashley River and am constantly impressed and inspired by my fellow teammates. A heartfelt THANK YOU to DBC!



Gail Stamm

**Dragon Saddles**  
If you have an interest in purchasing a seat pad, please e-mail Hazel Huff at huffh85@gmail.com.

**DBC COMMITTEES**  
**Safety** - Louise Graff, Chair  
**Finance** - Rob Blyth, Chair  
**Outreach** - Sterling Hannah, Chair  
**Coaching** - Monica Selinsky, Chair  
**Event & Race Selection** - Members change every year  
**Communications** - Maria Copses, Chair  
**Wellness** - Alice Bova, Chair

🐉 2017 DBC Board 🐉

- President - Lucy Spears
- Vice President - Maria Copses
- Treasurer - Rob Blyth
- Community Liaison - Phil Brooks
- Survivor Liaison - Madelyn Graf
- Member at Large - Cindy Wynne
- Past President - Cassie Salgado
- Founding Members:  
 Cindy Carter  
 Louise Graff  
 Sterling Hannah  
 Noreen Powers

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Yoga On The Dock