



Dragonflyers of Michigan Newsletter

January 2023

A Message from our President

Dear Dragonflyers members and supporters,
Thank you for all of your hard work, commitment, and contributions to our organization this past year. A special shout out goes to our two amazing coaches, Alyona and Ellen, and our sternsperson, Ginger. It was great to have a full season with races and to welcome new members. We eagerly anticipate a great 2023 season ahead with excellent training, race opportunities, and inviting newcomers to join us. Dragonboat is a sport like no other, with its emphasis on teamwork, athleticism, community building and support for charitable causes. Who wouldn't love all of that? We look forward to seeing you all in 2023! Julie

Welcome the 2023 Board Members

Elections for the 2023 Board took place at our end of season celebration on October 29, 2022, at Turner Dodge House in Lansing. The following are the newly elected board members:

President – Julie Sinclair

Vice President – Ginger Martz

Secretary – Sarynna Lopez-Meza

Treasurer – Lin Hirai

At-Large Member – Mary Guerriero

At Large Member - LouAnn Stark-Dykema

Past-President – Samantha Caughlan

Congratulations to each of you. We look forward to a wonderful 2023 year!

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Thank you to the 2022 Board

We extend a big thank you to the 2022 Board members for their guidance during Dragonflyers' first full paddling season.

President – Samantha Caughlan

Vice President – Julie Sinclair

Secretary – Sarynna Lopez-Meza

Treasurer – Lin Hirai

At-Large Members – Mary Guerriero and Joyce Ochowicz

Past-President – Tiffany Greenman

Coaches – Alyona Troitski and Ellen Lurie



End of 2022 Season Celebration

Dragonflyers celebrated the end of the 2022 season with a wonderful party at the Turner Dodge House and Heritage Center on October 29th. We enjoyed wonderful food provided by each of us, games, and conversations. We were allowed to walk through the Turner Dodge House to see the rich history of the building and Lansing.



Survey

Thank you to everyone who completed the Dragonflyers' Survey. The time and thought each of you spent in providing valid and impactful feedback will focus guide the direction of Dragonflyers in 2023 and give pointers on areas to improve upon. Survey results have been shared with the Dragonflyers' Board.

Thank you, Tiffany Greenman, for creating, administering, and compiling the survey.

Upcoming Events

Join us on Friday, February 3, 2023, at SpareTime in Lansing for dinner and bowling. It will be fun to see everyone and see who gets the most gutter balls. Approximate start time 5-5:30. Cost TBD. Watch for details from Sarynna.



Join us on Sunday, March 5, 2023, for a painting lesson. We are talking about painting on canvas, not walls. Details to follow.

Walks or cross-country skiing on select Sundays January through March

Sunday, January 8, 2023

Sunday, January 29, 2023

Sunday, February 26, 2023

Sunday, March 19, 2023

Sarynna will meet members at Lake Lansing Park North around 10-11 am to get some outdoor exercise if cross-country skiing or at Hawk Island if walking. Dates and activities are weather dependent. If you are interested, please contact Sarynna at DragonflyersofMI@gmail.com prior to the date.



Quiet Adventure Symposium

On Saturday, **March 4, 2023**, Dragonflyers will have a table at the Quiet Adventure Symposium. This is a great way to share the sport of dragon boating with outdoor enthusiasts. We hope to have photos and videos of us to show people; flyers and information about our 2023 season and how to contact us. We plan to decorate our table with the dragon head and tail from the boat and some of our colorful paddles.

We need help from anyone who has experience setting up slide shows or creating flyers. Contact Julie Sinclair or Ellen Lurie at Dragonflyersofmi@gmail.com if you would like to help with planning or volunteer for an hour or two at our table.

Quiet Adventure Symposium is held at the MSU Pavilion on Farm Lane in East Lansing on Saturday, March 4, 2023, from 9:00 AM to 5:30 PM. Sign up to help at our table/booth, or just stop by to say hi. We would love to see you. Wear your Dragonflyers T-shirt.



Per their website, the Quiet Adventure Symposium is where outdoor enthusiasts can learn and share about paddling, hiking, backpacking, biking, canoeing, and water safety with some of the best adventure experts out there! Boat building, paddleboarding, fly fishing is just some of the demonstrations that may be there. Environmental experts will show how what we do affects the environment and how we can be better stewards of our land and water, whether you are 5 years old or 95 years old. Visit www.quietwatersociety.org to learn more.

Coaches Corner

How many of us made a New Year's resolution to get in shape? I would guess many of us. Well, what a better way to keep your New Year's resolution and get ready for the dragon boat season than to do some dragon boat specific exercises. We can be doing all the warmup stretches we did before each practice. And here is a link for exercises specific to dragon boating. <https://youtu.be/HaG-Ote0s4Q> This video is by Jim Farintosh, a world-renowned dragon boat coach whose teams have won many world championships.

Along with any off season training you might be doing; it is a great idea to include **meditation** as part of self-care. Athletes who consistently practice meditation can help their body to recover quicker from training, racing and even injury. Physical training in balance with meditation can greatly boost your performance, self-confidence, and motivation. There are many types of meditation practices to explore. There are enjoyable five-to-ten-minute guided meditations that are included with Fitbit watch subscriptions. There are other free opportunities for meditation online and in person. And remember, if sitting still just isn't for you there are walking meditations to explore and enjoy.

Whatever your off-season routine, keep pushing, exploring, moving, believing!

"Champions keep playing until they get it right." – Billie Jean King

Dragonflyers Donors

Dragonflyers would like to recognize and thank our 2021 and 2022 donors and sponsors. Through their contributions, Dragonflyers is working towards our goal of multi-generational comradery, team building, healthy exercise programs, and education regarding the technique and wellness features of dragon boating. Proceeds from donors and sponsors also supported charitable racing for women's centers, the arts, and cancer programs.



Darling Hardware in Perry, MI

South Lansing Lowe's

Lynda Heinig

Ellen Lurie

Capital Region Community Foundation (Guerriero Family)

Great Northern Docks in Vermont

South Lansing Menards

Rebecca (Becky) Saul

Mary & Rich Kimball

Bess German

Virginia Martz

thank you!

Amazon Smile

Do you shop on Amazon? If the answer is yes, did you know you can now have a portion of your purchase donated to Dragonflyers? That is right! Dragonflyers of Michigan is now eligible to receive funds from AmazonSmile. Before you place your next Amazon order, please use this link <https://smile.amazon.com/ch/84-4253831> to setup Dragonflyers of Michigan as your charity on AmazonSmile. AmazonSmile will donate 0.5% of the eligible purchases to Dragonflyers. You can also view the “wish list” at <https://smile.amazon.com/gp/ch/list/84-4253831/>.

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked “Eligible for AmazonSmile donation” on their product detail pages.

Please share this with family and friends!



Extras

- ✚ Watch for email messages from the maintenance committee regarding work on the dock and boat in late March.
- ✚ On the water paddling should begin in late April, or early May. Stay tuned for details.
- ✚ We will be holding open houses at the beginning of the season to introduce dragon boating to new people, including friends and family (and strangers too). This is one way to recruit new members to our dragon boat family. Please send any prospective paddlers' names to Bess at Dragonflyersofmi@gmail.com so they can be added to a list for updates. Thank you! Stay tuned for more details.

Committees and Chairpeople

No organization can succeed without the help of countless people serving on committees. Dragonflyers is no different.

Membership Committee – Bess German

Fundraising Committee - Julie Sinclair

Finance Committee – Lin Hirai (Treasurer)

Social Activity Committee – Sarynna Lopez-Meza

Maintenance Committee - Co-chairs Ginger Martz and Erin Linn

Social Media & Website/IT – Looking for chair and members - Contact Julie Sinclair

Election/Nomination – Bess German

Safety – Alyona Troitski

Race – Head Coach

If you are interested in joining any of these committees, please contact the chairperson or the board President Julie Sinclair at DragonflyersofMI@gmail.com.

Dragonflyers Board Meetings

The Board holds quarterly meetings, which are open to members and the public.

Meeting dates for 2023 are tentatively scheduled on the following dates:

- January 25, 2023 at 7:00pm
- April 26, 2023 at 7:00pm
- July 26, 2023 at 7:00pm
- October 25, 2023 at 7:00pm

Initially, the meeting will be held on Zoom. You may contact us at DragonflyersofMI@gmail.com for the link and meeting details.

Additional details will be provided at least one week before the meeting.
All are welcome to attend these meetings.

Dragonflyers Core Values

Connection

- We achieve unity by seeing the best in each other
- We communicate honestly and honor that communication with transparency
- We surrender our egos to build a strong and unified team

Stewardship

- We behave as role models of good sportsmanship
- We are respectful of the environment and property wherever we paddle
- We play by the rules of our sport
- We respect and encourage each other and other teams
- We promote relationships with other athletes and organizations

Growth

- We maintain an open mind to receive feedback from coaches
- We challenge ourselves mentally, physically and emotionally

We hope this Newsletter can be published quarterly. If you would like to help with the newsletter, please contact Ellen Lurie at DragonflyersofMI@gmail.com

Ideas for articles are welcome.

For questions or more information regarding Dragonflyers of Michigan please email us at DragonflyersofMI@gmail.com

Dragonflyers of Michigan is a 501(c)(3) organization