



# Dragonflyers of Michigan Newsletter

July 2024

## A Message from our President

What a great paddling season we are having so far. It's wonderful to see a full boat regularly. A special welcome to our new paddlers who have joined us this year. We are so glad to have each of you in the boat!

It's hard to believe we are almost to July with our first race approaching. I'd like to send a big shout out and thanks to Coaches, Ellen and Ckat, for the many hours they put in each week, not only at practices but also preparing training plans. Thanks also to Coach Alyona for helping with our most weekend recreational paddle.

Thank you also to Mary G. for organizing the recent yard sale, which was a huge success, raising approximately \$2,000. We appreciate the time of everyone who volunteered, donated items, and shopped at the sale. Looking forward to being with all of you for our practices and races in the coming months.

- Julie

## 2024 Board Members

President – Julie Sinclair

Vice President – Ginger Martz

Secretary – Sarynna Lopez-Meza

Treasurer – Jane Roy

At-Large Member – Nancy Hamlin-Anderson

At Large Member - LouAnn Stark-Dykema

Past-President – Samantha Caughlan

## INSIDE THIS ISSUE

A Message from Our President

2024 Board of Directors

The 2024 Season

Update on 2024 Spring Activities

Upcoming Events

Volunteer Opportunities

Dragon Boat, Travel and Breast Cancer

From the Maintenance Shed

Get to Know Our Paddlers

The Flora and The Fauna

Membership Committee

Dragon Boat Erg Training – A Paddlers Perspective

Over The Edge

Announcements

Committees

Board Meetings

## The 2024 Paddling Season

### Practice Days / Time:

Practices will be on Tuesdays and Thursdays, through October 10<sup>th</sup>

Time will be 5:45 to 7:15 PM

### Location:

1284 N. Cedar St.; Mason, MI

Off Cedar St between Holt and Mason.

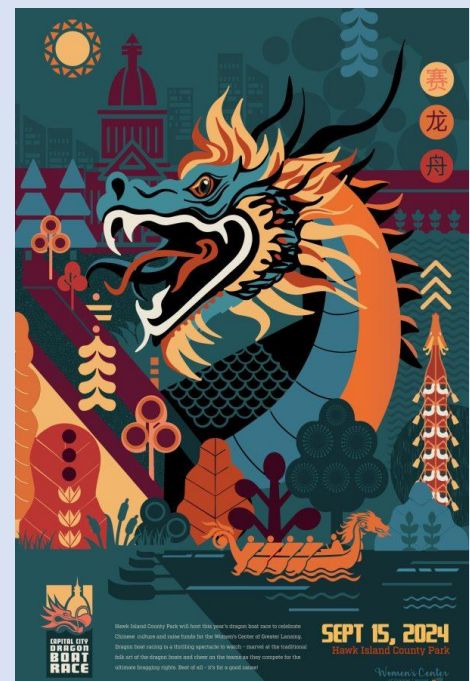
### Parking:

Please park behind the new building, on the grass closer to the water.

### Races:

The races for the 2024 season are:

- ❖ Dragons on the Lake at Portage Lakes (Akron), Ohio - July 20<sup>th</sup>;  
Race captain - LouAnn
- ❖ Dragon on the Lake Festival at Green's Park in Lake Orion, Michigan - August 25<sup>th</sup>; Race co-captains Andrea and Mary G
- ❖ Capital City Dragon Boat Race (CCDBR) at Hawk Island Park in Lansing, Michigan - September 15<sup>th</sup>; Race captain - Sarynna

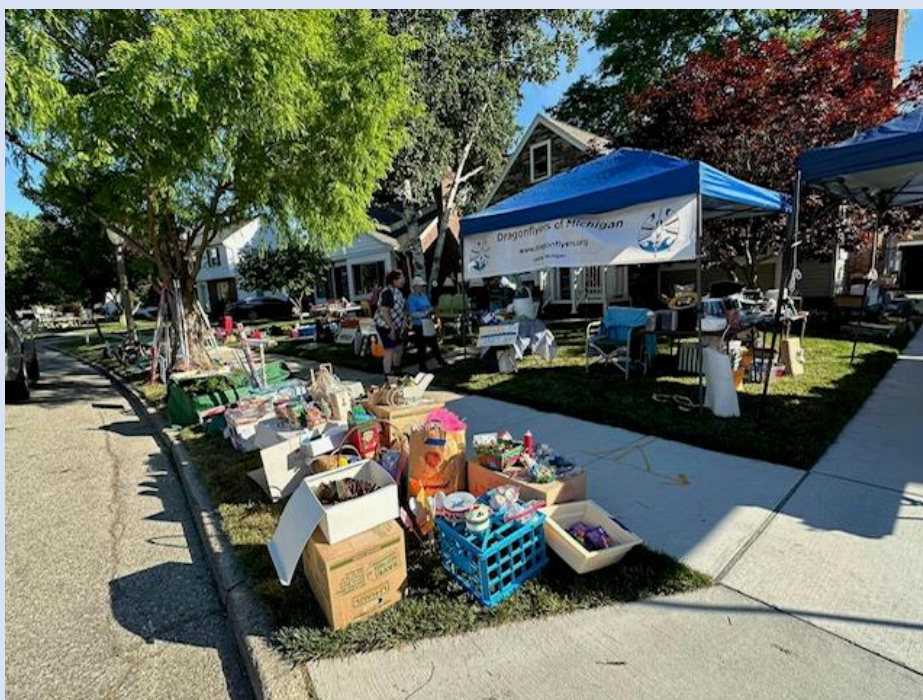


## Update on the 2024 Spring Activities

### **Yard Sale 2024**

Dragonflyers' held their second yard sale on June 7 and 8, 2024. We had a terrific number of items for people to take home to love. Traffic was steady on Friday, and a little slower on Saturday (typical for this yard sale). We made slightly less than last year, yet still brought in approximately \$1900.

Thank you to Mary G for organizing the yard sale. Also, a big thank you to all our volunteers; those that worked shift during the sale; the people who showed up at the end of the sale on Saturday to pack up what didn't sell and bring it to Volunteers of America; and the sale could not have happened without everyone who donated the wonderful items we had to sell.





## Upcoming Events

### **Planning Events**

If you have suggestions for events and/or are willing to help organize events, please share them with Sarynna at [Dragonflyersofmi@gmail.com](mailto:Dragonflyersofmi@gmail.com)

### **River cleanup with Michigan Waterways Stewards**

Save the date for the fall River cleanup with Michigan Waterways Stewards.

Friday, September 20, 2024

2:30pm – 7:00 pm

Potter Park Zoo.

For questions and additional information, please contact Mike Stout at [mstout@MIWaterwaysStewards.org](mailto:mstout@MIWaterwaysStewards.org) or check out their website at <https://www.miwaterwaysstewards.org/>

## Volunteer Opportunities

Dragonflyers has a wonderful, but small, group of people who help us get things done. Have you ever wondered how or who does something? Here is your chance to get involved. We are looking for people to join our committees. You do not need to be a paddler to join our committees, just someone who is interested in helping our organization function and grow.

We have or will be forming the following committees:

- |                             |                       |
|-----------------------------|-----------------------|
| ❖ Membership                | ❖ Election/Nomination |
| ❖ Fundraising               | ❖ Safety              |
| ❖ Finance                   | ❖ Race                |
| ❖ Social Activity           | ❖ Scholarship*        |
| ❖ Maintenance               | ❖ Newsletter*         |
| ❖ Social Media & Website/IT |                       |

\*New committees or groups

Please contact Julie at [Dragonflyersofmi@gmail.com](mailto:Dragonflyersofmi@gmail.com) if you are interested in joining a committee or contact the committee chairperson shown on page 18.

## Dragon Boat, Travel, and Breast Cancer

I began my dragon boat journey in 2012 with a phone call from my ex-husband. A woman he knew who was involved with the dragon boat races in downtown Lansing called and asked him if he would be interested in joining a team. He said no but he knew someone who might be. That was me! I contacted Rob Flanders who was getting a team together and joined what was then Dragonheart. The first time I got in the boat, I thought, "What the hell did I get myself into?" But I LOVED it! I paddled in 2012, 2013 and 2014. By that time, the team's name had changed to Anahata.

In 2014, I traveled with Katerina Troitsky, my teammate Alyona's mother, and a group of eight others to Italy. We spent a week in Florence and a week in Rome. I had originally declined the invitation because I was working part-time, didn't have a passport and didn't want to spend the money. When I told my daughter about the trip and said I wasn't going, she said, "You have a chance to go to Italy and you said no? If you don't go, I'm going to kick your ass." Thus, I went to Italy--and had a fabulous time.

Then in 2015 I decided to take some time away from paddling.

January 6, 2016, I received my official diagnosis of breast cancer. I had a mastectomy and lymph nodes removed on February 1st. In the meantime, three of the people I had gone to Italy with and I had been planning a trip to France. I was supposed to start chemo in March, so I had to get permission from my oncologist to take the trip. I had my chemo port implanted March 9th and March 17th I was on a plane headed to France. We spent a week in Paris and a week traveling to various parts of the wine country. Another fabulous trip! When I returned, I had 14 sessions of chemo. After a waiting period, I had 30 sessions of radiation. That pretty much shot the whole year.

In spring of 2017, the Water Warriors, an off-shoot women's team of Anahata was having an open house. I decided to go to support the team and maybe get in the boat "just one more time." I ended up joining Water Warriors and we participated in a race in the Chicago area that summer. While at the race, I was invited by members of the Motor City Dragons, a Detroit breast cancer team, to join some of them in Florence, Italy in July 2018 to participate in the International Breast Cancer Dragonboat Festival. There were 121 teams from 18 countries participating. Photo on next page shows Joyce with some of her teammates in Florence in 2018. Joyce is wearing the red Anahata shirt.

Women who had breast cancer had been told to avoid rigorous upper body exercise. In 1996 in British Columbia, Dr. Don McKenzie, a physician and exercise physiology professor, challenged that belief. For three months, he trained 24 breast cancer volunteers, got them in a dragon boat and taught them paddling techniques. The team was called "Abreast in a Boat." And the rest is history.

There is a strong breast cancer component to most dragon boat races/festivals encompassing raising funds for breast cancer research or other charities. There is an international breast cancer festival every four years in a different city. The festival in 2023 (delayed from 2022 due to covid) was held at Lake Karapiro, New Zealand and 2026 will be in Aux-les Bains, France.



Then Covid happened in 2020. Obviously, no paddling for a while. To say it was a strange time would be an understatement.

So, now we are called Dragonflyers of Michigan, aka Dragonflyers with three races scheduled for 2024. I will be 81 in September and dragon boat has contributed greatly to my physical and mental well-being. I almost forgot to mention all the great people I get to paddle with, as well as all the wonderful folks I have met through the great sport of dragon boat.

Paddles up!

- Joyce Ochowicz

## From the Maintenance Shed

Greetings Paddlers!

Dragonflyers of Michigan Maintenance Committee and several volunteer members assisted with installation of the dock in April to make certain the season started on-time. Prior to trailering the boat, Erin installed additional rollers and guides to keep the boat secured during transport, and centered the boat for launching, which worked much better for everyone assisting with launching the boat.

Remaining maintenance this year includes re-wiring the trailer, painting the dock, and installation of a shed for storage of Dragonflyers' equipment and tools. All members will have the opportunity to assist with the remaining tasks later this summer and fall. The Dragonflyers' Yard Sale successfully raised funds for the purchase of a storage shed on skids for installation this summer, which will provide the ability to store all equipment in one location.



Erin & Ginger  
Maintenance Committee Co-Chairs



## Get to Know our Paddlers!

This is a newer section where we highlight a few of our paddlers in each edition of the newsletter. Randomly selected paddlers were asked to provide answers to three of 15 questions we provided.

How many can you identify correctly? Answers are on page 18.

### Person #1

1. *What is your hidden talent?* - I can wiggle my ears.
2. *What is a fun fact about you?* - At one point in my life I lived in a community with about 100 people who all lived out of one common pot. Everyone's income went into the common fund out of which all basic living expenses were paid, and we were each allotted a monthly amount for personal/entertainment expenses.
3. *What is something on your "bucket list"?* - I want to visit the Netherlands and the Swiss Alps.

### Person #2

1. *What is a place, tradition, food, or other experience that is meaningful to you and why?* - I was born on my mother's birthday. In my family you got to decide what birthday cake you wanted, and Mom would bake it for you. I always chose a delicious yellow sponge cake with a hint of orange, the best dark chocolate frosting made with egg whites and the cake had four layers. It was a lot of work, but I loved that treat. Although it was my mom's birthday, I was able to request that treat every year. It made me feel special which is what birthdays are all about.
2. *What is your hidden talent?* - I do not think of myself as having a special talent. I can do several things but usually at a marginal level, I consider myself a generalist rather than a specialist. However, I have an uncanny knack for being able to determine the exact right size plastic storage container for the left-overs. What, you laugh, it truly is a talent. I can look at the remnants of the feast and find the perfect fit and the right lid.
3. *What is your favorite book?* - I have a boxed set of three books by E.B.White. One of those is my favorite book, Charlotte's Web. How could you not fall in love with a story about a girl, a pig and a spider. Life happens in that story that is so beautifully told and so heartfelt. Friendship, loyalty, love, and yes, death, I cry from the beginning to the end every time I read it.



### Person #3

1. *What are your hobbies outside of dragon boating?* - My hobbies outside of dragon boating are running/walking/hiking, kayaking, paddleboarding, putting together jigsaw puzzles (one way I unwind and relax), and reading cold case mysteries or K-9 mysteries. I like to see if I can figure out the mystery before it is revealed.
2. *What is your favorite vacation destination and why?* - My favorite vacation destination is Lake Superior Provincial Park. It has so much to offer paddling Lake Superior shoreline, paddling inland lakes full of islands, hiking trails to wonderful overlooks, 3 campgrounds as well as paddle in or hike in campsites, many beaches and wonderful clear water. The shoreline paddles take you to sandy beaches, cobblestone beaches, beaches surrounded by 200-foot-high cliffs, and pictographs. Absolutely gorgeous!
3. *What is something on your "bucket list"?* - Something on my bucket list is taking at least a 4-hour tour of the Grand Canyon with Canyon Ministries. We saw the Grand Canyon briefly this spring on our Route 66 trip, but parking was VERY difficult, and it was elbow to elbow with people at the overlooks, many of them rude and pushy. Canyon Ministries 4-hour tours are at sunrise or sunset when it is not as crowded, you don't have to do the driving, and you get the scientific creation explanation of all you are seeing of God's magnificent creation.

### Person #4

1. *What is the most interesting job you've ever had?* - The most interesting and short lived (not best) job I held was working in a fish processing plant in Alaska, for 4 days. The job was 16 hours a day, 7 days a week if you wanted it. I did everything from scrape bloodlines in salmon, to measure halibut, to control the hoppers of fish off the boats heading for the conveyor belts. After 4 days my friend had tendonitis, so we found other work.
2. *What is your hidden talent?* -My hidden talent is blowing bubbles with bubble gum. I can sometimes blow 4 or 5 bubbles inside the original bubbles, depends on the gum. Bazooka is a classic, solid performer.
3. *What is the most interesting place you have ever visited or lived in?* - A favorite place I've been is definitely New Zealand. My husband and I are big Lord of the Rings fans and we got to visit Hobbiton just before they filmed The Hobbit movies series, in all its lush glory, among many other places.

#### Person #5

1. *What is your hidden talent?* – I can identify cardinal directions (unless I am ill or extremely tired) even in places I have never visited, inside and outside of buildings, and without the sun. My father has always stated that I have “metal shavings” in my head.
2. *What is something on your “bucket list”?* – I plan to visit New Zealand, Australia, and Iceland in the next several years, so if anyone has ideas regarding the places to visit or things I need to know while planning, I am open to your recommendations and suggestions.
3. *What is something about your culture or heritage that you would like to share with Dragonflyers?* – My mother’s family originated from an Amish and Mennonite background, but also had horse thieves and “lady performers” as great-great ancestors. My father’s entire family secretively fled Germany prior to and during the war, which included several years of family members being separated. Almost all members of the family finally arrived in northern Wisconsin, after several years of separation, and it is a miracle that they found each other.

#### Person #6

1. *What are your hobbies outside of dragon boating?* - Many of you have seen me knitting socks in between dragon boat races! I'm interested in lots of different fiber arts, and I'm currently learning to spin fiber. I've also just started to learn Japanese.
2. *What is your favorite holiday or one that is really special to you?* - I love Christmas because my family (husband - also British - and 2 adult kids) always travel to the UK to celebrate with our extended family. It's wonderful to catch up with family, and two weeks of Christmas and New Year celebrations are lots of fun!
3. *What is the most interesting place you have ever visited or lived in?* - I lived in Italy for two years in a beautiful village by Lago Maggiore, northwest of Milan and close to the Swiss border. I lived in a converted wing of a 15th-century monastery, and I loved exploring Italy and skiing every weekend through the winter.

Go to page 18 of the newsletter to see how many paddlers you know.

## The Flora and the Fauna

Paddling with the Dragonflyers at the end of a long day can be especially rewarding and often a much-needed release to let go of the stresses after a hard day of work. This can often be said of ‘getting out on the water’. But who knew that one would also be able to spend the quiet times between training routines to take in the local flora and fauna. With several naturalists on the boat, you will inevitably be introduced to a few more commonly seen birds, mammals, trees, flowers and shrubs that surround you as you enjoy the ‘float’ of the slowing boat. Our boat is aptly named The Blue Heron after a daily visitor to Cedar Lake where we dock our boat.

Great Blue Heron – This large, easily identified heron does not announce itself. It enters our air space quietly with the long thin legs of a water-wading bird flowing behind its body. The lengthy neck is recognizably pulled into a soft curl that leads its flight. As it gently lands, you will be awed by the expansive wingspan, flapping a few times before it lands just at the water’s edge. There it will skillfully, silently, and with such slow stalking moves, finds a meal provided by the other life in this perfectly balanced ecosystem. As our vessel, The Blue Heron, glides slowly closer, it will suddenly take wing to find another quiet spot to hunt for food. Seeing Blue never gets old, as is often witnessed by our enthusiasm in pointing it out when someone first spots it.

Swallow – If you look up at the wires that run across the water, you will see a line of little birds. I want to introduce you to the Swallow. These little fork-tailed birds are often seen swooping down toward the water to catch a tasty insect. They are very busy and hardly affected by our comings and goings. I will defer to the experts or those with better visual acuity than I, as to whether these are Barn Swallows or Tree Swallows. Do a little research of your own and then next time we are resting under the wire or near their feeding ground, see if you can tell which one we get the honor of saying ‘hello’ to on Cedar Lake.



A swallow line up. Upper wire, from left: Tree, barn, tree. Lower wire, from left: Purple Martin, barn. [Diana Churchill/for Savanna Morning News]

<https://www.savannahnow.com/story/entertainment/columns/2019/12/09/birders-eye-view-swarm-of-swallows-make-their-mark/2119644007/>

Osprey and the Bald Eagle – Spotting these remarkable birds of prey is truly something that will make the day of any observer. At least once a year we see these magnificent, feathered fliers. From a distance they are quickly identified by their size. As they get closer you will start to notice some differences. An adult Bald Eagle is easy to identify with its strikingly white head and tail and broad wings. The Osprey has a whiter flecked under belly and thinner angled wings. Both will commonly hunt fish with the Bald Eagle catching fish with its great talons, while the Osprey will often just dive headfirst into the water to make its assault on its prey. Having spent many hours watching these birds off the beaches of Lake Michigan, they have truly captured my heart. With a few hours of bird watching, you too, may find the aviator that grabs at you.

Wild Turkey – On several occasions, the Dragonflyers have been caught by surprise to see a Turkey flying by and landing in the large trees. Obviously, turkeys fly, they are birds after all, but did we ever imagine them sitting in trees? It was certainly a sight that tickled us. When you think of how heavy they are, or at least the ones we eat at Thanksgiving are, it is hard to comprehend how strong they must be to lift that girth up into a tree.

Eastern Kingbird – This magical little flycatcher is easily identified as the only area bird with a white stripe at the bottom of its tail and if you are lucky enough to catch it perched nearby, you will notice its feathers are parted at the top of its head. This must be what gives it the name King as those feathers look rather like a crown.



[https://www.allaboutbirds.org/guide/Eastern\\_Kingbird/id](https://www.allaboutbirds.org/guide/Eastern_Kingbird/id)

Belted Kingfisher – Watch for the bird that flies about 10 to 20 feet ahead of the boat at the water's edge, moving along the wooded shore as if to guide us down the narrow lake. When the boat gets close, up it hops to find another branch just in front of us, often with a little scream as if to say, "follow me". Listen here:

[https://media.audubon.org/nas\\_birdapi\\_file/BELKIN\\_2.screamcallgreeting\\_NYle.mp3?v=b](https://media.audubon.org/nas_birdapi_file/BELKIN_2.screamcallgreeting_NYle.mp3?v=b)

Baltimore Oriole – Undeniable and unforgettable is the brightly colored male Baltimore Oriole. With a contrast of Black and brilliant orange, he will defend his territory loudly. His partner is not as easy to identify as her color is muted brownish grey and dusty yellowish orange. These distractors are more commonly seen while



we circle up for announcements and warm up exercises on the upper lawn. They nest high up in the trees in a little sack-like home. You can attract them in early spring by offering orange halves or sugar water feeders.



Of the mammals we have joyfully witnessed are the White Tail Deer and the Muskrat. While we have not seen the Beaver living in the area, we have seen evidence that they are in the lake. Trees have been gnawed and felled. Those too large to move are left to create new habitat for other little creatures. Evidence of sassiness from either the beaver or the muskrat, is seen on our dock. Their little chew marks run along the edges of the dock. We have tried to deter their chewing by sprinkling a homemade concoction of garlic powder and cayenne pepper powder. While applying it can bring on a human sneezing attack, the effect on the offending chompers is still out for review. We are hopeful.

Turtle – Nature and the beavers, create a number of areas that are prime turtle sunning spots. As trees fall or are felled into the water, branches and trunks are left sticking up out of the water. These trees, left horizontal, provide a perfect place for the local turtle population to sit in the sun. Their size varies from 3 to 8 inches, so we can assume families are in abundance. While we can often paddle quite close, most frequently, the turtles all slide into the water upon our approach. Their entrance into the water resembling someone playing a slight musical composition on a brass or stringed instrument. Bloop blop blup plop. Without close observation, it is hard to identify the species of these shelled reptiles, but a common Michigan turtle is the Painted Turtle.

Minnow- One of the tiniest and most abundant and essential creatures in this lake is the minnow. A small, silver, long-bodied fish about 1 to 2 inches long provides many of the others living in the lake with a source of nutrition. As we paddle the long lake, we can often see ahead of us, a school of minnow being chased by something else in

the water creating a ruffling of the calm water. They feed the turtles, other fish, and the bird populations of Cedar Lake.

Bluegill/Brim – As you stand on the dock waiting to load onto the Blue Heron, you may look down on the right into the water. There you will notice some areas where the vegetation has been moved away to make observable a stoney lake bottom. There are about 7 or 8 of these 1-foot diameter circles. If you are the first person on the dock you may also get to see a small fish sitting in the middle of one or more of these nests. While we have not positively identified these little swimmers, it is likely a Bluegill, Bream, Sunny, Copper Nose, Perch, Panfish, Pumpkinseed, Slabs, or Brim (called by a number of different names depending on which part of the country you come from).



<https://www.ndow.org/species/bluegill-sunfish/#>

When we are not sufficiently distracted by birds or other water and land animals, or if you are more attracted by the flora, there are some beautiful sights and smells that surround us on both sides. In late spring our noses become part of the paddling experience. The Honeysuckle is a very fragrant shrub that on a slightly breezy day, can cover up some of the less pleasant odors of the lake. Among the colors include the abundant Perennial Pea, with its pink flowers and lush green climbing foliage. Another climber is the Crown Vetch. This light pinkish purple flower is seen along the path as you descend to the dock. As summer is in full swing, we are starting to see the common Yarrow, a white pinnacle flower offers a cluster of white along the edges of the lake. Those living with naturalized country lawns might see lots of these mixed in with other neighbors among your grass. Side note: if you compost your kitchen waste, Yarrow leaves are great for your compost. A very common flower that can be seen for at least a month or more is the Daylily. Orange and standing tall, like the heron, these plants offer a flash of color. It is very resilient and often seen on the roadside along with the blue flush of Chicory, Wild Daisy, or Perennial Pea.

Whether you yell out the name of the bird or animal you see, or call out, “Bird”, or quietly point to something moving in the water, air or shore, watching the wildlife and identifying the flora all around us aids in the healing and rejuvenating experience we have as we paddle in time with our team. Moving smoothly through the water, we become part of this beautiful landscape. Remember to ‘keep your head in the boat’ while enjoying your surroundings during our restful moments between training exercises. Peace.

- Andrea Kelly

### Membership Committee

Word of mouth and your testimonies about the sport of dragon boating are still the most powerful way to attract new members. If you have interest in joining the membership committee, please contact LouAnn or Bess at [Dragonflyersofmi@gmail.com](mailto:Dragonflyersofmi@gmail.com). We would love to have you involved!

### Training with a Dragon Boat Erg – A Paddlers Perspective

#### **Learning to “paddle” an erg**

This past winter I signed up for training sessions on our team’s new erg – a stationary machine kind of like a rowing machine but designed for dragon boating. I wasn’t sure what it would be like, and it did turn out to be very different than paddling in the water. As I look back at that training, I now see a number of ways paddling on an erg was of great benefit. The first is that I was able to paddle on both the left and right, switching halfway through each training session. I found I got into the actual boat feeling, more able to paddle either side and not favor one side so much. Second, I found the erg training helped improve my stamina, and it didn’t feel as challenging to get back in the boat at the beginning of this season. Additionally, in past years I tended to feel some lower back pain on whichever side I was paddling that practice. This year I have had very minimal back pain. Perhaps the erg training strengthened my lower back muscles, or the increase in stretching before and after training helped. Finally, it was really nice to work with the coaches off-season and to see some of the other paddlers before and after my training sessions. I definitely felt more connected throughout the winter. I highly recommend signing up for these erg sessions!

- Julie



## Over The Edge Event

In the Spring 2024 edition of the newsletter, we shared that Joyce would be rappelling down Boji Tower in downtown Lansing, as a fundraiser for the Women's Center of Greater Lansing. Well, Joyce had a very successful rappel on May 18th. When Joyce finished her rappel and had her feet on firm ground, Joyce was greeted by a big crowd of family and friends. Of course this included many Dragonflyers. As we do at the end of practice, Joyce walked the line and got a "good job" from all of us gathered there for her.



"What a great experience! After raising \$1350 in donations to the women's Center of Greater Lansing, I had the opportunity to rappel down the Boji Tower in downtown Lansing. Woo hoo - 30 stories. What a view!" -Joyce






## Extras

### **Learn to Tie Knots with Coach Ellen**

The most common knot the Dragonflyers' use is the bowline, which is how we secure the boat to the dock. Other useful knots include the square knot, figure eight knot, half hitch and more. Do you want to learn how to tie these knots? Coach Ellen is offering an informal class on Sunday, August 4<sup>th</sup> at 4:00pm in Lansing or Tuesday, August 6<sup>th</sup> after practice. Please register for either class time by emailing Ellen at [DragonflyersofMI@gmail.com](mailto:DragonflyersofMI@gmail.com)



 Please send suggested topics for training to [DragonflyersofMI@gmail.com](mailto:DragonflyersofMI@gmail.com) attention Coach Ellen

### **Recreational Paddle Dates/Times**

~~Sunday, May 19, 2024; 4:00 to 5:30~~

~~Saturday, June 15, 2024; 10:30 to noon~~

Sunday, July 14, 2024; 4:00 to 5:30

Saturday, August 17, 2024; 10:30 to noon

Sunday, September 22; 4:00 to 5:30

### **Dragonflyers' Website**

The Dragonflyers of Michigan website is up and available for viewing at [www.dragonflyers.org](http://www.dragonflyers.org).

### Committees and Chair-people

No organization can succeed without the help of countless people serving on committees. Dragonflyers is no different. We are always looking for people to join our committees.

Membership Committee – Bess German

Fundraising Committee – Co-chairs Julie Sinclair and Ginger Martz

Finance Committee – Jane Roy (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 Troitsky

Race –Ellen Lurie

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

### Dragonflyers Board Meetings

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

Meeting dates for 2024 are tentatively scheduled on the following dates:

- ~~January 30, 2024, at 7:00pm~~
- ~~April 24, 2024, at 7:00pm~~
- **July 24, 2024, at 7:00pm**
- October 23, 2024, at 7:00pm

The meeting will be held on Zoom. You may contact us at

[DragonflyersofMI@gmail.com](mailto: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.

### Answers to Guess the Paddler

Person #1 – Jay

Person #2 – Mary K

Person #3 – Nancy

Person #4 – Melissa

Person #5 – Ginger

Person #6 – Jane

We hope this Newsletter can be published quarterly. If you would like to help with the newsletter, please contact Ellen at [DragonflyersofMI@gmail.com](mailto:DragonflyersofMI@gmail.com)

Articles and ideas for articles are welcome.

For questions or more information regarding Dragonflyers of Michigan please visit our website at [www.dragonflyers.org](http://www.dragonflyers.org) or email us at [DragonflyersofMI@gmail.com](mailto:DragonflyersofMI@gmail.com)

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