

INTERNATIONAL BREAST CANCER PADDLERS' COMMISSION



2014 IBCPC PARTICIPATORY
Dragon Boat Festival
Sarasota • Florida, USA

OCTOBER 24 - 26

VOLUME 4 ISSUE 2 | JUNE 2014

We Are Going To Paint the Town Pink

We are ready! Sarasota is gearing up for your arrival. **Jane Frost** and **Kim Bonomo** hear lots of talk about the pink ladies painting the town a bright fuchsia pink. The Sarasota County Sports Commission has been coordinating many meetings with businesses, store owners, city officials such as parks and recreation, parade organisers, elected officials, media outlets, caterers, printers, bus drivers, safety officials, and, most importantly, the Nathan Benderson Park executives because the Park is where the action is! Check out this world-class facility by visiting the Festival website www.sarasotabcs2014festival.org. We will even have our own beach - so don't forget your bather and beach towel.

Registration is continuing to excite us with 100 teams planning to attend, representing 8 countries. There is still time for you, or your team to join these special women as registration is open until July 1st.

Over 30 hotels will be accommodating us, practice times are being set up, a steering group is forming, volunteers from Sarasota county are coming forward - our organizing team has been busy.



Jane Frost, (left) President of IBCPC and Kim Bonomo, President of 2014 IBCPC Participatory Dragon Boat Festival meet in Sarasota to review details involving the much-anticipated October paddling event.

Need Your Help

Now its time for you to start putting together a short history of your team and take a team photo for the souvenir program; make sure each of your team members has registered on line; coordinate your team's travel information; collect your country's flag and bring small ones for each member and supporter to wave; identify your country's youngest and oldest paddler; decide which two of your team members will represent you in **The Sandy Smith Global Race**; design your costumes for Saturday night's parade and party; dust off your dancing slippers, and dig out those boas.

You are about to have the time of your life celebrating life, love and laughter with your paddling sisters from around the world.



Notice of Second Congress Meeting

Friday, October 24, 2014 8:30am to 11am

Hyatt Regency | 1000 Boulevard of the Arts Sarasota, Florida, USA 34236 | Tel: 1 941-953-1234

Primary agenda items will include President's Report, amendments to the By-laws, election of directors for the IBCPC Steering Committee Members and a facilitated discussion about the definition of a paddler as set out in the By-laws. For more information on this matter please see page 3, The Issue of Paddler Definition.

A formal agenda and proposed amendments to the By-laws will be circulated in August.

Each team may send two representatives to the Congress. Each team has one vote. Those teams not registered for the Festival will be able to vote electronically for Steering Committee Directors. This process will be circulated with the list of nominees in September.

Notice of Election for IBCPC Steering Committee Directors

The IBCPC By-laws set out the process for the election of the Steering Committee members. **Member teams are encouraged to review the process and to consider potential candidates to serve on the Steering Committee.** The positions for nomination are: President, Vice-President, Secretary-Treasurer and two directors: Membership and Communications. Each position is described in detail on the website: www.ibcpc.com

Deadline for nominee submission is August 15, 2014. For questions, contact Returning Officer by emailing committee@ibcpc.com

IN THIS ISSUE

World's oldest paddler at 92 ?	2	Sao Paulo inspired by Dr Don McKenzie	6
Important Sarasota deadlines	2	Dear Dr Don: What is the importance of BMI?	6
River rescue: Lessons for all ?	2	Hawaiian survivors paddle outriggers	7
Newly appointed IBCPC Vice President	3	Joining the Commission	7
The issue of Paddler Definition	3	It's a small world after all	8
Newly appointed National Representatives	4	What in the World is going on?	8

World's oldest paddler at 92 ?

By: Judy Umlauf, Dragons Abreast Australia Bribie Island

For Christmas 2013 **Pat Daly's** family presented her with a beautiful new paddle. Nothing unusual about that, except that less than a month later, on 20th January 2014, Pat turned 91 years of age!

Pat's daughter, Janet, has been involved with Dragons Abreast Bribie Island (DABI) since its formative years and Pat has always been a great supporter of the group, assisting the first committee with meeting protocol and procedure. However, at age 88, Pat herself was diagnosed with breast cancer and travelled the difficult journey of surgery, treatment and recovery.

No negative thoughts for Pat! This amazing woman who has two artificial hips, two artificial shoulders and one artificial knee, not only recovered and returned to normal life, she took up a new hobby – dragon boat paddling!



Pat joins the DABI team on their Thursday afternoon paddle on our beautiful Pumicestone Passage. She foregoes the twice weekly early morning paddles preferring a bit of a sleep-in. Her evenings are so filled with other favourite pursuits – watching documentaries, playing cards (an occasional outing for competitive poker), reading and crosswords – that she rarely retires before midnight. Pat also attends Bribie's U3A three times a week for Scrabble, Mahjong and Drama classes

Pat's positive thinking, zest for life and interest in anything going is a wonderful inspiration to anyone, but especially to women suffering the emotional and physical stress that breast cancer brings. DABI feels very lucky and proud to have her in their fold.

Pat is the oldest Dragons Abreast paddler in Australia – and quite possibly, in the world!

Continued from page 1

Important Sarasota Deadlines

July 1, 2014

- Standard Registration Balance Due
- Close of Registration for all Teams

August 1, 2014

- Team Rosters Due
(final list of paddlers, drummer and steers)
- Team Member Registration Closes
(includes waivers)

August 8, 2014

- Hotel Final Balances Due

Special Note: Any roster changes or substitutions will incur a change fee per person, per occurrence of \$50 after August 8, 2014.

Is Pat going to be the IBCPC's oldest paddler?

Organizers of the IBCPC Sarasota Festival have asked each country to find both their oldest and their youngest paddlers. The youngest paddler will carry her country's flag at the Opening Ceremonies and the oldest paddler will lead the parade carrying her country's flag for this fun occasion.



River rescue: Lessons for all ?

One of Abreast In A Boat's crews, Abreast with FORTitude paddles on the largest river in British Columbia, Canada. On Saturday, April 12, 2014 the FORT dragon boat crew had just finished its practice when they heard someone calling for help. A man had fallen into the river and was in serious trouble. The gals took off at 'race pace' but it was a long way. Suddenly someone jumped in to help the drowning man and before long it was obvious the second man was not going to be able to get the first man out of the water. Neither man was wearing a life jacket.

A well trained and safety minded crew, thanks to paddling on the Mighty Fraser, the FORT dragon boat crew knew exactly what to do. As their experienced steers headed down river the paddlers remained quiet with adrenalin pounding in their chests, as they tensely made their way to the struggling men. A life line, part of their safety equipment, and extra life jackets were tossed and the crew was able to tow the men to shore.

Quick thinking and good training averted what would have been a terrible accident.



New Zealander appointed Vice President IBCPC

Jo Parry, IBCPC Vice President from Brisbane Australia has resigned from her position and will become a Director at Large. Jo's insight and experience have made her a valuable member of the Commission.

It is therefore with pleasure that **Jane Frost**, President of International Breast Cancer Paddlers' Commission announces the appointment of **Meri Gibson** of Christchurch, New Zealand and member of Abreast of Life dragon boat team, as Vice President of the IBCPC. Meri has been a major force in the progress of dragon boat paddling in her country since joining her team in 2006. Her team was the second breast cancer team to be established in New Zealand in 1999 and Meri has become entrenched in the team and loves the sport.

In August 2007 Meri was involved in establishing the AORAKI Dragon Boat Association (ADBA) which is the governing body for the sport in the South Island. She has been Chair of the Association since its inception. In 2007 she became a Board member of the re-established New Zealand Dragon Boat Association (NZDBA) which is the governing body for the sport in New Zealand. Since that time she has held the positions of Communications Director and Events Director. In 2009 Meri was a founding member of the Oceania Dragon Boat Federation. This Federation is the governing body for Australia, New Zealand and the Pacific Islands. Oceania is the affiliated body that has voting rights on International Dragon Boat Federation (IDBF). Meri is also a certified official through IDBF and has most recently been involved with her board in establishing and monitoring a sweep (steer) training school in Christchurch for the training of South Island Sweeps.

Meri is self employed as a management consultant and is currently working on a complex project involving stakeholder and community liaison in relation to resource management matters. Her forte is bringing together Iwi (indigenous peoples) and managing cultural issues contained in the Treaty of Waitangi.

Meri has a strong background in event management, running events from small to large scale. She is media wise and has been involved in communications for many years.

Meri had been diagnosed and treated for cervical and ovarian cancer in the 1990's and was diagnosed with breast cancer in December 1999. She underwent a mastectomy and reconstruction in February 2000. She had a second mastectomy and reconstruction in August 2011.

Meri Gibson will be in the VP position until the SC elections take place at the second IBCPC Congress in Sarasota, Florida, USA, October 24, 2014.



The issue of Paddler Definition

IBCPC By-laws define "Paddler" as a person who has been diagnosed with breast cancer and who is one member of a crew and includes the crew's drummer and steersperson. With the discovery of hereditary breast cancer genes, the issue of eligibility for those carrying the gene has been called into question. At the first Congress meeting in June 2010 this matter was discussed and not resolved. The Steering Committee will be putting this issue on the agenda for our Second Congress, October 24, 2014 in Sarasota, Florida.

Oops...Sorry

In the March 2014 edition of this newsletter we inadvertently omitted "Survivor Thrivers" from Cobourg, Ontario, Canada on the list of teams for which Suzanne Bodner of Chestmates, Kingston, Ontario, Canada is responsible. Our apologies to both Suzanne and the team.



The ABOL team competing in the fun Super 12 regatta early this year, seen here at the end of the Le Mans race where you have to jump off the front of the boat as it hits the beach and run across the finish line. Meri Gibson is at the front getting ready to jump and run. The gals' fancy head gear are shower caps given to them by a sponsor.



Four accomplished Australians appointed as National Reps

As new teams from around the world join the International Breast Cancer Paddlers' Commission, the Steering Committee is working with these teams to appoint representatives who will liaise between the country's teams and the IBCPC. As active members in their respective communities, these individuals will ensure communication channels between their teams and the IBCPC. Four Australian paddlers: **Gillian Brown, Pat Hancock, Corina Bradley, and Angie O'Reilly** have been appointed National Representatives.



Gillian Brown Penrith, Australia

Gillian Brown, from Penrith, Australia, was diagnosed with breast cancer in 2005. After her treatment, Gillian found a brochure in the hospital introducing paddling as a way of integrating back into normal life and an avenue to personally relate with others who have also been through breast cancer. She started paddling in 2006. Gillian's first big international meet was in 2007 for the Abreast Australia International Competition, which was a wonderful way to be introduced into the world of dragon boat racing! Gillian has since then competed in numerous National Championships, dragon boat racing whilst representing and supporting breast cancer within the Dragon Boat community over the years.

Since 2010 Gillian has been a co-ordinator for Penrith's Dragons Abreast. She enjoys helping the new breast cancer survivors into a boat so they too, can enjoy the benefits of paddling with other breast cancer survivors; preparing them for racing and new-found enjoyment.

In 2012 Gillian was one of four women selected to represent Australia on the IBCPC's 'Internationally Abreast' team that paddled in the Queen's Diamond Jubilee Pageant Team on the Thames in London, with other survivors from around the world.

Since 1990, Gillian has continued to run her family business, Stained Glass Overlay and Clearshield Security doors and has raised 3 sons, with husband Bruce, who recently passed away.

Aside for her passion for paddling, Gillian enjoys horseback riding, skiing and traveling all over the world for more adventures.

Gillian will be representing the following DAA teams in the state of New South Wales: Camden Haven, Coffs Coast, Dubbo, Flamin Dragons, Illawarra, Orange, Penrith, Pittwater Pinks, Sydney Titivators, Coffs Coast and Wagga Wagga.



Pat Hancock Darwin, Australia

Pat Hancock, a long term resident of Darwin, Northern Territory of Australia where Dragons Abreast Australia was established, was introduced to dragon boating for breast cancer survivors soon after her diagnosis and treatment in 2001 and has been actively involved with the organisation since that time. It has been a large part of her life over the years, and provides an opportunity to meet and connect with likeminded people from all around Australia and over the world, many of whom are now fast friends.

As well as being an active paddler she has made good use of her professional background in policy, governance and public administration to contribute to the national body over time.

Leaving fulltime work, and Darwin, in 2010 and following a homing instinct to return to Brisbane after an absence of 35 years, she now operates a small consultancy business, undertaking projects relating to policy, governance and government relations, principally for non-government and private organisations.

She holds a number of roles with breast cancer organisations apart from Dragons Abreast, including as a member of the National Breast Cancer Foundation's Research Advisory Committee and with the Breast Cancer Network Australia.

Pat will be representing the following DAA teams in West Australia: Amazons Perth and Bunbury, in Queensland: Bundaberg and Mackay, in New South Wales: Byron Bay and Clarence Valley, and the Northern Territory team.





Corina Bradley Queensland, Australia

Corina Bradley became involved with breast cancer dragon boating in 2005, three years after her diagnosis of breast cancer at the age of 39 in December 2002.

She attended a “come and try day” with ‘the Pink Ladies’ at Brisbane River Dragons and hasn’t looked back. After paddling socially for about 6 months she took it up competitively. Since then she has gained selection in her club, state and national teams, and has many national titles and some international titles. She is an accredited sweep and now head coach of her local breast cancer team affectionately known as ‘MISSABITTITITTI’, and paddles with them at every opportunity.

In 2012, while training for the World Club Crew Championships in Hong Kong, she was selected as an Australian representative in the IBCPC world composite crew, ‘Internationally Abreast’ to paddle at the Queen’s Diamond Jubilee Pageant on the Thames, in June of that year. A highlight she says will be ‘hard to top’. As a member of this team, she spent many hours with Dr Don McKenzie and ladies from seven nations, gaining a broader understanding of the role the IBCPC has throughout the world in promoting the benefits of dragon boat racing and exercise after a diagnosis of breast cancer.

At present she calls Mt Samson home, in a most beautiful part of Queensland, known as Samford Valley. Corina owns her own business ‘Bodease in Focus’ and when she is not home tutoring, she practises as a qualified Ka Huna body worker in this serene location. Born into a sporty family with three siblings, her family have supported her every step of the way. Her parents have followed her to two World Club Crew Championships in Penang 2008 and Macau in 2010, and to London to the Queen’s Diamond Jubilee Pageant in 2012. She has a daughter, son-in-law and grandchildren who keep her young and healthy, and help her focus on what is important in life.

Corina will be representing the following teams in New South Wales, the DAA teams from Central Coast, ACT & Region, Newcastle Hunter and Mount Warning, for Queensland, Townsville, Brisbane, Redcliffs, Gold Coast, Bribie Island and for South Australia, Port Lincoln.



Angie O’Reilly Coffs Harbour, Australia

Angie O’Reilly of Coffs Harbour was diagnosed with breast cancer in 2002 at the age of 41, and was given a 35% chance of surviving five years. Now, some 12 years later she is still going strong!

In 2004 Angie was a founding committee member of Coffs Coast Dragon Boat Club and also founding coordinator of Dragons Abreast Coffs Coast. Angie has been very involved with Dragons Abreast Australia (DAA) since 2004 and has held numerous portfolios within the organization. She is currently the project manager for DAA’s annual festival, their largest fundraising event and is also co-ordinating the three DAA composite teams, Hope, Inspiration and Spirit for the IBCPC 2014 Festival.

Angie has been very proactive in her community and was awarded the 2010 Woman of Achievement for Quota International Coffs Harbour in recognition of her outstanding service to DAA in supporting survivors through post breast cancer treatment.

She has had a 35 year career in law in the areas of practice management, accounting, development conveyance and office administration. Angie is now ‘semi’ retired focusing on DAA as well as travelling whenever she can!

Having paddled for nine years, Angie has travelled to many destinations across Australia and overseas including Abreast in Australia 2007, Peterborough, Canada in 2010 and has successfully completed the Ord River marathon in Western Australia (56 kilometres) twice. She is a keen photographer, who loves to travel and embark on outdoor activities such as kayaking, camping, walking, skiing and, of course, dragon boating.

Angie will be representing DAA member groups in the State of Victoria from Geelong, Peninsula and Melbourne, the State of New South Wales from Wagga Wagga, Clarence Valley, Orange, Ballarat and Coffs Coast, the State of Tasmania from Hobart, Devonport and Launceston and Bunbury in Western Australia.





Photo By Adriana Bonifacio - Abreast In A Boat, Vancouver, Canada

São Paulo Inspired by Dr Don McKenzie

A partnership between Brazil's University of São Paulo's Rehabilitation Network (**Rede Lucy Montoro**) under the direction of **Professor Linamara Battistella** and its Center of Sports Practices through its **Director Professor Carlos Bezerra** resulted in the purchase of the Network's first rowing ergometer. These people were inspired by **Dr Don McKenzie**, University of British Columbia, Vancouver, Canada, the sports medicine physician who started the breast cancer paddling movement and the International Breast Cancer Paddlers' Commission. The Brazilians have named their movement, REMAMA, remo meaning rowing and mama meaning breast, in Portuguese.

The team has twelve initial vacancies for rowing spaces at the University's Center of Sports and at no cost to its participants. These individuals go through a medical evaluation, a Program of Physical Conditioning for 12 weeks, then go to classes at the Sports Center, the wet phase. They start this phase in the school-boat and then go onto the river Pinheiros, which passes by the University's Sports Center.

This program is their initial plan to build Brazil's breast cancer paddling movement and they are spreading the word through the media. They do not have a dragon boat yet but they hope to have one soon.



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) writes a regular column in this newsletter.

Please submit your questions by visiting: www.ibcpc.com and click on the newsletter icon.

Question One hears a lot about Body Mass Index (BMI). What is its importance and how is it calculated?

Answer

One of the important messages we try to convey to most of the women coming to exercise in our cancer gym during chemotherapy is, "try not to gain weight". Surprisingly, given the reputation that comes with the word 'chemotherapy', weight gain is a well documented side-effect. Whether it's due to reduced physical activity, the influence of the chemotherapy drugs or associated hormonal changes, reduced basal metabolic rate or a change in eating habits, weight gain, in the form of adipose tissue, is the norm. This change comes with a series of co-morbidities such as stroke, diabetes, heart disease, cancer and is also associated with the development of upper extremity lymphedema.

In the academic world the body mass index (BMI) is an accepted way of expressing body fat, taking into consideration height and weight. The BMI provides a more accurate measure of obesity or being overweight, than body weight alone. It is used routinely in the medical literature and has replaced the reporting of percent body fat. It also has been the source of concern for some women. The measurement of BMI is a fairly simple calculation; take your weight (kg) and divide by your height in meters squared. If you are more comfortable in the imperial scale then use your weight (lbs) divided by your height in inches squared and then multiple this number by 703.

There are several BMI calculators on the internet. Normal values are between 18.5 and 24.9; overweight is 25.0- 29.9; obese is greater than 30. Under 18.5 is a concern for some women as it may represent an eating disorder.

While the BMI is a useful tool it has some limitations, primarily as it does not consider body composition. Individuals with a high lean body mass (lots of muscle) may have a high BMI but low body fat. Conversely, the BMI may underestimate body fat in older individuals who have lost muscle mass. It also does not reflect change. Following a season of paddling your body composition may have altered; you would expect increased muscle and less fat but your BMI may remain the same. You need to take these limitations into consideration if you measure your own BMI.

If the BMI sounds complicated then measuring your weight daily in the morning is a simple task. It cannot tell you your body composition but it will document change. Gaining weight, if it represents more muscle, is OK but increasing body fat in post-menopausal women with a history of breast cancer is something to avoid.





Hawaiian survivors paddle outriggers

Mana'olana Pink Paddlers is a nonprofit organization committed to enhancing the lives of those diagnosed with cancer by introducing them to the Hawaiian sport of outrigger canoeing in Maui, Hawaii. We prove, by example, that there is life after cancer by encouraging physical exercise to build strength, confidence, and friendships. Natural Maui resources provide a nurturing environment where survivors can connect and support each other. People heal with us – physically, emotionally, and spiritually. We offer a unique service that deeply touches the heart of anyone who paddles or rides with us. We invite all IBCPC members who visit Maui to experience outrigger paddling and the spirit of Aloha with Mana'olana. Learn more at www.manaolanapinkpaddlersmaui.org

Joining the Commission

IBCPC membership has now reached 137 teams from 11 countries.

We welcome these new members.



Dragon Dream Team
Akron, Ohio, USA
www.dragondreamteam.org

Dragon Dream Team holds a “Boatloads of Hope” program where they reach out to breast cancer survivors going through treatment. When they are on the lake paddling, they leave their troubles on the shore.



Dragonette Torino
Torino, Italy
postmaster@dragonette.org

Dragonette Torino hosts a special event every year in September while celebrating their anniversary as a breast cancer survivor dragon boat team. They have invited other Italian teams to join them and now look forward to welcoming teams from other countries.



Hatira Leahayim – Paddling for Life
Tel Aviv, Isreal
Ofra Bernstein, Captain ofraba@walla.co

The breast cancer survivors of Hatira Leahayim are the first and only group of women in Israel who paddle a dragon boat. They paddle on the Yarkon River in the center of the country and love being in the company of paddlers who benefit from this enjoyable water sport.



Vise À Vie
Quebec, Canada
www.viseavie.com

In the cold months of Quebec, Vise À Vie team members paddle on the side of an indoor swimming pool. They keep their older paddlers on the team even after they have stopped paddling. Their team operates like a family.



Hsin Huai Dragon Boat Team
Taipei, Taiwan
committee@ibcpc.com

Dragon boating is a traditional activity in Taiwan. This team is the first Taiwanese breast cancer team and they have been paddling together for three years.



Mana'olana Pink Paddlers
Maui, Hawaii, USA
www.manaolanapinkpaddlersmaui.org

Our first outrigger breast cancer team and all IBCPC members are encouraged to go for a paddle with them when they are in Maui. Read more about this team at the top of this page.





It's a small world after all

Two IBCPC National Representatives first met at the IBCPC Peterborough, Canada Festival in 2010 where they exchanged team shirts. **Angie O'Reilly** from Dragons Abreast Australia Coffs Harbour is on the right wearing **Cathy Prusak's** (left) Chemosavvy, Winnipeg, Canada, team shirt. Cathy is one of six Canadian National Representatives while Angie is one of four Australian reps. The two women are surprised and delighted to be seeing each other in Sarasota, October 24 -26, 2014.

What in the world is going on?



May 31 – June 2, 2014

Taipei, Taiwan

The annual Taipei Government Festival
committee@ibcpc.com



September 3-7, 2014

Ravenna, Italy

International Dragon Boat Federation 9th Club
Crew World Championships
www.idbf.org



June 7 & 8, 2014

Venice, Italy

The 5th International Forza Rosa Convention on
Saturday and the famous Vogalonga on Sunday
admin@bucintoro.org



September 14, 2014

Windermere, GB

First Paddlers for Life UK festival in partnership
with English Lakes Hotels, Resorts & Venues
www.paddlersforlife.co.uk



July 11 – 13, 2014

Tecumseh, Ontario, Canada

Join the Wonderroads for their 12th Season
www.dragonboatsonline.com



October 19, 2014

Sydney, Australia

Dragons Abreast Australia's annual regatta
Location to be determined
festival@dragonsabreast.org.au



August 2 & 3, 2014

Burlington, Vermont, USA

Sisters at Heart and Lake Champlain Dragon
Boat Festival
www.ridethedragon.org



October 24-26, 2014

Sarasota, Florida, USA

IBCPC Participatory Dragon Boat Festival
www.sarasotabcs2014festival.org



August 16, 2014

Paradise, Nfld, Canada

Avalon Dragons 4th festival
www.avalondragons.com

The IBCPC invites teams to post events of interest to paddlers on the above Bulletin Board. To do so email the information to newsletter@ibcpc.com. The IBCPC takes no responsibility for events by reason of the posting. Where travel to another country is involved, teams are advised to consult their respective Government's Travel Advisory.



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IBCPC is a commission of the International Dragon Boat Federation