

INTERNATIONAL BREAST CANCER PADDLERS' COMMISSION



Volume 2 Issue 1
March 2012

It's Sarasota, Florida, USA!

Site of the 2014 Festival

The IBCPC is pleased to announce the teams of Pink Dragon Ladies (PDL) from Tampa Bay and Save Our Sisters (SOS) from Miami are the successful joint-bidders for the next IBCPC festival. PDL will be marking their tenth anniversary in 2014; let's join them in their celebrations!

Survivorship and Sisterhood in the Sunshine State.

The charming city of Sarasota, located in west central Florida, on the Gulf of Mexico, with its sunshine, warm temperatures and friendly ambiance, will be an outstanding location for our celebrations. (See page 3 for more information.)

The international panel of judges for the event is most appreciative of the calibre of submissions and wish to thank those who worked so hard to prepare their proposals.

Mark your calendars for Friday October 24, 2014 to Sunday October 26, 2014.

In this Issue

Countdown to Israel Festival	2
IBCPC Events	2
Sarasota	3
New Reality of Breast Cancer	4
Ask Dr. Don	4
Meet the Representatives	5-6
Paddle Company Donates	6
What's happening in UK?	7
The Year of the Dragon	8

We are off to London to see the Queen

"We are delighted to inform you your application to participate in the Queen's Diamond Jubilee Pageant....has been successful."

What excitement to receive this news, inviting the International Breast Cancer Paddlers' Commission (IBCPC) to form a dragon boat team to join in this celebration in honour of her Majesty Queen Elizabeth's Diamond Jubilee on the River Thames in London on Sunday, June 3, 2012.

The Queen's Diamond Jubilee Pageant will see up to a thousand decorated boats, one of the largest flotillas ever on the River Thames, with dragon boats, working boats, pleasure craft of all shapes and sizes, moving down river as bells toll, music plays and whistles blow. The Queen, in the Royal Barge, will be surrounded by the flotilla on its thirteen mile course from Hammersmith to Greenwich. www.thamesdiamondjubileepageant.org

The IBCPC is proud and honoured to be part of this historic occasion. Its team **Internationally Abreast**, will represent countries with IBCPC member dragon boat teams in proportion to the number of member teams per country. Two British breast cancer dragon boat teams, Paddlers for Life Windermere and Worcester Buster, both IBCPC members are also participating. The fourth and last of the breast cancer teams is Abreast from the West from Vancouver, Canada.

Internationally Abreast is grateful to Paddlers for Life for the loan of their boat, Lucy at Low Wood and for making arrangements for the four teams to meet with medical personnel while they are in London, including Breast Cancer Care, the major United Kingdom charity supporting breast cancer survivors.

The Thames Diamond Jubilee Pageant will be broadcast worldwide. Mark Sunday, June 3, 2012 on your calendars and watch for further news at www.ibcpc.com



Contact us: newsletter@ibcpc.com

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



Countdown is on to the Inaugural Dragon Boat Israel Festival

Barbara Goldberg, Toronto, Ontario, Canada



Two months to go and Dragon Boat Israel Team registration is sold out! Thirty nine teams will experience Israel in a unique and exciting way as they paddle into history together on the beautiful and historic Sea of Galilee on May 17&18, 2012. Half the participating teams will be from Canada and the other from Israel. The sport is not known in Israel but that didn't stop teams from registering!

We are thrilled to have eight breast cancer teams competing for the first time in our inaugural event; six teams from Canada and two new teams from Israel: Canadians Abreast Spirit, Canadians Abreast Spitfires, Canadians Abreast Heart, International Pink Sisters, Island Breaststrokers, Two Abreast, Hatirah L'Chaim and Yad L'hachlama (Israel Cancer Foundation). There will be a breast cancer race and ceremony with specially created medals being awarded. There are still some teams looking for paddlers so if you are an individual interested in participating in Dragon Boat Israel, please contact Frances Halperin, fhalperin@rogers.com and we will match you up with a team.

One of the exciting aspects of Dragon Boat Israel (DBI), a Canada Israel initiative, is not just the Festival itself, but the introduction of the sport of dragon boating to Israel. Creating cross-cultural connections through dragon boating is part of DBI's vision and we are delighted at the response we have had in our inaugural year.

In addition to participating in the Festival, paddlers will have the opportunity to tour the country as tour packages are available to appeal to all tastes and budgets.

The Festival will raise funds for Youth Futures and Net@, two organizations that work with disadvantaged youth in northern Israel.

Dragon Boat Israel....Come for the Race...Stay for the Journey! For more information visit www.dragonboatisrael.com

What in the World is Going On?



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

The first Dragon Boat Israel Festival will include a Breast Cancer Survivor Challenge

Race. This is a Canada-Israel initiative.

www.dragonboatisrael.com



May 24 – 27, 2012: Venice Canoe & Dragon Boat Festival & Vogalonga

This will be the first Venice Canoe and Dragon boat festival. The first twenty boats to register will be on the Grand Canal for the Opening Ceremonies. The Vogalonga 33 kilometre paddle is on Sunday, May 27.

venicedragonboat@gmail.com www.vogalonga.com



June 3, 2012: Mercer County Park Marina, West Windsor, New Jersey

Paddle For Pink is holding New Jersey's largest Community Dragon Boat Festival which will include a breast cancer survivors and female supporters race.

lcannon@americanalphainc.com



July 4 – 8, 2012: Hong Kong

Eighth International Dragon Boat Federation Club Crew Championships. www.idbf.org



July 12 – 15, 2012: Tecumseh (Windsor), Ontario, Canada

On beautiful Lake St. Clair come join this team in celebration of its ten years of breast cancer paddling.

www.internationaldragonboatsfestival.com



July 26 – 29, 2012: Nottingham, England

European Dragon Boat Federation.

www.idbf.org



July 27 – 29, 2012 Montreal, Canada

Canadian International Dragon Boat Federation Championships

Teams may submit event information through our website.

Visit www.ibcpc.com and click on the newsletter icon.



SARASOTA – A Jewel of Florida, USA

Suzanne Bodner, Kingston, Ontario, Canada



A glance out your airplane window will beg for a second look -- down below are the deep blues of the Gulf of Mexico, the lush greens of wild vegetation and flowering gardens, the sparkling white of sandy beaches, and the rainbow of colours of a cosmopolitan community inviting you to enjoy all of its charms. You're about to land in Sarasota on the southwest coast of Florida!

Sarasota has small-town appeal, and at the same time, it will provide lots of opportunities for you to paint the town whatever colour you like. After a tough day of paddling, try some "retail-therapy" -- outlet malls, designer boutiques, and restaurants galore await you. If you need to re-gather your forces, wander through the Zen-inspired Selby Botanical Gardens. For culture buffs, take in the Ringling

Museum of Art and its important collection of Rubens' paintings. And why not check out the Ringling Museum of the American Circus where you'll find amazing memorabilia from "under the Big Top" of one of the world's biggest circus impresarios.



In close proximity to Sarasota, you can visit many world-class attractions including theme-parks DisneyWorld and SeaWorld in Orlando and Busch Gardens in Tampa. If you're in the mood for big-city excitement, Miami is about a three plus hour drive down the road. And if beaches are your thing, get ready to be bedazzled by Sarasota's own Siesta Key, a sun-kissed beach which has been named the number one beach in the USA, its powdered white sand likened to fine sugar. Ah, yes...!

Best of all, the waterways around Sarasota have become one of the premier rowing destinations in North America. Sarasota itself is the home of Nathan Benderson Park, a world-class rowing venue, now readying itself to welcome thousands of breast cancer survivor dragon boaters from around the world in 2014. Sarasota, be warned!!

Steering Committee

	Jane Frost	President	Canada	president@ibcpc.com	
	Michelle Hanton	Past President	Australia	pastpresident@ibcpc.com	
	Jo Parry	Vice-President	Australia	vicepresident@ibcpc.com	
	Jenny Yule	Secretary-Treasurer	Canada	secretarytreasurer@ibcpc.com	
	Louisa Balderson	Communications Director	Great Britain	communications@ibcpc.com	
	Betty Solley	Development & Membership Director	United States	membership@ibcpc.com	

National Representatives

	Mingi Pither		Hong Kong	hongkong@ibcpc.com	
	Mary McAvoy		New Zealand	newzealand@ibcpc.com	
	Irene Chui		Singapore	singapore@ibcpc.com	
	Mel Raath		South Africa	southafrica@ibcpc.com	



The New Reality of Breast Cancer: What You Need to Know



April 2004 saw Jane and Don posing for a photo after a vigorous paddle on False Creek, Vancouver, Canada where *Abreast In A Boat* started to paddle in 1996.

On March 29, 2012 Jane Frost, President of the International Breast Cancer Paddlers' Commission and Dr. Don McKenzie, coach of the world's first breast cancer dragon boat team will present *The New Reality of Breast Cancer: What You Need to Know*. The event is sponsored by the *Professional Women's Network* (PWN) Vancouver Chapter.

Jane and Don will share their stories as part of the inaugural team, *Abreast In A Boat*, now part of a global community. Don will discuss his ground breaking medical research on the benefits of exercise in the prevention and treatment of breast cancer.

The meeting will be at PWN's premier sponsor's office, Fasken Martineau DuMoulin LLP, 2900 – 550 Burrard Street in Vancouver. The event will include networking opportunities. All are invited to attend and current PWN membership is not required! The cost is \$25.00 and please register at pwn.canada.ca.

The PWN is a Canadian-based non-profit organization with over 1000 members, both women and men, in Vancouver and Calgary. PWN focuses on assisting women in business and the professions to realize their business and career goals by helping them connect with each other, learn from senior business leaders, develop and leverage strong business relationships and increase profile and profitability.

The Vancouver Chapter of PWN meets monthly from September to June. Meetings are held in the evening and feature networking and a presentation from respected business leaders and experts on a variety of topics. For more information or to become a member visit the website at pwn.canada.ca

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. Please submit your questions by visiting our website: www.ibcpc.com and click on our newsletter.

1. How do you anticipate the results of your study on Exercise Through Chemotherapy will be applied to the care of breast cancer patients in the future?

I am optimistic that the real value of exercise before, during and after treatment for breast cancer will be understood and accepted by the medical profession and breast cancer patients. Prescriptive exercise programs represent the 'standard of care' and are as important as chemotherapy or radiation to the breast cancer patient. Acceptance of this will take time but we are heading in that direction; look at cardiac rehabilitation and how it has been integrated into the treatment of the patient with heart disease. They were 25 years ahead of cancer rehabilitation but we are catching up!

2. Is there a chance in the risk of heart damage caused by chemotherapy drugs when a patient exercises to her maximum potential while undergoing chemotherapy treatment?

There are risks of heart damage with several of the drugs used to treat breast cancer and that is true whether women exercise or not. Tests that monitor cardiac function are used to determine if damage is occurring and the treatment is modified accordingly. The heart is a muscle and will respond to exercise in a predictable fashion. Regular exercise is important to maintain or improve cardiovascular function and training has a measurable effect on reducing cardiac disease. Exercising to maximum, while receiving chemotherapy, carries an additional risk and is never part of any training program. If we need to do maximal exercise testing that is always done under medical supervision.



Meet the Country's Representatives

As new teams join the IBCPC, the Steering Committee is working with these teams to appoint a representative who will liaise between the country's team(s) and the IBCPC. Being active in their respective communities these individuals will ensure there are good communication channels to and from the IBCPC.

Irene Chui Mei Chun, Singapore



Forty-seven-year-old Irene Chui has more than twenty five years of work experience, mostly in large multi-national companies (MNC's). It was after her diagnosis of breast cancer in 2003 that Irene found her passion in employment engagement and corporate social responsibility. Irene has worked at a leading German business software MNC for the past seven years and is known for her energy, dedication and resourcefulness.

Irene joined the Singapore Breast Cancer Foundation (BCF) after her diagnosis in 2003. Right from the start, she became active in providing support and advice to newly-diagnosed patients over the phone after office hours. She also participates in fundraising activities for BCF and is a member of their English Support Group, striving to raise breast cancer awareness and to promote living life to the fullest. Irene has found that dragon boating keeps her in the pink of health and brings her the joy of many truly good friends. She is currently captain of Singapore's Paddlers in the Pink.

Residing in Singapore, Irene is happily married to her devoted husband Seetoh and is the proud mother of eighteen-year-old Wen Hao and twenty-year-old Su Ying. After facing the challenge of her diagnosis, Irene put her sights on climbing the Himalayan Mountains of Nepal -- first making it to the Mount Everest Base camp shortly after her recovery, and then in 2008, scaling the Island Peak to an altitude of more than six thousand meters! In her quest to keep the cancer at bay, Irene has made a full commitment to healthy living. She maintains a wholesome diet and a regular exercise regime of running, tennis and dragon boating. Irene also attempted her first full marathon at the Standard Chartered Singapore Marathon in December 2010.

Mary McAvoy, Wellington, New Zealand



Mary McAvoy became involved with breast cancer dragon boating as a founding member of the CanSurvive Dragon Boat Team in 2002.

Mary's paddling experiences have included the Pacific Basin Festival, the Viaduct Basin, Auckland 2003, Abreast In A Boat Ten Years Abreast Celebration, Vancouver 2005, Abreast in Australia, Queensland 2007 and the International Dragon Boat Festival, Peterborough, Canada 2010.

With the formation of the International Breast Cancer Paddling Commission in 2008 Mary held a two year position on the inaugural Steering Committee. She currently liaises with the IBCPC as New Zealand's representative.

There are seven Breast Cancer Dragon Boat Teams in New Zealand with strong interest from others working towards a one hundred percent breast cancer crew. Mary's role on the New Zealand Dragon Boat Association as Director of Breast Cancer/Special Interests sees her utilise kiwi magic to inspire participation and growth within the sport. Key factors are communication and mentoring.

On a personal note Mary is Managing Director of a medical company involved in importation and marketing breast prostheses from Germany. Ironically this was a chosen path before she was diagnosed herself in 2001. Personal experience has enhanced her ability to educate, support and assist others to move forward.

Mary is married to Bob McAvoy who has been her most avid supporter in dragon boating. He shares her vision of "paddling with attitude".



Mel Raath, Cape Town, South Africa



Mel was diagnosed with breast cancer in 2008. It was just as she was finishing treatment that she discovered the AmaBele Belles, the local Cape Town, South Africa-based dragonboat racing team. She was invited to join them on a training session and went along, not quite knowing what to expect. Mel says that it was

quite an experience, and she wasn't really sure if dragon boating was for her. All that shouting and "mongreling up", as one of her good friends put it, was a bit much at first for a self-described "girly girl". But Mel kept going back, and now admits that she is probably the loudest one in the boat. She loves dragon boating!

Mel's first international festival was in Peterborough, Canada (2010) where she was blown away by the spirit, strength, love and enthusiasm for Life that the 2000 women there displayed. The festival had a profound effect on her life, and she will always treasure the memories and the good friends she made there.

Mel is the current captain of the Belles and is immensely proud of her teammates for continuing to display courage, strength, support and love on and off the boat. Team members are involved in projects to promote breast cancer awareness and the benefits of early detection in their region. They are also involved in an Outreach program to support women who have recently undergone surgery and are in need of a bit of TLC.

The on-going aim of The Belles is to grow the breast cancer component of dragon boating in SA, and they are constantly welcoming new members to their team. The Belles are also very much looking forward to seeing their international sisters again in 2014!

Paddle Company Donates

The IBCPC was pleased to receive a generous donation from KIALOA Paddles and thanks this company for its support of our organization.

KIALOA Paddles is a small-family owned business in Bend, Oregon specializing in Dragon, Outrigger and Stand Up Paddles. Currently there are twelve people working at KIALOA, many of whom have been touched by breast cancer in one way or another. The company saw the great things the sport of dragon boating was doing to create a supportive community of people and wanted to get involved. They did so by creating a beautiful paddle using an Hawaiian print coupled with breast cancer colors. A portion of the proceeds of every Pink Monstera Dragon Paddle sold was collected and then donated to the IBCPC.

At KIALOA, they live like they paddle by following the guiding principles of their core values: po'okela (excellence), laulima (teamwork), and malama (stewardship). These values drive their everyday decisions, and were born out of their paddling experiences. The company understands what it takes to make something big move forward and the energy created by a group of like-minded people can lead to amazing things. They are honored to do their part to help and appreciate those who have helped along the way.





What's happening in the United Kingdom?

Louisa Balderson, Patron, Paddlers for Life Windermere, IBCPC Communications Director



Louisa Balderson, Bev Brocklehurst, Deborah Shields and Sue Cogley pose for a photo after completing the dragon boat rehearsal for the Queen's Diamond Jubilee Pageant, a requirement of the Port of London Authority for each class of vessel registered for the Pageant on June 3, 2012. Louisa and Sue represent Paddlers for Life from Lake Windermere and Deborah and Bev are from Worcester Busters. Both of these teams will be participating in the Pageant with the IBCPC team Internationally Abreast and a fourth team from Canada, Abreast from the West.

Coordinated by Paddlers for Life Windermere, the second meeting of the United Kingdom's Breast Cancer Paddlers' Network will take place on March 31, 2012 and will be held at "Maggie's Centre" Edinburgh. The Network is grateful for their always warm welcome of pink paddlers and others dealing with a diagnosis of cancer.

The Network brings together, from across the country, breast cancer dragon boat crews which are often at very different stages of development. Some survivors are just thinking about starting up a new crew; others are fundraising for a dragon boat; and all are keen to share their ideas. The Network provides a much-needed reference group and works together to influence the development of participatory and inclusive breast cancer paddling in the UK.

Alison Moore, a Level 4 Specialist in Cancer Rehabilitation with Paddlers for Life, will be making a presentation at the meeting in which she will be offering educational and professional support to the pink paddlers. She will encourage all teams to safely deliver a *tailored* dragon boat paddling exercise programme, one which should support the good management of lymphedema. Team representatives must be breast cancer survivors and agree to provide feedback information not only to their own teams, but also to interested members of their communities.

Below is the current picture of UK breast cancer paddling crews:

1. Paddlers for Life Windermere (2007) who paddle in a location voted the most scenic in England and who were awarded the 'Be Inspired' Mark by the London Organising Committee for the Olympic and Paralympic Games (LOCOG) in 2011;
2. Paddlers for Life Wigan (2010), a team which can teach a thing or two about getting the clinicians on board their Dragonfly, Scotsman's Flash;
3. Paddlers for Life Scotland SW (2010) whose initiative resulted in the first dragon boats permanently located on Loch Ken Dumfries and Galloway, Scotland;
4. Paddlers for Life Scotland SE Port Edgar (2011) who paddle beneath the famous Firth of Forth Bridge and boast having the most northerly dragon boats with a permanent home in Scotland;
5. Paddlers for Life Manchester (2011) from a great urban city-centre location and who aspire to have their own boat during 2012 on Debdale Park;
6. Paddlers for Life South West in Yeovil (2012) whose women epitomise friendship, inspiration and determination to establish their own breast cancer dragon boat crew in their area
7. Paddlers for Life Peterborough and Paddlers for Life Blackpool -- more news to come!
8. Pool of Life Liverpool (2004), the first UK breast cancer racing team paddling in Liverpool Docklands;
9. Worcester Busters Worcester (2007) who paddle on the River Severn, Worcester and who will be participating in the Queen's Diamond Jubilee Pageant in June 2012;
10. Pink Champagne Bournemouth and Christchurch (2008) who share their on-water practice space with sailors who are preparing to compete in the 2012 Olympics;
11. Plurabelles Paddlers Grand Canal Dock Dublin (2011), the first dragon boat racing team in Ireland *and* a breast cancer survivor crew!



Gordon Miller, a renowned maritime artist and author living in Vancouver, British Columbia, Canada (gordon_miller.ca) created the image on this card in support of the International Breast Cancer Paddlers' Commission and the year of the water dragon.

The Commission has made his design into note cards which are being sold in packages of six for \$15.00. Please make your cheque or money order payable to IBCPC and send to IBCPC, 6062 Macdonald Street, Vancouver, BC, Canada, V6N 1E3.

Special arrangements can be made if teams wish to purchase large orders (minimum ten packages) and have their team name, logo and message printed on the cards. A proof for approval will be sent before printing. Contact committee@ibcpc.com

All proceeds from the sale of the cards go to the Commission for further development of its worldwide initiatives to promote the inclusive and participatory nature of breast cancer dragon boat paddling and to raise awareness about the benefits of exercise after a diagnosis of breast cancer.

The Year of the Dragon

Eleanor Nielsen, Toronto, Ontario, Canada

2012 is the Year of the Dragon, according to the Chinese calendar, and this year it is the water dragon, which only occurs every 60 years. Water has a calming effect on the dragon's fearless temperament which results in redirecting its enthusiasm. The water dragon is more perceptive of others.

For breast cancer dragon boaters, the dragon holds great significance. Breast cancer often appears like the aggressive western dragon of St. George, silently, stealthily and with no advance warning. In this, it is like Grendel, the dragon in the old English story of *Beowulf*, turning the individual's life upside down. Thus begins the struggle with the dragon. But dragon stories from many countries tell us the dragon is no adversary for its human opponent. In *How to Ride a Dragon* (See November 2011 Newsletter) the women found their path by rising to the challenge and meeting the dragon of cancer face to face.

Dragon boating is an analogy for our race against breast cancer, and as such, produces great passion in survivor teams for the sport. Every race is a ritual dance with the dragon. As we live with the dragon, a subtle change takes place and the aggressive Western dragon is replaced by the benevolent Eastern dragon that carries us on his back through the waters. So, here's to a healthy and joyful year under the guidance of the water dragon!

*"Never turn away from a dragon,
Our dragons make us wise." H.D.C. Pepler*

Design: denzil.muncherji@gmail.com