



Volume 9 No. 1

# Dragon Tales

Spring 2004

A Publication of DragonSports USA, Inc.  
Promoting fitness and friendship through paddle sports!

## DragonSports USA, Inc.

10010 SW Beaverton-Hillsdale Hwy.  
Beaverton, OR 97005

### Open Practices

Mon., Wed., and Fri. .... 9:00 AM

#### Temporarily Suspended:

Tuesday & Thursday ..... 6:00 PM

Saturday ..... 8:00 AM

Checks for dues/new memberships to:

#### Doug Schryver

10010 SW Beaverton-Hillsdale Hwy.  
Beaverton, OR 97005  
schryver.doug@cnf.com  
phone: 503-450-6541

Visit our website at:

[www.dragonsports.org](http://www.dragonsports.org) or check  
out our yahoogroups at:

[http://groups.yahoo.com/group/  
DragonSportsUSA](http://groups.yahoo.com/group/DragonSportsUSA)

### Board Members/Officers

**President** • Joel Shilling, MD

**Vice President** • Marilyn Adair

**Secretary** • Jen Miller

**Treasurer** • Doug Schryver

Pat Corbett

Gloria Jones

John Myers

Margaret Usher

Dan Winkler

### Committees

Boat Scheduling & Rental • Joel Shilling  
jmacshilli@aol.com

Caller/Tiller Coordinator • Ayla Montgomery  
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DragonTales • Marilyn Adair  
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Equipment Maintenance  
**Position Open**

Race Director • Margaret Usher  
bouv4@aol.com or  
[www.dragonsports.org](http://www.dragonsports.org)

Gear Marketing • John Myers  
Phone: 503-639-6059

Yahoogroups Manager • Doug Schryver  
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## DragonSports USA The Annual Meeting Feb. 18, 2004

As required in the bylaws DragonSports holds an annual business meeting for all members. Over the years it has evolved to include the additions of food and socializing, and, this year, the recognition of volunteers, and presentations by two of our paddlers.

- President Joel Shilling called the meeting to order and reviewed the agenda. He briefly summarized the activities of 2003: the successful Portland Race at Sellwood Park, and the intended Vancouver Lake Regatta, which was cancelled because of toxic algae in the lake. We are planning to hold both races in 2004, on Aug. 7-8, at Sellwood Park, and on Sept. 11, at Vancouver Lake. The holiday activities of the morning paddle on Thanksgiving and the caroling on the river were highly successful. They will also be held again this year.

- Joel stated that the board is consolidating the following strategic plan:

**Vision:** Promoting fitness and friendship through paddle sports.

**Mission:** (draft form) Dragonsports will be the driving force in developing paddlers of all abilities and all ages through a well coordinated, responsive program of boat and equipment rental.

**Values:** (draft form) Integrity, accountability, collaboration, leadership, good sportsmanship, and innovation.

**Strategic intent for 2004:** (draft form) Is to create continuous improvement in quality and size of races, and in competition in our service area; to develop leaders, coaches, callers, tillers, and event officials; to expand participation by the membership of DragonSports; and to promote youth participation in paddle sports.

- In 2003 the Board focused on supporting youth participation. As a result the board has set up a Youth Paddlers Grant. It allows teams to submit proposals to apply for up to

\$1500 in funds. At this time cash awards have been granted to the Franklin Aquarockets, ACMA teams, and Sunset SunDragons.

- Joel called on various the officers and committee chairs for reports.

**Marilyn Adair**, vice president: contact her with ideas and articles for our newsletter, DragonTales.

**Doug Schryver**, treasurer: he has sent the financial statement to the members through e-mail. He would like input from members regarding spending for this year.

**Jen Miller**, secretary: did not to speak, but she did wave, as she was taking meeting notes.

**Margaret Usher**, race committee chair: she is already preparing for our summer races and is putting together a user friendly web site.

**Jim Evans**, equipment: with more boats in the water we need more volunteers to help clean the boats and to help with the equipment. The locks and tethers cost \$25 each. Four of them were lost to the river last year. Someone asked about cleaning the jackets; it was mentioned

Annual Meeting continued on Page 2.



### What's Inside...

Kevin's Poem

Member Interview with Laura Mickel

Paddlewocky by the Anonymous  
Gary & Maureen Brown

The Perfect Stroke, a Song by  
Patti deWitt

Milwaukie River Fest

Check Out DSUSA Announcements  
on page 4.

that the Board is considering the purchase of new ones. The boat lights in the locker are for open practice only. Teams who rent boats should provide their own lights.

Jim is retiring from this position. Interested members should contact the Board.

**Joel Shilling**, boat scheduling: he is working with Pat Corbett, the (much appreciated) previous scheduler, to computerize the process.

**John Myers**, logo items: paddles, t-shirts, decals/stickers are available for purchase.

**Gloria Jones**, callers and tillers for open practices: Ayla Montgomery has accepted responsibility for scheduling tillers and callers. Irene Faulkner our "Dock Cop". She is collecting fees and ensuring that paddlers are members.

Gloria Jones and Kim Ketchem provided information about the regional and national organizations and races.

President Joel Shilling concluded the business portion of the meeting by reiterating that the Board is looking for more involvement from the general membership particularly in the areas of finance planning, DragonTales submissions, and strategic planning.

The meeting transitioned to volunteer recognition... DragonSports USA keychains were given to volunteers.

Members were treated to presentations by two of our paddlers. Kevin Kraly recited a clever poem that he had written about paddling, and Patti deWitt sang a humorous song that she had written about paddling life. Copies of both are included in this issue.

Joel announced six breakout session topics. Meeting attendees joined a group of interest for discussion. The group topics were open practice; equipment; dues, fees, budget, finances; leadership development; races, training, and meetings; and logo items. Session notes were given to the Board. Following the breakout sessions, members dispersed.

*\*As you may know we publicize the annual meeting some months ahead. On the day of this meeting we learned that the location was being remodeled. It was quickly (and luckily) changed to the John's Landing location. We apologize for any inconvenience that this may have caused you.*

## Kevin Kraly & Guide Dog Joel

### *A Poem for DSUSA*

Kevin has been a member of Blind Ambition team since March of 2003.

Thanks to the wonderful people of Dragon Sports USA,

We can paddle with our teams and on open practice days.

We get to rent equipment as well as their Hong Kong dragon boats,

To use on the Willamette River to refine our strokes.

Open practices allow us to experience different calling styles,

We can build our endurance so that we can paddle for miles!

At open practice, we get lots of additional exercise,

Thanks to the callers and tillers who volunteer their time.

The callers keep the count and make sure everyone's in sync,

The tillers keep the boats on course, and try not to fall into the drink!

They do this over and above the duties of their own teams,

Which also gives new paddlers a chance to live their dragon boating dreams.

Anyone who wants to come out and see what paddling is like,

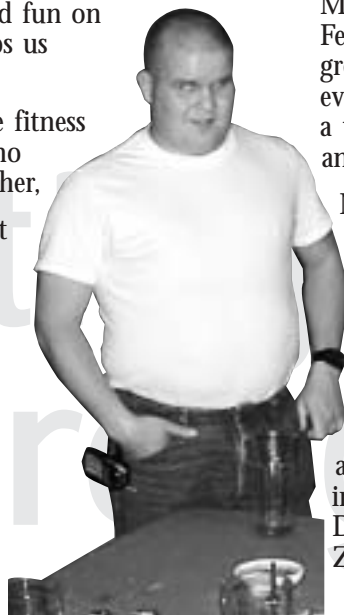
They can paddle free of charge the first time which is very nice!

It's DSUSA that keeps this sport growing,

Great people and fun on the river, it keeps us paddlers going!

We all enjoy the fitness and friendship no matter the weather,

It's the glue that will keep the dragon boating community together forever!



## Paddlewocky

### *The Anonymous Gary and Maureen Brown*

'Twas April and the swarthy crew  
Did toss and tumble in the wave;  
All crimsy were the paddles new,  
And stroking was the rave.

"Beware the Paddlewock, my son!  
The splash that soaks, the blades that snatch!  
Beware the starter's gun, and shun  
The slickering Flagercatch!"

They took their Stumptown paddles in hand:  
Long time Chu Yuan they sought—  
So stretched out large by the Zidell barge,  
And vogueed a picture shot.

And, when their caller's voice was hoarse,  
The Paddlewock, with blades aflame,  
Came thrashing down the water course,  
And bellowed as it came!

Hit one! Hit two! We're almost through  
The Stumpie blades went clicky-clack!  
They plunged ahead, and nearly dead  
They forged a sneak attack

"And hast thou trounced the Paddlewock?  
Come to the dock, let's see who'll win!  
Oh Stumpie day! Wahoo! Wahey!"  
They snortled with a grin!

'Twas April and the swarthy crew  
Did toss and tumble in the wave;  
All crimsy were the paddles new,  
And stroking was the rave.

## New Local Race, Milwaukie River Fest in July

Last year some of our paddlers had a great day participating in some informal, demonstration races at the Milwaukie River Fest. Since the "River Fest" attendees felt that the races were a great addition to their celebration, the event organizers are planning to include a two-day race this year, on July 24th and 25th, at the Milwaukie river front.

Milwaukie River Fest provides many activities including a large fireworks display. The nonprofit, Celebrate Milwaukie Inc. is the organizing group. Profits from the event go to the redevelopment of the Milwaukie river front.

Watch for registration materials that are coming out soon. For additional information you may also call Terrie Darling at 503-654-1007, or Ed Zumwalt at 503-654-2493.

## 21 Year-Old, Laura Mickel Dragon Boating Veteran!

*Shirley Ewart*

In the year 2,000, Laura Mickel was a junior at Central Catholic High School when she first saw Dragon Boats on the Willamette. She knew immediately that paddling one of the colorful craft was something she wanted to try, and easily persuaded friends at Central Catholic to form a team. That first year, they had no "official" coach, but Roger Williams, a founding member of DragonSports USA, offered to help them, and the new team took part in its first Dragon Boat festival.

2001 was graduation year for Laura. To complicate matters, the graduation ceremony was on the same date as the Dragon Boat races. No matter, the cool redhead braided her hair, paddled on the Willamette, and then proceeded to her graduation ceremony!

The following year, Laura spent as an Americorps volunteer, working in public schools in Denver and in Detroit. A spell with the Red Cross in Louisiana was really exciting. She arrived in August, the day after a hurricane, and continued working through a second hurricane.

Back in Portland again, Laura paddled with PCC. However, she did not realize that many teams continued paddling, traveling to race sites in the west and even farther afield once the short spring season is over. This seemed an exciting way to compete and to see a little of the country. At open practice, Laura ran into a friend who told her about a team called Shibumi. She laughs as she says she invited herself onto that team. She raced with Shibumi in Sellwood and Kent, Washington. Victoria, B.C. was a most exciting race, and Shibumi earned a gold medal. The team closed the year by racing in Kelowna, B.C. Laura is enthusiastic about her team, and its members, emphasizing how great Shibumi is.

Currently, Laura is taking night and weekend classes at Portland Community College. She is working on transferring to Portland State University, where she hopes to major in International studies. She has already laid a firm foundation for such a program. In addition to her year as an Americorp volunteer, she has lived in Spain and travelled in Mexico, the Cook Islands and Fiji.

It is hard to figure out how Laura has time to have fun, especially since she works as a nanny for three small children. She says that she loves to read and also to listen to music. But, Dragon Boating is really her first love. She finds it empowering to dig deep and to improve her stroke. More than this, she loves being on the water. This year, Laura is excited over an opportunity to help PCC. While organizer Fran Palk is in South Africa with Wasabi Women, Laura will help her former team get ready for the June races.

Laura is no longer the only Dragon Boater in her family. Obviously influenced by her daughter, Laura's mother, Alyce Huntsinger paddles with Hot Wasabi as well as with PCC.

For those of us who have watched the flourishing High School program, it is certainly very gratifying to see these young men and women contribute as adult members of Portland's Dragon Boat teams. Laura Mickel is a shining example of a young person who enhances the sport, while the sport adds to her own development. Perhaps it is time to extend formal invitations to all graduating seniors on High School teams, so that they are sure they will be welcomed onto adult teams.

## The Perfect Stroke

*Patti deWitt*

As I begin my third season as a paddler, I continue to strive for the perfect stroke, a winning race, and to be the paddler I want to be...

The melody and a few of the words for this song are from "In My Own Little Corner, In My Little Room" from the Broadway play, "Cinderella" by Rogers and Hammerstein.

*I am mild and meek as a mouse.  
When I hear a command, I obey  
But I found a spot on the boat,  
Wher no one can sit in my way.*

*In my own little corner, on my own special bench,  
I can be the paddler I want to be.  
On the blade of my paddle,  
I can fly everywhere,  
And every regatta I will see.*

*Everyday at the gym I will work out.  
And eat only 20 carbs a day.  
And when it's time the boat to balance,  
I will tell my coach how much I really weigh.*

*With my carbon fiber paddle and my designer  
PFD,  
I will lead the fashion on the dock.  
To hear my wisdom on the nuances of the stroke,  
Coaches from everywhere will flock.*

*They will marvel at the beauty of my stroke  
And my timing and technique.  
They will all want to know the secret  
Of my incredible physique.*

*Requests for endorsements will flood my mail  
box.  
And Nike will shower me with freebies.  
With grace and poise, I will accept the honor of  
being the first paddler on a box of wheaties.*

*On every stroke I will rotate,  
I will be number one in strength and speed.  
I will paddle both starboard and port,  
And every team will want me as their lead.*

*But away from my corner and my own special  
bench,  
The Truth I sometimes must face.  
My life vest's from Goodwill and my paddle's  
made of wood  
And it's on a Super Fund site I race.*

*I've been known to lily dip and clank.  
And my stroke in the back is too long.  
I only paddle port in seat eleven,  
And Open Practice is the only team  
I'm on.*

*Repeat first verse.*

Pattie paddled for two seasons on the Blind Ambition team. She now paddles with Wasabi Power Surge.





**DragonTales**  
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Beaverton, OR 97005

Address Service Requested

**Contributing Writers**

Marilyn Adair  
Gary & Maureen Brown  
Shirley Ewart  
Kevin Kraly  
Patti deWitt

**Graphic Design**

Stephanie Travis

**2004 Calendar**

<b>DragonSports USA Races</b>	
Portland Race at Sellwood BouvX4@aol.com	August 7-8
Vancouver Lake Regatta BouvX4@aol.com	September 11
PKSCA Dragon Boat Race racedirectors@pkzca.com	June 12-13
Kent Cornucopia Lion's Cup Dragon Boat Races & PDBA Championship Race Cheryl Corbin at 253-735-6368	July 17
Alcan Dragon Boat Festival 604-683-4704	June 18-20
Milwaukie River Fest For info call Terrie Darling 503-654-1007 or Ed Zumwalt 503-654-2493	July 24-25
ViewSonic Long Beach Dragon Boat Festival www.lbdragonboat.com	July 31-August 1
10th Annual Victoria Dragon Boat Festival race@victoriadragonboat.com	August 14-15
9th Annual Northern California International Dragon Boat Championships & Festival www.CDBA.org	Sept. 25-26
5th IDBF World Dragon Boat Championships Shanghai, China	Oct. 20-24

**Announcements**

**DragonTales:** Do you prefer to receive the newsletter by mail or electronic mail? Please respond to Marilyn Adair by e-mail or phone (see page 1). We are updating the mailing list. If we do not hear from you, there is a possibility that you will be left off the list.

**Team Rosters:** Beginning in mid-June, members of the board will begin checking team rosters at practices in order to confirm that all paddlers using DSUSA boats are members of DragonSports USA.

**New Member Fee Increase:** After 10 years, the new member fee will increase from \$25 to \$30 on July 1, 2004.

**Scholarships:** A scholarship was granted by the board on Wednesday, May 5th to Sunset High SunDragons.

**Shibumi Fund-raiser:** The Shibumi Dragon Boat team is hosting a fund-raiser on Saturday, May 22nd at the Norse Hall at 6:00 PM. This event will be professionally conducted by Uptown Casino Events, LLC for a night of legal, "money-free" casino games for BIG PRIZES! Your \$20 donation to team Shibumi not only supports a season of international races it also buys you \$250 of chips to play!

Advance purchase will get you \$300 of chips! E-mail to: manager@shibumidragonboat.com

Full cash bar, live music, and lots of fun!



**Who is this Paddler?**

Demonstrated stroke technique at the DragonSports annual meeting and has volunteered the most hours. Answer below.

Answer: Dick Jones