

INTERNATIONAL BREAST CANCER PADDLERS' COMMISSION



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2014 Festival

Be the host for this exciting event

The IBCPC Steering Committee is encouraging its members to consider bidding on the next International Participatory Festival to be held in 2014 at a location yet to be decided. Hosting this festival will be an honour for your team and for your city and country. It will also be a challenge in order to ensure your festival lives up to the standards set in Vancouver, British Columbia, Canada in 2005, Caloundra, Queensland, Australia in 2007 and Peterborough, Ontario, Canada in 2010.

We encourage those of you considering the bid to register at <http://www.ibcpc.com/form2014festivalform.htm>. Our Festival Coordinator will contact you, send you the festival criteria, and give you any guidance you may want or need. The criteria outlines the requirements, responsibilities and expectations integral for you to be the successful bidder. Please do not delay as the deadline is coming quickly.

Your bid must be submitted to the Festival Coordinator no later than midnight Canadian Eastern Standard time on November 30, 2011. The announcement of the successful bid will be made by April 2012.

Catalysts for Change

Mee Yee and The Pink Challengers, Putrajaya, Malaysia



The Pink Challengers, formed in 2005 with the support of the Breast Cancer Welfare Association Malaysia, are often seen in front of the unique Putra Mosque in Putrajaya, Malaysia.

The team of twenty survivors practices on weekends and participates in both local and international races. The Pink Challengers are guided by the theme, *Paddle for Courage, Strength and Change*, supporting, encouraging and giving hope to those who are journeying through a breast cancer diagnosis, treatment and recovery.

The Pink Challengers love to have fun together in interesting ways. In November 2008, they went on a one hundred forty kilometer *Bums on Bikes* convoy, riding pillion with one hundred fifty two Harley Davidson. Then March 2009, the *Penang Channel Challenge*, a four kilometer paddle from mainland to the island of Penang; they paddled hard for thirty two minutes in rough seas. November 2010, they participated in the seventh Pan Pacific Masters Games, Gold Coast, Queensland, Australia. June 2011, team members climbed forty-one thousand meter Mount Kinabalu in East Malaysia.

This year, The Pink Challengers will participate in the *Malaysia International Dragon Boat Festival in Putrajaya* and in the first *IDBF Cancer Survivors World Cup* on October 20-23, 2011. The race venue will be in the vicinity of the beautiful and unique Putra Mosque. One of the most modern mosques in the world, with a capacity of ten thousand worshippers, the rose-tinted Putra Mosque was designed as a blend of Malaysian, Persian and Arab-Islamic traditions. An impressive landmark to paddle by!

Contact us: newsletter@ibcpc.com

Find us on Facebook: <https://www.facebook.com/pages/International-Breast-Cancer-Paddlers-Commission/100527470038071>

Israel to Host Inaugural Survivor Event

Barbara Goldberg

Paddle into history on the beautiful and historic Sea of Galilee at Israel's premiere Dragon Boat Festival on May 17/18, 2012. Get your team together or create a new team of interested paddlers from across your country and beyond. Dragon Boat Israel will host a Breast Cancer Survivor Challenge race and is working with organizations and individuals to encourage the establishment of a breast cancer survivor team(s) in Israel to participate in the inaugural event.

In addition to participating in the Festival, paddlers will have the opportunity to tour the lush beauty of the north, ancient biblical sites, world-famous beaches, old-fashioned marketplaces and restaurants offering some of the world's finest cuisine. Tour packages will be available to appeal to all tastes and budgets.

Dragon Boat Israel, a Canada-Israel initiative, is founded on values of community spirit and inclusivity. Its goals are to strengthen ties to Israel by providing an exciting and innovative way to travel to Israel, by bringing the exciting sport of dragon boat racing to Israel, and by providing fundraising opportunities for Israeli charities.

Dragon Boat Israel...Come for the Race...Stay for the Journey!

For more information visit: www.dragonboatisrael.com



Royal Couple Races During Canadian Tour

Mike Haslam, President International Dragon Boat Federation



Without doubt the highlight of our year has been two Dragon Boat crews racing head to head and with two very, very important people in them.

I refer, of course, to Prince William, the Duke of Cambridge and his bride, Catherine, Duchess of Cambridge. The race took place in Canada on 4 July on Dalvay Lake, Prince Edward Island, when the most famous 'Dragon Boaters' in the world, affectionately known as Will and Kate, joined paddlers from Dragon Boat Canada, in a race off requested by them for their tour of Canada.

With the world's media covering the event and wall newspaper pictures and TV videos beamed around the globe, the Royal Couple, showcased our Sport, as never before in a Royal Dash over 185 meters. So a big, big thank you to Will and Kate for demonstrating our sport in such a positive and memorable way and enjoying it too as this picture shows.

IBCPC Calendar of Events



August 2 – 7, 2011: Tampa Bay, Florida, USA

The International Dragon Boat Federation (IDBF) World Racing Championships will take place on the Seddon Channel in downtown Tampa.

www.idbfworldchamps.com

August 6 & 7, 2011: Waterfront Park on Lake Champlain, Burlington, Vermont, USA

Dragonheart Vermont is organizing a special weekend of camaraderie, fitness, team work, music and laughter at the Sisters at Heart Celebration. www.ridethedragon.org

August 26 – 28, 2011: Kiev, Ukraine

The 14th European Dragon Boat Federation (EDBF) Club Crew Championships will take place in the 20th

Anniversary year of Ukraine's independence, so there will be many festivities scheduled around the city during this week. www.dragonboat2011.com or

ukdragonboat@mail.ru

September 9 & 10, 2011: Lake Kawana, Sunshine Coast, QLD, Australia

The Dragons Abreast Australia National Regatta invites DAA members to participate. The annual festival will feature on-water workshops, racing, and a celebration dinner.

nationalregatta@dragonsabreast.com.au

September 10 & 11: Grand Canal, Dublin, Ireland

The first Irish Dragon Boat Regatta will take place over this weekend using the first dragon boats brought to Ireland by the Plurabelle Paddlers, the first Irish breast cancer survivor crew. dragonboatproject@gmail.com

September 30 – October 2: Cagliari, Sardinia

An exciting weekend of paddling, sight-seeing and social events organised by the Le Karalis Pink Team. An evening concert is being organised by the Italian Association Against Cancer. patrycampo@yahoo.it

October 22 & 23, 2011: Rome, Italy

The Tevere Rosa festival will include a regatta and a presentation of a one-year study of breast cancer dragon boat paddlers. info@pinkbutterfly.com

October 20 – 23, 2011: Putrajaya, Malaysia

The Malaysia International Dragon Boat Federation and the International Dragon Boat Federation (IDBF) are hosting this event. This will be the first Cancer Survivors World Cup to be organized by the IDBF.

www.putrajayadragonbat.com

October 30, 2011: Darling Harbour, Sydney, Australia

The annual Dragons Abreast Corporate Regatta invites novices from businesses and community groups to accept the fun-filled challenge of learning to paddle a dragon boat. www.dragonsabreastfestival.com.au

May 17 & 18, 2012: Sea of Galilee, Israel

The first Dragon Boat Israel Dragon Boat Festival will include a Breast Cancer Survivor Challenge Race. This is a Canada-Israel initiative. www.dragonboatisrael.com

Please Note: Teams may submit event information through our website. Visit: www.ibcpc.com and click on the newsletter icon.

Dragon Boating Comes to Ireland

Bringing the first-ever dragon boats to Ireland in October 2010 has proved to be an excellent way to raise awareness about exercise, breast cancer and paddling. So explained Fiona Tiernan to Jane Frost, President of IBCPC and Carol Dale, both original members of Abreast In A Boat from Vancouver, British Columbia, Canada established in 1996. Jane and Carol were on vacation in Ireland and were thrilled to meet with the team on the Grand Canal in Dublin.

Plurabelle Paddlers has a full contingent of members and, as with new teams, their family and friends come out to support them. A long term goal is to encourage dragon boat paddling in schools because these women have seen first-hand how frightened children become when their mothers are diagnosed with breast cancer. Fiona and her team mates believe children paddling with their mothers will help to dispel some of their fears. We wish them well and hope they will keep us posted on their endeavours.



Here in Dublin the Plurabelle Paddlers warm up in the background of this photo as Carol Dale (left) and Jane Frost (right), both breast cancer paddlers from Vancouver, Canada show off their new "hoodies" given to them by Plurabelle founder: Fiona Tiernan (centre).

Rome Event Raises Awareness of Exercise Benefits



Jane Frost (right) President of the International Breast Cancer Paddlers' Commission being presented with a trophy for her participation in the IncontraDonna and Pink Butterfly event held in Rome, Italy on June 17 & 18, 2011. Presenting the trophy to Jane are from left to right: Dr. Adriana Bonifacino, Presidente IncontraDonna Onlus; Renata Polverini, Presidente, Lazio, Italy and Claudio Schermi, Italian representative to the International Dragon Boat Federation.

A sizzling hot day in Rome did not dampen the spirits of the Italian women who had travelled some distance to attend a two day dragon boat event designed to raise awareness about exercise and breast cancer. Four Scottish paddlers attended as well as two Canadians, Jane Frost, President of IBCPC and Carol Dale. Both Jane and Carol were on the first breast cancer dragon boat team, Abreast In A Boat when it was formed in Vancouver, British Columbia, Canada in 1996.

The event was organized by Dr. Adriana Bonifacino, Head of the Breast Unit at the Azienda Ospedaliera Sant'Andrea which is associated with the Faculty of Medicine and psychology at the University Sapienza in Rome. She is also a director of Europa Donne an organisation that supports and coordinates European efforts in breast cancer. She is a powerful and effective voice to have on our team and the Italian women are thankful and most appreciative of her support.

Dr. Bonifacino's efforts were supported by Renata Polverini, President of the Lazio Region which is one of the twenty regions that make up Italy. Ms. Polverini is also charged with women's health issues and was pleased to be asked to join in the festivities with the breast cancer dragon boat women and their families.

Another notable person attending the event was Claudio Schermi, the Italian representative to the International Dragon Boat Federation (IDBF). Since the first breast cancer paddling in Rome, in 2002, Mr. Schermi has been supportive of what he calls "the pink ladies". One of the two Roman teams paddles from Mr. Schermi's sport club called The Piscina della Rose and the Acqua Food and Lounge where this event took place.

Also attending was Klaus Dibias, a three time Italian Olympic gold medalist in diving. Mr Dibias is promoting the concept of exercise and its benefits to those living with cancer, especially for children and young people. He told Jane that getting young children, in fact any children to play outside and to get exercise is a real struggle in Italy. He and the others are working hard to improve the quality of life for their children. Mr Dibias thinks we do a good job in North America but we know much more can be done.

The Italian paddlers have volunteered for a controlled study which is hoping to provide information directly tied to the benefits of breast cancer dragon boat paddling. There are twenty-four women who are monitored continuously for muscle and tissue changes and for any evidence of lymphedema. The control group does not paddle but are in the same physical and medical demographic group. Some of these women also participated in the festivities. The results of the study will be released at Sant'Andrea Hospital in Rome on October 22, and 23, 2011. All interested parties are invited to attend.

One last note to come out of Jane and Carols visit to Rome is that Claudio Schermi is hoping the International Dragon Boat Federation will choose Ravenna, Italy, as the site for the 2014 IDBF Club Crew Championships. Ravenna is a pretty seaside town south of Venice on the Adriatic Sea. The decision for the successful bid will be announced in August 2011.

Dear Dr. Don: Getting *your* questions answered



Dr. Don McKenzie, founder and coach of the first breast cancer dragon boat team Abreast In A Boat, Vancouver, British Columbia, Canada (1996) has agreed to do a regular column in this newsletter. Affectionately referred to as Dr Don, he continues his research into the benefits of exercise both during and after treatment. Please submit your questions to: www.ibcpc.com and click on the Newsletter icon. Watch here for your answer!

1. It has now been fifteen years since you started the breast cancer dragon boat paddling. How concerned are you now about lymphedema developing in breast cancer paddlers?

When we began this adventure in 1996, the prevailing opinion within the medical and allied-medical professions was that upper-body exercise was absolutely contraindicated in breast cancer patients. The experience of the first year visibly demonstrated that, with proper preparation, strenuous upper-body exercise would not result in lymphedema. It was necessary to defy that myth and we all need to give thanks to the original 24 women who served as pioneers in that first year.

We now know a great deal more about lymphedema than we did in 1996. This condition is finally receiving some research funding (although not enough) and there are several Centres in the world that are producing some very important results. Based on our experience in Vancouver and the lessons gained from this research, I am not particularly worried about women developing

lymphedema. However, the risk is not zero and proper attention to exercise and training remains very important.

2. What advice would you give paddlers who are just starting to paddle in dragon boats? Would that advice be any different from what you gave those first paddlers of Abreast In A Boat and, if so, how would it be different?

The advice would not change much; as you remember, that was a high risk time in the evolution of breast cancer dragon boat paddling and we did not leave very much to chance. I would still emphasize the need to prepare for this activity; it is unique and requires physical preparation and patience in learning the proper technique. I am not convinced that everyone does enough in the gym prior to the start of the paddling season. I would also emphasize that paddling is simply a vehicle to better health- it should be a lot of fun and the mental and physical benefits are more important than winning a race. That's not to say that race day is not important but it needs to be placed in perspective. You will remember my bumper sticker "Paddle for fun, race to win".

IBCPC Welcomes New Members

Betty Solley, Membership Chair

The recent membership campaign results are in and the IBCPC welcomes forty-six new teams. These clubs represent ten countries from around the globe. We now have over one hundred teams joining together to paddle as one to reach for a cause and the cure, and to raise breast cancer awareness through dragon boating. Awesome! Here are a few facts about our newest members:

Team Membership

Australia	8 new teams	352 new members
Canada	12 new teams	334 new members
Europe	6 new teams	169 new members
New Zealand	7 new teams	195 new members
Singapore	1 new team	49 new members
USA	12 new teams	488 new members
Total	46 new teams	1,587 new members

The average team age span is from mid-thirties to mid-seventies. The youngest new member is 25 years old with the Dragons Abreast, Geelong, Australia and the oldest new member is 92 years old with the Pink Phoenix, Portland Oregon, USA.

When Cancer Comes Back

What Does it Mean and What Can You Do?

Susan R. Harris, Ph.D., P.T., F.A.P.T.A., F.C.A.H.S.



Professor Emerita in the Department of Physical Therapy at University of British Columbia, Vancouver, British Columbia, Canada, Dr. Harris is an original member of “Abreast In A Boat”, the world’s first dragon boat team comprised entirely of women living with breast cancer. Since those early days Dr. Harris’ research has examined safe levels of exercise for women living with breast cancer as well as communication between cancer survivors and their health care team. She is the lead author of the Canadian clinical practice guidelines for the management of breast cancer-related lymphedema. Her scientific publications in leading Canadian and American medical journals have led to the enhancement of quality of life for women living with breast cancer.

What does it mean?

There are three different ways in which cancer can return. The first is as a *second primary* breast cancer, or a whole new cancer in the same or opposite (contralateral) breast. Some people confuse this with recurrence but it’s not; it’s a whole new breast cancer. The risk for a second primary contralateral breast cancer is 2-6X greater for women with previous breast cancer than for those who have never had the disease. Risk factors for developing contralateral breast cancer in women who are estrogen receptor-positive (about two-thirds of all breast cancers) include obesity, consuming less than 7 alcoholic beverages a week, and current smoking.

Other ways in which breast cancer can “come back” areas a local-regional or distant recurrence. Local-regional recurrences occur when the cancer returns to the original site where it was treated, to the surrounding lymph nodes or to the chest wall (in women who have had mastectomy). Distant recurrence, also known as metastasis, means that the cancer has recurred in a site distant from the breast, usually the bones, lungs, liver, brain or other organ.




What can you do to prevent it from coming back?

Not only is obesity a risk factor for second primary breast cancer but also for breast cancer recurrence. Even gaining a small amount of weight following treatment heightens one’s risk for recurrence and for earlier death from breast cancer. So it makes good sense to avoid gaining weight (or to lose weight if you are overweight/obese) in order to avoid a second contralateral primary breast cancer or a recurrence. Reducing alcohol consumption and stopping smoking will also help prevent second primaries.

Another ideal strategy in preventing recurrence is to do some type of aerobic exercise for at least 3-5 hours per week. This may seem daunting but it can be done – and need not be an intense workout but must be prolonged, carried out at least 4-5 days each week for 40-60 minutes per day. According to the authors of this landmark study “even modest amounts of physical activity after a breast cancer diagnosis may promote survival”.

So get out there and walk, jog, swim, bike, paddle or carry out some type of sustained aerobic physical activity for at least 3-5 hours week – and more is always better!

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