



Minnesota Dragon Boat Club

fostering community, compassion, challenge, and competition



2022 Annual Report

Board of Directors

Lynne Schriver-Sheedy
Chair

Ellen Green
Chair-elect/Outreach

Miranda Soppeland
Secretary

James (Sonny) Liston
Treasurer

Terri Schultz
Communications

Ronnie Co
Membership

Jen Cater
Training

Margie Kron
Logistics

Report of the chair

Lynne Schriver-Sheedy

2022 was a season of rebuilding the club to prepandemic level. Twenty-two team members became recruiters and by fall had grown the club to 60!

Members kept fit with tween-season snowshoeing and hiking outings, fitness challenges via Team App, in-park and virtual strength-training sessions, and participation in local runs. Some attended paddling camp in Florida.

In April, MNDBC hosted a virtual Coaches' Corner with clubs from Duluth, MN, and Burlington, VT. We supported the U of M Masonic Center's (Cancer) Survivorship Conference via Zoom attendance and our virtual booth.

Our dragon boats *Aurora* and *Rose*, launched from storage in May, allowed up to 40 paddlers at a time (plus steers and coaches) to move in synch across beautiful Lake Phalen.

In June and September the club hosted open paddles to potential members 18 or older. At WaterFest 2022 (where we hosted a booth), attendees of safe size got a chance to paddle in June. And we offered members a daylong paddling clinic with one-on-one instruction from a coach who had trained Team USA for international competition.

Twice-weekly practices emphasized paddling fundamentals, but by August we were ready to send racing teams to the Bemidji and Superior Dragon Boat Festivals. With many first-year paddlers, we brought home some hardware—while racing mostly against veteran teams! Individual members raced for other teams in Iowa, California, and Puerto Rico.

MNDBC maintained and increased its online presence with postings on FaceBook, Instagram, and Twitter and kept membership in ABDA—the midwest dragon boat association. We began or developed relationships with the Minnesota Cancer Alliance, North Star Rowers, St. Paul Parks and Recreation, St. Paul Community Education, and the Aurora Women's Soccer Team.

We ended the year fiscally sound without fundraising, but providing a cushion for expansion is a priority for 2023.

Many thanks to the team of 2022 directors, who exemplified our values—Community, Challenge, Competition, and Compassion—and made the role of chair mostly a breeze.



*Lynne and Patrick Schriver-Sheedy
at the Superior Dragon Boat Festival*



*Celebrating another great practice
on Lake Phalen*

Coaching/training



Many thanks to our coaches extraordinaire! Clockwise from top left: Margie Kron, on proper paddling technique; Jen Carter, in the hot seat after a rigorous practice (other founding members—see last page—also helped coach twice-weekly practice); guest coach Megan Kress, helping the team put it together after her one-on-ones; loading up for a double practice; end of a vigorous practice; and Megan with a one-on-one.

Competition



Clockwise from top: MNDBC in the ritual club parade at the Bemidji Dragon Boat Festival, the team at Bemidji, celebrating hardware at the Superior (WI) festival, individuals celebrating the dragon in Puerto Rico, and in California, and an MNDBC team paddling to the start line at Superior.



Community



Top right: MNDBC team paddling to the start of an informal race with Off the Edge Community Ed paddlers below. Left, top to bottom: About 90 WaterFest 2022 attendees took the opportunity to try paddling in Aurora and Rose with MNDBC in June.

Season's end



Top: Last practice, both boats, playing tag. Aurora paddlers at right and Rose paddlers, left. Center (l to r), cleaning and stacking the boats for storage and MNDBC at its end-of-season picnic at Phalen Park. Bottom: one final 2022 post-practice team shot at Lake Phalen.

Twelve-season fitness & fun

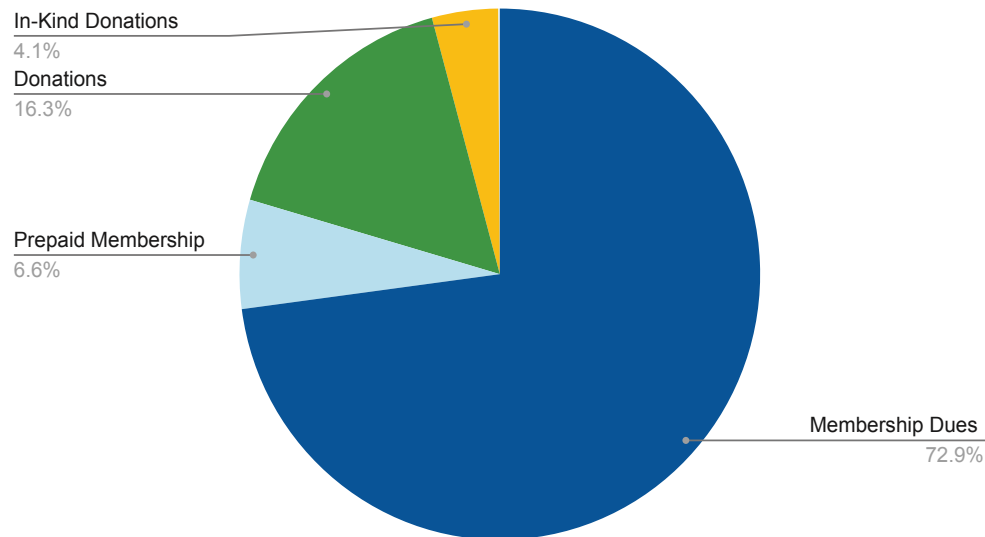


Glad to be together again! Clockwise from top left: strength training in the park, lunch after the winter jaunt below, doing the Reindeer Run, the Turkey Trot, a fall forest stroll, and bowling. In one fitness challenge, members banked almost 950 miles.

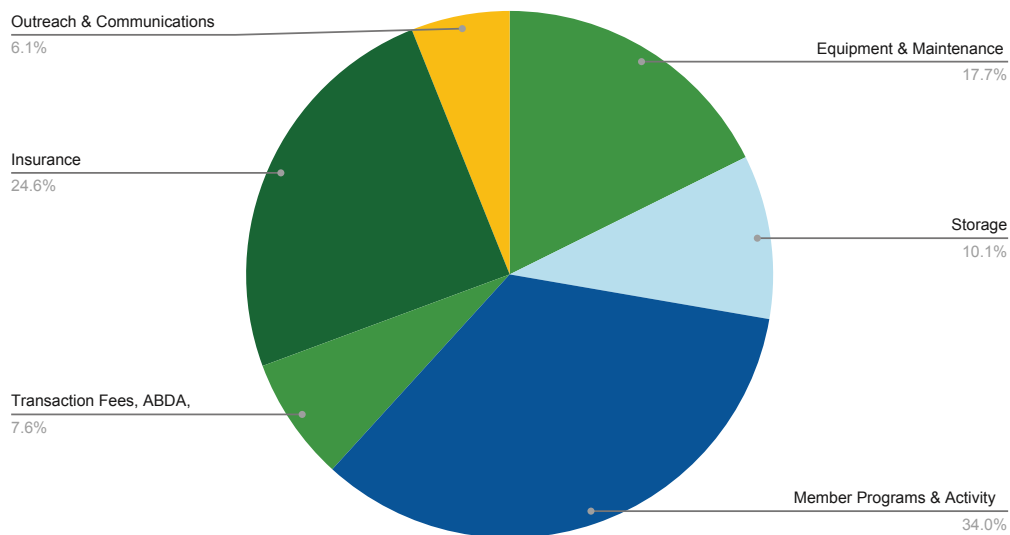


By the numbers

2022 Revenue \$7,545.06



2022 Expense \$7,309.40



**Thanks
to our donors!**

2022 Circle of Giving

COMPASSION

\$250 – \$499

Terri Schultz

COMMUNITY

\$1 – \$249

Beverly Lovelace
Shari Pleiss
Jen Thorup

Elizabeth Dunleap
Ellen & Ken Green
Margie Kron

An intro, some history, and a promise

Sandra K. Rosenberg, 2023 chair



Sandy Rosenberg (2nd from r) with cofounders (from left) Ginny Moran, Lynne Schriver-Sheedy, Susan Sheridan, Margie Kron, and Judith Trudel. Find the missing Jen Cater on the Coaching/Training page.

By way of introduction, I am a physician, an assistant professor at the U of M, a wife, a mom, a grandmother, who loves to travel, read, crochet, dance, canoe, hike, run, and paddle.

The Minnesota Dragon Boat Team has a special place in my heart. It began on March 11, 2018, seven women, breast-cancer-survivor, dragon-boat-racers met in my family room to discuss further developing the sport of dragon boat racing in the Twin Cities. Just two teams were here then—the Dragon Divas and Off the Edge. The two served important purposes and deserved support, but there were no coed, men's competitive, or recreational teams. The group decided to fill the void and buy a boat. Thus MNDBC was born—and thrived.

MNDBC welcomes every new and returning member in developing plans for the 2023 season. This work began with the 2022 board of directors. Thanks to that and earlier boards for holding and building our club through some difficult years.

I urge every current member to review our bylaws, available on the Stack Team App site under the Documents tab. To emphasize the club's three major guiding principles, I reiterate:

1. To serve as ambassadors of the international sport of dragon boat racing
2. To provide education, training and competition for a medley of paddlers and experience levels, centering on opportunities for cancer survivors and others touched by cancer. (What adult has not in some way been touched by this disease?)
3. To support the broader community through education and wellness promotion, sharing guiding principles of competition, challenge, community, and compassion.

As your 2023 chair, I promise we will keep in mind and integrate these principles into decisions made for the club. I am grateful to be working with this team:

Executive Committee

Chair Sandra Rosenberg
Chair-Elect Theresa Gavin
Treasurer Shari Pleiss
Secretary Michelina Lucia

Committee Chairs

Membership: Kristine Reed
Logistics: Terri Schultz
Communications: Dave Collins
Training: Lynne Schriver-Sheedy

This club belongs to all its members. Use your voice, if you like, by attending an open forum that is the start of each board meeting. (Check our app for specifics.) Or contact any board member with your ideas and suggestions. We may not please everyone all of the time, but we will do our best for our club.

In 2023 I would like to see us grow in membership—and see more MNDBC members reaching out to more sectors of our community. Most of all, I hope to have fun—good exercise, conversation, a few laughs, and a lot of smiles, as we enjoy being a team, together.