

Dragon Tales

NEWS FROM DRAGON BOAT CHARLESTON
DRAGONBOATCHARLESTON.ORG



The Awakened Dragons at Lake James



Remembering Pat Aaronson and Tim Holbach

A Year of Triumphs and Transitions

Sarah Evans, Executive Director

As the sun sets on 2023, we take a moment to reflect on the incredible journey of Dragon Boat Charleston. This year has been nothing short of remarkable, filled with accomplishments, thrilling racing stories, new faces, and a wave of energy that promises an exciting future for our members.

One highlight is the influx of new faces. The sound of paddles hitting the water has resonated with the laughter and camaraderie of both seasoned veterans and eager newcomers. Together, we embraced thrilling racing stories, pushing our limits and celebrating victories both on and off the water.

Behind every successful team is a group of dedicated coaches and steers, and 2023 was no exception. Our coaching staff paved the way for not just physical prowess but also personal growth as we learned the true meaning of teamwork. Our steers literally guided us safely through the waters, whether calm or turbulent. Our fearless safety boat drivers always kept watch over us.

In 2023, we welcomed Lucy Spears to our staff. Lucy has been paddling with DBC since 2003, and shares our commitment to the mission of DBC. Together, we aim to continue growing, learning, and creating a vibrant community both on and off the water.

As the year wraps up, we bid farewell to hardworking board members Susan Collins, Kelly Hood, Lucy Spears, Charles Hubbard, Dick Evans, Mariane Stefano, and Dorothy Sorano. Their dedication left an indelible mark on our community, and we express our deepest gratitude for their service. We welcome Tanya Berg, Rita Jones, Debbie Philips, Desiree Maurer, and Deb Yakunich to the board. Armed with unique skills and innovative ideas, they are poised to lead us into a future brimming with possibilities.

In celebrating the accomplishments, growth, and shared experiences of 2023, Dragon Boat Charleston stands united, ready to face new challenges and create lasting memories. The dawn of 2024 brings renewed hope and enthusiasm, building on the foundation laid by our predecessors.

20th Anniversary Sponsor



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MARK YOUR CALENDAR

WINTER WELLNESS: JAN. 1 - MAR. 2

IRELAND'S OWN CELEBRATION: FEB. 25

CHARLESTON DRAGON BOAT FESTIVAL: MAY 4
EARLY BIRD REGISTRATION NOW OPEN!

Crew Notes

NEWS FOR PADDLERS

EMBRACE THE CHILL: A Winter Wellness Program to Nourish Mind and Body

Let DBC's Winter Wellness Program turn this season into a time of rejuvenation, self-care and time with friends. You DO NOT have to sign-up for the Winter Wellness program to participate. The program is designed for an individual or a team approach.

Some new activities for this year are bungee fitness, a journaling workshop, trivia Nights, You can also look forward to nutrition and food tours, nutrition demo and nutritional potluck at Boundary Waters, Ireland's Own Event and more.

In addition scheduled activities, you may also record others activities that you participate in. Just take a selfie of you doing your activity and send it to (sarah@dragonboatcharleston.org).

Along with the Winter Wellness program there are other opportunities being offered. You can join the Camp Prep group by contacting Annelly at boundarywaterspaddlesports@gmail.com and asked to be added to the program.

COMMUNICATIONS:

DBC's website and Squad Fusion are now the primary sources for member communications. Be sure to visit both on a regular basis to stay in the know!

A FINAL VICTORY:

A great way to support DBC. With each pre-order of Roger Jones' book, you can select DBC as your charity of choice to receive a \$5 donation. Pre-orders open on Jan. 1. Order here: <https://thefinalvictorypreorder.com>.

VOLUNTEERS NEEDED

Please be on the lookout for volunteer sign-ups for the Ireland's Own fundraising event and the Dragon Boat Festival. Email Lucy for more info.

20/20 CAMPAIGN

Celebrate DBC's 20th year by asking 20 friends to donate \$20. Thanks to everyone who's already made the ask and a HUGE shoutout to our board members who leading the way! Use this QR code to donate and share.



NEW PARTNER OPPORTUNITIES

Dragon Boat Charleston is excited to announce new sponsorship opportunities! Whether you're looking for a year-round partnership or want to support our 2024 festival, we can customize a partnership for you. Email Lucy@dragonboatcharleston.org for details and our sponsor booklet.

2023: A Year of Cultivating Relationships

LAURA FRANCIS, BOARD CHAIR

Looking at this year one thing is clear: we have built some strong relationships and have also renewed some of our long-standing relationships.

Sarah Evans, our new Executive Director, is a master at building relationships. From day one, she has shown the importance of listening, getting to know people, answering people and letting them know they are important and they have been heard.

Through working on board decisions and especially learning the hows and whys of amending our By Laws, the Board of Directors built not only relationships with each other, but also with Atty. Suzy Cole. The mutual respect and desire to do right by DBC has been a valuable outcome of this process.

The Holiday Open House, our Annual Membership Meeting, and the Celebration of Life for Tim Holbach and Pat Arenson were opportunities to renew relationships with some of the paddlers we had not seen for a while. Renewing these relationships is especially rewarding.

We now have Lucy Spears working part time as Director of Marketing and Community Engagement. She cultivates relationships which further our mission of promoting the physical and mental wellness among cancer survivors and their community through the sport of dragon boating. Lucy educates the community about how DBC redefines cancer survivorship and how our community can be a part of this effort.

DBC's relationship with Annelly and Greg Thorstad and their company, Boundary Waters, has been a benefit to our paddlers, our coaches, and our boats! We have gained knowledge and guidance as well as the nearly complete refurbishing of our fleet of boats!

Andi Ganz-Seiderman and Betty Maher worked out a new paddler program that got people in the boat soon after they said they were interested in learning to dragon boat. Our outreach program was able to capitalize on that initial interest and give personal instruction to get them started. DBC has benefitted from the infusion of enthusiasm and excitement from this great group of new paddlers.

Looking back, this year has been a year of taking care. We have been taking care of our organization, our boats and our assets, but most important, each other. This has truly been a year of building relationships!

