



Upcoming Events:

October 10

- Tampa Festival

November 1

- Daylight Savings Time ends
DBC only on the water Saturday mornings

November 7

- Prevention Palooza 1pm
Bees Ferry Recreation Center

December 19

- DBC Oyster Roast (Details TBA)

Featured DBC Members

Get to know Deb Dutcher

I was born and raised in a small town Cumberland, MD where everyone knew everyone. My dad owned a 2nd generation Grocery Store and back in the day it was "the" only store in town. It was very much like living in Mayberry. Cumberland is where I met the love of my life, Dutch, who puts a smile on my face every day! After graduating from Towson State University we married and began raising our family. Our children, Eli 26 and Kelsey 22 live close by and fill our life with so much joy!

Eli recently married his high school sweetheart, Emily, and bought a home in Mt. Pleasant. Kelsey is in her last year at College of Charleston studying to be an Early Education teacher. Our extended families are here in South Carolina, Maryland, Wilmington NC & Hawaii!

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Get to know Boo Collins

We moved to Charleston from Atlanta in 2000 and I was just recovering from breast cancer-lumpectomy, chemo and radiation. My body was wrecked, my bald head had lots of new curls sprouting and I was slowly trying to regain my strength and stamina.

We moved downtown and I drove past the city marina daily always admiring the beautiful boats, docks and water. In the summer of 2003, I kept noticing a uniquely shaped boat that resembled a long canoe. It fascinated me. That same summer a small blurb was in the Post and Courier explaining the dragonboat as a cancer survivor fitness program. For further information please contact Sterling Hannah. I gave her a call and was immediately invited to join them for a potluck dinner celebration at MUSC for their first competition. They were all so welcoming and on such a 'high'! I was then invited to come

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Some of us are trying...

Since our last Prevention-Palooza in 2014, I have cut down on carbs (I still eat some pasta and pizza...I'm Italian!) and I go to Yoga as much as possible. I walk around the neighborhood while talking on the phone with you guys, I try to eat more salads and less French fries, and I snack on edamame even when I really want a cookie. Okay...I eat some cookies. The point is that Prevention-Palooza and everything I learned there, inspired me to make small changes and to do better. I'm far, far, far from living a perfectly healthy lifestyle, but I'm doing better.

This is the whole vision of Prevention-Palooza; to motivate people to eat quinoa instead of potatoes, to decrease sugar and to find an exercise that seems more like fun than torture. For our 2nd Annual Prevention-Palooza, we're bringing back some of the most popular and effective workshops. Have you ever done Zumba with Prisca? It's really more like being in a dance club than exercise! She's awesome! Dr. Ann is coming back too. She is so chock full of information, I could listen to her all day.

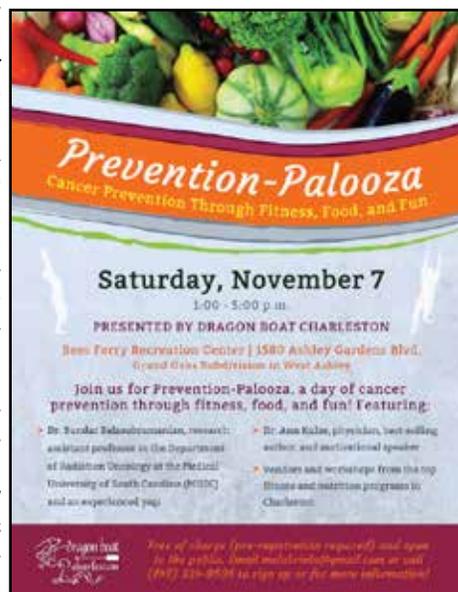
We are also welcoming some new speakers this year. Dr. Sundar Balasubramanian is a Yoga researcher from MUSC. He studies the mechanism behind how regulated breathing (also called Yogic breathing or Pranayama) could be useful in improving health. His research has shown that there are several ways by which Yogic breathing could promote health in general, and for cancer patients in particular. He conducts weekly Yogic breathing classes at the Hope Lodge run by the American Cancer Society. This class is highly appreciated by the patients and caregivers for reducing stress, improving mood and helping them with sleep and pain. He has been speaking about his research to a national and international audience, including our own TEDx Charleston. At Prevention-Palooza he will speak about his research on Yogic breathing and how it could help us keep healthy. After his talk he will be available for a few sessions of group workshop so you can learn some Yogic breathing exercises and take them home with you for practice!

Our very own Stacy Peth, aka "The Most Awesome Yoga Teacher Ever" will also be joining us at Prevention-Palooza, as well as the FABULOUS Marka Daniels. Marka is a dancer, a breast cancer survivor, a firefighter and has suffered two spinal cord injuries, which put her in a wheel chair, although she also sports some gorgeous purple leg braces. Marka will be holding a workshop on strength-building and flexibility, but also helping us all to rethink our capabilities and potential. You've just GOT to meet Marka.

I think of Prevention-Palooza as a way to not only educate our club, but to reach out and educate the community in a fun and encouraging way. You all know better than most...Cancer is a hateful and horrid disease, but we all can take steps against it through eating right, exercise, supporting each other and education. I hope to see you ALL on Saturday, November 7 at 1pm at the Bees Ferry Recreation Center in West Ashley.

Love, Meg

Meagan Labriola, Executive Director



Paddles Up

“Promoting physical and mental wellness among cancer survivors and their community through the sport of dragon boating”

As the summer draws to a close, I wanted to take the opportunity to address the membership. It's hard to imagine that another paddling season is almost over- but I look forward to the fall and winter as it gives us a chance to slow down, catch our breath and plan for another year! Before we brave the cold, windy docks lets reflect on all we have accomplished both on and off the water.

First, we have all made a commitment to improve our health and wellbeing. For cancer survivors and their supporters, there is uncertainty about the future and sometimes fear of what we can't control. Every time we step into the boat we choose to leave a little of that behind. Each stroke gives us more strength, more power, more support. It's an awesome thing to know that each and every person around you, paddling in unison, has been there, is there or will be there. We are the finest dragon boat group around and we truly live our mission to promote physical and mental wellness among cancer survivors and their community through dragon boating.

Speaking of our mission, the board continues to develop plans to prioritize and advance the goals and objectives from our strategic planning sessions last year. Below is a summary of these goals with brief examples of how we might fulfill them. I continue to welcome any feedback relevant to our successful growth with these endeavors.

- Nourish the mind, body and spirit through healthy living with year-round, club-based fitness activities such as dragon boating, winter fitness challenges, nutritional counseling and fellowship.
- Provide a resource for our community demonstrating courage, determination and group cooperation by being a positive role model through survivor outreach as well as providing community education about the benefits of nutrition and exercise for cancer prevention, treatment and survivorship.
- Advance the sport of dragon boating by providing competitive and non-competitive dragon boat opportunities to club members and the community, and promote the inclusion of all cancer survivor teams in dragon boat festivals.
- Advance awareness of the Dragon Boat Charleston model by demonstrating the beneficial effects of our mission on survivorship through community partnerships and collaboration with medical providers.



The Awakened Dragons, Boston

President's Message

Second, you inspire. The DBC approach of inclusiveness and dedication to the sport and to each other is admired by many. We have a unique way of not only celebrating those who are able to paddle in person but also those who paddle in spirit. Circumstances may not allow all to physically step into the boat; however, we understand the importance and strength lent to us by their thoughts and presence in our hearts. There is no better example of this inspiration than what happens on that special Saturday in the spring when we all come together and hold the most amazing dragon boat festival I have ever had the privilege of attending. I spent most of that day visiting teams and thanking them for their hard work fundraising and paddling. Most of the time I was the one being thanked... Thanked on behalf of DBC for being a bright light in what can be an otherwise dark time for many and for providing individuals and groups the opportunity to support a cause they all can believe in. I was overwhelmed that day by all the sentiments and I continue to be in awe of you all every day.

Lastly, we are part of the heart and soul of Charleston, a city which has been an example of how love and respect for each other, no matter our differences, can heal in the most tragic of times. Over the course of the summer I saw so many examples of tremendous support within our club as well as within our community. I've said this before... If material bling were provided for these things, we wouldn't be able to lift our heads from the weight of the medals, so probably better to consider this as "mental bling".

I am proud beyond words to be a member of DBC and to serve as the President of the Board. Thank you all for reminding me on so many levels how we constantly Redefine Cancer Survivorship.

Cassie Salgado, President

Fall Practice Schedule

- Mondays** @ 6:15 pm BCS & Open
- Tuesdays** @ 6:15 pm Men's Tampa Team, HCS D Tampa Team, & Open
- Wednesdays** @ am Silent Sunrise Paddle
- Thursdays** @ 6:15 pm Premier Women ("Awakened Dragons") Tampa Team, HCS D Tampa Team, & Open
- Saturdays** @ 8am - BCS & Open

Novice Sessions @ 9:15 am
 October 3rd, 10th, & 17th
 November 7th, 14th, & 21st
 NO novice practices in December

**Effective October 12th, ALL practices will be "Open."
 Effective November 1, Saturday practice only**

The True Meaning of Winning

On The Water

As we near the finale of yet another successful racing season, it's important to allow a period of nostalgia and reflection as we transition into the upcoming holiday season and beginning of another Winter Training Challenge. Regardless of the teams we send, DBC never leaves a race without a lasting impression, spreading our contagious camaraderie and southern spirits amongst our competition.

Including Tampa Bay on October 10th, DBC will have participated in SIX races this year. Our Race Selection Committee really created a well-balanced calendar of races this year, offering a healthy dose of local & fun (Charlotte, Beaufort, Oriental & Tampa Bay) with mission-focused (Boston – ACS) and competitive (Nationals)!

While Megan was cheering us on from Beaufort, I (and our "baby dragon," too!) was able to be part of something truly special at Nationals, held in Chicago. Watching (and often times running from start to finish), cheerleading, and video-recording our Holy City Silver Dragons (HCSD) and Paddles & Pearls (BCS) teams compete at the level they did was a thrilling experience! New friendships and team cohesiveness strengthened amongst the HCSD team, aspiring them to become a contender to be reckoned within races

to follow. The Paddles & Pearls Team used their hearts and countless hours of training to defeat Pink Steel and came home as the reigning **Nationals Champions**, earning a birth to compete in the Worlds Championships in Australia next spring!

Despite the Bronze and Gold medals earned and stage recognition, there was so much more won than the bling that day. The fighter that she is, Madelyn was given the green light to race in Chicago and left everything she had out on the water with the HCSD Team! Other teammates were with us, in spirit—Both teams "Face-Timed" with Sylvia, Paul, and Sterling. As everyone gathered around, voices erupted into DBC's classic hit "We Love you, Sylvia, Oh Yes We do, When you're not near us, we're blue, Oh Sylvia, We Love You!"

Use these monumental moments from this season to ignite your inner fire to keep you motivated this winter.....

Get ready for a jam-packed 3rd annual Winter Training Challenge!!

Monica Selinsky, Athletic Program Coordinator



Holy City Silver Dragons and Paddles & Pearls, Chicago

2015 DBC Board

- President - Cassie Salgado
- President Emeritus - Jeff Hood
- Vice President - Steve Allen
- Treasurer - Rob Blyth
- Secretary - JoAnn Anthony
- Survivor Liaison - Lucy Spears
- Community Liaison - Sylvia Huskey
- Member at Large - Stephanie Oppenheimer
- Founding Members:
 - Cindy Carter
 - Louise Graff
 - Sterling Hannah
 - Noreen Powers

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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.

Shout Out to the Fun Committee

DBC would like to take this opportunity to make a shout out to our Fun Committee. Yes, they dress up crazy. Yes, their sobriety is often in question. Yes, they bring a ton of fun to our festival and races. But they also spread so, so, so, so much love. When we need a mannequin to “decorate”



Madelyn’s porch, they scour the countryside until they find it. Sylvia lost her dear wedding ring and Patty’s out there with a metal detector (with Howard, Ginny, Janice and Sam, too!). They care for all of us when we are sick or down and somehow, even at dark moments, they make us smile. No job is too big. No outfit is too weird. They are open and loving and overly generous with their time, money and support.

**Thank you for all you do -
Patty Byrne, Boo Collins, Cindy Wynne and Louise Graf.
DBC loves its Fun Committee!**



Fab Four Fun Ones : Louise, Patty, Boo, and Cindy



DBC Mixed Team sends a message from the hill in Charlotte.

Financial Legacy Planning

As DBC continues to grow and develop, we have begun receiving inquiries about how to include DBC in a donor’s financial legacy planning. If you wish to include DBC in a bequest, will, trust or other type of financial legacy planning instrument, please contact the Executive Director so that we may be made aware of your plans. As always, any requests will be maintained in the strictest confidence according to your wishes.

CCC Festival

It was such a special day with the Courageous Kids, great racing, wonderful camaraderie and visits from Sylvia and Madelyn. Six teams competed with the Beaufort team taking home the gold. Special thanks go to the Citadel Cadets for their help in marshalling. This year the Dragon Heart Award was most deservedly given to Lucy and Lenny Spears.



Too numerous to count **SHOUT OUTS** to our fabulous **CCC** volunteers.

New Steering Program for DBC

In order to hold the volume of practices that our paddlers want, we need steerspersons. It just doesn’t work without them. These are the people who steer behind you, instead of paddling, keeping the boat steady and safe. Monica and Rob Kramer devised a new steering program and it is going like gangbusters. The response has been overwhelmingly positive. **Thank you to Rob Kramer** for all of the time he has taken to train and mentor a new class of DBC steerspersons. We are so excited to see Steve Allen, JoAnn Anthony, William Ebersold, Monica Selinsky, Sally Young, Pamela & Charles Ward, Alice Michaux, and Eli Dutcher out there steering.



Coach Cathy, Beaufort

“Our instructor was very knowledgeable and encouraged us through our tasks while keeping us safe. This is a great first class to build a future on. The class has a strong base of knowledge and I look forward to taking my place in DBC, steering our growing membership”

-William Ebersold

Body Mass Index (BMI)

An article on weight??? *Blech!!!* I don't like talking about weight, thinking about my weight and my scale has been broken for YEARS, but as Dr. Ann says, "Belly fat isn't just unflattering, it's the easiest to acquire and the worst for your health." So, we're going to tackle it here with an informative article from our very own, Alice Bova! Thanks to Alice for making us smarter about how to take care of ourselves.

Keep moving, DBC! - Meagan

Why is Healthy Weight Important?

Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions. If you are overweight or obese, you are at higher risk of developing serious health problems, including heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers. Obesity increases the risk for many cancers, (eg, 9% of colorectal, 17% of breast, 24% of kidney, 28% of pancreatic, and 49% of endometrial cancers).

There are several proposed mechanisms for this increased risk:

- Excess production of estrogen by adipose (fat) tissue and increased blood levels of insulin and insulin-like growth factor-1, all of which may promote the development of certain tumors,
- Fat cells may also directly or indirectly influence cell growth by effects on tumor growth regulators, such as increased secretion of hormones that may promote cell proliferation, and
- Low-level, or sub-acute systemic inflammation is frequently observed in obese individuals and is associated with increased cancer risk.

What Is Overweight and Obesity?

Overweight is having extra body weight from muscle, bone, fat, and/or water.

Obesity is having a high amount of extra body fat. Body mass index (BMI) is a useful measure of overweight and obesity.

What is BMI?

Body Mass Index (BMI) is a simple index which measures the ratio of weight to height. It is defined as the weight in Kilograms divided by the square of the height in meters (kg/m²). For example, an adult who weighs 70kg and whose height is 1.75m will have a BMI of 22.9.

$$\text{BMI} = 70 \text{ kg} / (1.75 \text{ m}^2) = 70 / 3.06 = 22.9$$

It is used to estimate of body fat & is also used to classify underweight, normal, overweight and obesity in adults. It is a good measure of your risk for diseases that can occur with overweight and obesity. For adults, a healthy weight is defined as the appropriate body weight in relation to height.

People who are **overweight (BMI of 25–29.9)** have too much body weight for their height. People who are **obese (BMI of 30 or above)** almost always have a large amount of body fat in relation to their height.

BMI does have some limitations:

- It may overestimate body fat in athletes and others who have a muscular build
- It may underestimate body fat in older persons & others who have lost muscle
- It has also been noted that certain ethnic populations differ; however it is generally recognized as a good indicator of risk for developing serious health problems

The BMI Calculator

To calculate your BMI, go to the link & enter your height & weight. Your BMI is automatically calculated.

http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

The BMI Table (on the following page)

To access a table for BMI Body Mass Index enter the link

http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_tbl.pdf

Deb (continued from page 1)

I work full-time remotely for Liberty Mutual and travel just enough to break the monotony of being at home. Which by the way, did you know we live in "God's Country"? Or at least that is what we are told Edisto Island is and I can't say that I disagree! We moved from the hustle & bustle of Mt. Pleasant to the very beautiful peaceful Edisto. Maybe that's the small town girl coming out in me.

If you know me just a little, it would be no surprise to you that I love animals, chickens included, which I'm sure many of you heard my "chicken" stories. We have 3 dogs (1 deaf, story in itself) 1 cat (hired to catch mice – jury is still out on that one), fish (collection of critters Dutch catches in the creek), & 7 chickens. Maybe a pet snake too? Who is an occasional visitor to the chicken coop. He thinks I leave the eggs for him.



I love to spend time with friends and family as well as kayak, run, travel, pretend to fish, catch waves or float in the ocean, snow ski, listen/dance to music, cook/eat, enjoy an adult refreshment & playing games (board, cards, corn hole etc.).

Life before cancer wasn't much different than it is today, other than I appreciate every waking day a ton more and, well of course, I now have my DBC family! I was diagnosed with HER2+ Breast Cancer 3 years ago and underwent treatment....massive surgery, chemo & Herceptin infusions for 1 year – I was a bald mess! Though Dutch said I was beautiful bald. But I refused to let cancer take me down, it's not who I am.

Early in my diagnosis I saw an ad in the paper for Dragon Boat Wellness Program for cancer survivors and I knew I found my support group. As soon as I received my doctor's release, I was in the boat! So while you don't want to get cancer as an excuse to make friends, it is how I came across some of my best friends.

Before I was given the green light to paddle by my doctors, I was invited by a neighbor to attend a DBC Oyster Roast Fund-raiser at Bowen's Island. It was a cold rainy spring day when we walked into a lively group of smiling and laughing DBCer's. Everyone seemed to know everyone, but we were quickly introduced and immediately felt welcomed. It was just a few days before my very long hair had fallen out from treatment & I was still adjusting to my new look when I met Lynda Rock for the first time. I'll never forget Lynda asking why I still had eyebrows & lashes and I felt so proud that I still had them, not realizing I would eventually lose them too.

Once in the boat, I was hooked. The Wellness Program was an awesome way to introduce me to paddling along with other survivor newbies. This allowed me to gain confidence and gradually get to know others club members. I recall the first day in August 2012 walking onto the docks feeling excited & a bit nervous at the same time wondering if I was going to be able to do this. After a brief introduction to technique, paddles, PDFs and boat safety, including what to do if we capsize. At this point my seat mate leans over to tell me that she didn't know how to swim "Oh my, what did I get myself into?!" Still undergoing treatment, I was often very weak & tired. Many times I had to pull my paddle into the boat and sometimes thought, "This is too hard, I can't do this." Who would have known three years later I would be paddling with the 2015 BCS National Champs!

In those early days a wonderful friendship quickly formed with Debbie Ponton & Cassie Salgado. We set a goal for ourselves that we wanted to travel to races, we wanted to win some BLING & we succeeded! I had no idea I was this competitive. To this day when we are racing, we are roomies. We have fun on & off the water. When attending races we always make time to explore & have fun in the city we are visiting ...sightseeing, shopping, baseball games, eating etc. We've been so fortunate to visit Beaufort SC, Mercer NJ (2013 Nationals), Hartford CT, Sarasota FL (Internationals), Boston MA, Chicago IL (2015 Nationals) and others and are looking forward to many more! Like Adelaide Australia.

Although cancer was certainly a bump in the road of LIFE, without cancer I wouldn't have found Dragon Boat Charleston and I am so very Thankful For My LIFE & Dragon Boat Charleston!



Deb Dutcher, Deb Ponton, and Cassie Salgado

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.

Boo (continued from page 1)

paddle the following week. The first time of paddling with these awesome women and men I was hooked. I quickly joined the GANG! - cancer survivors and supporters.

We learned a lot about each other in those early years as we gathered to paddle. In all kinds of weather-and sometimes darkness - we were learning safety as we ambitiously paddled out on the Ashley River. During Christmas we even paddled in the water parade and entered our boat in the city Christmas street parade. Always trying to come up with the best way to decorate our boat. Fun was had by all!



I will never forget my first competition with DBC. The Atlanta Dragonboat Festival was held at the former Olympic venue for rowers on Lake Lanier! So awesome and a little intimidating until we finished with bling! The first of many for this ambitious determined group. I have been privileged to travel to Victoria -quite a highlight- Boston, Charlotte, Tampa Chattanooga, Sarasota and beyond!

I soon came to realize that the "heartbeat" of DBC was its members. We were a family, everyone was there for support, encouragement, camaraderie, exercise and pure DBC love.

Fundraising became an important part of our club and so the Calendar was born. Imagine sitting at dinner telling your family that you would be posing nude for the DBC calendar. My family were the strongest cheerleaders and caregivers for me as I battled breast cancer and they continued to support whatever I felt like I needed to do. The calendar was a smashing success- ran its course- but am happy to anticipate its return!

As we grew as an organization and attended many festivals -always taking notes- we dreamed of one day having a Charleston dragonboat festival of our own.

After lots of blood,sweat and tears - Voila! We did it. Our festival continues to grow and improve with each passing year. The Club

membership support and participation in its success is an inspiration! To be the only festival with a Fun Committee, who spreads joy and cheer not only at the festival but all year long, is quite a lot of FUN and I love it!

My devoted family

- Husband Bobby, who is my solid rock, continues to love and support me as a member of DBC,
- Daughter and awesome wife and mom - Emilie and son-in-law Brendan,
- Granddaughters Maggie and Caroline and grandson Bo Murphy- all my little leprechauns who live in Ireland and come over each summer to play with Granny Boo,
- Daughter and sweet wife and mom - Molly and son-in-law Craig and adorable Henry, who lives in Charleston and plays with Granny Boo, too!
- Daughter Lucy, the chef! who has returned from The Big Apple to Charleston to continue her career as a talented chef and amazes me with her talent and energy,
- Sweet son Bo, who is my farmer and gentle soul, has moved to Denver to explore and study organic fertilizer and soil conservation.

They are all beautiful, successful, most of all loving and they all continue to amaze me and make me proud!

I have met and continue to meet, losing cherished ones along the way, incredible people through DBC. It has been, and continues to be, a fulfilling journey for me. Y'all have enriched my life, made me a better person and I count my blessings everyday.

Thank you DBC with all my heart.
Cherish all your sunrises.



SAVE THE DATE
2016 Charleston Dragon Boat Festival - May 7