

INTERNATIONAL BREAST CANCER PADDLERS' COMMISSION

VOLUME 6 ISSUE 2

SEPTEMBER 2016

IBCPC Trust Approved

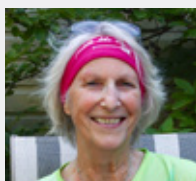
Trust Committee Members



Jane Frost
President



Meri Gibson
Vice President



Carol Mutton
Director of Communications



Betty Solley
Director of Memberships



Jenny Yule
Secretary

The IBCPC Steering Committee and I, as your President, would like to bring you up to date on our progress to establish a non-profit organisation registered under legalisation in British Columbia, Canada. We have consulted experts in the field of governance, Benefic Group Inc. a Canadian law firm solely servicing the non-profit sector in Canada and around the world, specializing in the planning, establishment and strategic management of non-profit organisations. Visit www.beneficgroup.com

Currently the Steering Committee has no legal status and operates according to the Commission's Constitution and By-Laws which also have no legal status. Without a legal entity the Commission is not able to enter into contracts with incorporated bodies. Until we are incorporated we are not able to approach sponsors, which is a priority for us now we have established a credible track record around the world.

The decision to incorporate in Canada, the country where the breast cancer dragon boat paddling movement began, was based on several considerations.

The following points will assist in understanding the reasoning for a non-profit corporation in British Columbia.

1. Federal or provincial legislation. Will the entity be incorporated under federal or provincial legislation? We have been advised the federal incorporation laws have different levels of financial reporting depending on gross revenues and the sources of funding in a fiscal year which could incur audited financials and excessive reporting requirements. Provincial reporting requirements are less onerous and less costly.

2. Budget. The IBCPC operates on a small budget and will continue to do so for the foreseeable future. The cost of a yearly audit under federal laws would likely bankrupt us within a couple of years even though we do not have a great deal of money, currently less than \$50,000 which is the approximate amount of our operating funds until

the festival in 2018. At that time, we will collect a levy from each participant thus providing our funding for the following four years as we have done from past festivals.

3. Charitable or non-profit considerations. Charitable status would permit us to issue tax receipts to our sponsors and donors. However, charitable organisations can only disburse funds to other registered charities in Canada, precluding us from providing funds to any non-charitable groups both in and out of Canada. With non-profit status our funds can be used outside the charitable sector and anywhere in the world.

The new corporate entity, to be called the International Breast Cancer Paddlers' Commission Trust, will have a board of directors elected or appointed as is the case with the Commission currently. The Founding Directors will be the four directors, Betty Solley, Carol Mutton, Jenny Yule and myself elected by the Commission member teams at its last Congress, Sarasota, USA, 2014. Meri Gibson as Vice President of the Commission appointed by the Steering Committee will be the fifth founding director. These directors will have the ability to appoint four other directors as is the case with the Commission. The Directors will be able to acquire Directors' and Officers' Liability Insurance, an important factor in our effort to protect our organization.

The new entity's purposes are built on IBCPC's current purposes and this will enable IBCPC to continue carrying on its activities in a way that permits it to act as the operational arm of the new entity. Members of the IBCPC Steering Committee will form the Committee to operate under the new entity.

If you have questions or concerns please email committee@ibcpc.com. We look forward to hearing from you. ■

Jane Frost, President, IBCPC
On behalf of the IBCPC Steering Committee



IN THIS ISSUE

Belgium joins IBCPC paddling	2	40 kilograms of happiness	7
Welcome Brazil	3	Innovative map shows IBCPC potential members	8
President, Firenze in Rosa announces committee	4 & 5	What in the world in going on?	8
Registration requirements for Florence Festival	6		

Belgium joins IBCPC paddling

in Canadian canoe – meantime

By **Carine Van Hoppe**
Pink Ribbonettes
Leir and Turnout, Belgium

In 2015, the organisation Pink Ribbon Belgium invited 10 ladies with breast cancer to join them in Venice, Italy to meet the *Pink Lionesses*. With those amazing ladies we discovered paddling in a dragon boat as a treatment against lymphedema and as a possible prevention of cancer.

It was an amazing experience we felt had to be continued in Belgium. In wintertime **Monique Quayhaegens** from Lier and **Carine Van Hoppe** from Turnhout developed a plan to start with paddling groups in Belgium too. Monique made contact with the Royal Canoe Club of Lier and Carine found a homebase by Technico Kajak Club of Turnhout. Monique and Carine were very warmly welcomed to both clubs. They were very happy to become a partner in such a beautiful project and provide the *Pink Ribbonettes* with a boat with helmsman, all the necessary equipment and knowledge.

On June 5th *Pink Ribbonettes* Lier and Turnhout were officially launched for their maiden trip. After days of pouring rain it was the first beautiful and sunny morning. Eight *Ribbonettes* in Lier and nine in Turnhout enjoyed their first boat experience encouraged by family, club members and sponsors.

Although we are still dreaming of paddling a real dragon boat, we keep on practicing in our Canadian canoe every week.

In the meantime we are proud to announce the creation of a new *Pink Ribbonettes* team in Brussels. **Lili De Boeck** has already an agreement with Cercles des Régates Bruxelles Kayak. She is now very dedicated as she looks for sponsors and team members.

In 2015 **Rosette Van Rossem**, chairman of Pink Ribbon Belgium had a fantastic dream. In 2016 her dream of breast cancer paddling teams is developing in a new country, Belgium, on the European map of IBCPC.



Canadian canoe from the province of Ontario



Welcome Brazil

October 21st to 23rd, 2016

By **Adriana Bartoli**
Abreast In A Boat
Vancouver, BC, Canada

South America has had a fantastic year for dragon boat paddling. 2016 paddling started in February with the Argentina Outreach where four new breast cancer dragon boat teams were established. 2016 will end with another highlight: in October we will be welcoming the first three forming Brazilian Breast Cancer Dragon Boat teams: from Brasilia (Canomama, started on March 8th 2016), a team from Santos with the Instituto Neo Mama, and a team from Sao Paulo supported by the Instituto do Cancer do Estado de Sao Paulo (ICESP).

The October event, KA ORA will take place in Praia dos Millonarios, Sao Vicente (Sao Paulo State) from October Friday 21st to Sunday 23rd. On Friday **Dr. Don McKenzie** will give a conference in Santos and has been recently invited to a second conference in Sao Paulo. Saturday will be dedicated to a paddling familiarization of the Brazilian novices. On Sunday local paddlers will join in a symbolic regatta and the very first Brazilian Flower Ceremony of the country will be celebrated. More survivors from Brazil are expected to join the weekend all hoping more new teams will spread around the country. Most of the Argentine new teams will participate to support the Brazilian sisters.

Brazil is moving forward and we are helping them to raise the flag of Hope.

If IBCPC members would like to participate in this event in representation of their teams they are welcome. Please contact IBCPC at committee@ibcpc.com for more information.



Canomama. Forming team from Brasilia



Alessandro Piccardi Vice President

Responsible for technical logistics and public relations



Alessandro Piccardi, born 53 years ago, has been a dragon boat enthusiast since 1993. He first began as helmsman and later he turned his efforts to organizing kayak and dragon boat races. Up to 2015, he was team manager for the Florentine team at the Cantottieri Comunali Firenze and the Italian National team.

In 2002 he came into contact with the breast cancer dragon boat teams. The enthusiasm, the strength and vibrancy of these women made an enormous impact on him, enabling him to organize and put together a BCS team in Florence, and in February 2006

the *Florence Dragon Lady* team was established.

Ever since then he has coached the breast cancer dragon boat team in Florence with passion and enthusiasm, constantly trying to involve breast cancer survivors as well as the people of Florence. A constant and continual supporter and promoter of breast cancer dragon boat activities, Alessandro has worked to create teams throughout Italy, and in only six years, seven new teams have been created in different Italian cities.

He participated with the Florence team at previous IBCPC Festivals in 2010 in Peterborough and 2014 in Sarasota.

Since January 2015 he has been working continuously on the 2018 Festival project. He is in charge of the technical-logistic aspects and public relations for the Festival, while maintaining his activity with the Florence team in addition to bringing on two new Italian teams in early 2016.

As a leading promoter of the Italian dragon boat teams, Alessandro is always part of any team initiatives and takes every opportunity to give visibility to the activities of Florentine, Italian and international breast cancer dragon boat survivors. He is involved not only in the practical aspects of the sport but is also involved with the more personal and psychological concerns of these sportswomen. He remains up-to-date on the global movement and on the personal stories of breast cancer survivors, having read more than twenty autobiographies by survivors as well as articles and documents on the web and social networks.

Susanna Benvenuti

Responsible for communications with Italian teams and Festival speakers recruitment



Susanna Benvenuti was born in 1957 and graduated from the University of Florence in biology. Then for several years she taught at the middle/secondary school level before returning to work at the University as a "passionate" biologist in 1988. Since 1990 Susanna's work has also involved participation in union activities related to both safety in the workplace and policies concerning the recruitment of personnel. Susanna became a member of the Academic Senate at the University of Florence in 2012 where she participates in university's policy decisions.

In 2002 Susanna was diagnosed with breast cancer at the age of 45, but it was after her second diagnosis 7 years later that she became aware of dragon boating as a form of rehabilitative therapy. When she met the *Florence Dragon Lady* team in 2010 at their 4th anniversary celebration, she fell in love with dragon boating and was deeply affected by the strength and enthusiasm of the pink ladies. As soon as she finished her chemotherapy, she joined the team. Susanna's training and participation in the team's many activities have shown her that dragon boating is a wonderful way to get back physical strength and that the experience can fill and brighten the lives of breast cancer survivors, including importantly, the lives of women who, like herself, have suffered recurrences.

Together with the *Florence Dragon Lady* team, Susanna has participated in many dragon boat events in Italy and abroad. She remembers with particular enthusiasm the last few Vogalonga's in which pink ladies from all over the world paddled along the canals and into the lagoon of Venice demonstrating to all their strength and courage. And for Susanna, participating in the races and meeting women from around the globe in the 2014 IBCPC International Festival in Sarasota was a unique and unforgettable experience.

With her teammates, Susanna has worked hard to organize the annual Florence Dragon Boat Pink Meeting, and with women from all over Italy, she has helped to put together social, cultural and sports events aimed at promoting the prevention, early diagnosis, and treatment of breast cancer. Susanna is very happy to be part of the "Firenze in Rosa" local committee which is organizing the next IBCPC International Dragon Boat Festival in Florence in 2018.

Committee members for IBCPC Florence Festival 2018

Iolanda Giamberini

Responsible for social networks and merchandising



Iolanda Giamberini joined the *Florence Dragon Lady* in June 2006, a few months after the team was founded. From her very first experiences with dragon boat she knew this activity would give a positive turn to her life after being diagnosed with breast cancer in 2003 at the age of 47. The convivial atmosphere of the team opened the door to new friendships and new experiences, thus breaking the loneliness and sense of isolation that the disease can create.

Prior to the dragon boat experience, she had spent her time between family and work as a nurse at the

Careggi Hospital, the main hospital of Florence. Before dragon boat, and with the family routine, children and grandchildren, she had not had a lot of sports activity in her life. It opened a new world to discover and to live with energy and passion, new friends and outdoor sports, trips to other Italian cities and even to Canada and Florida and participation in the IBCPC Festivals.

In 2013 she retired and this has allowed her to devote herself full-time to the team. She is right stroke seat and captain, transmitting to her teammates her passion for the team and the qualities of vitality and enthusiasm. For her, the dragon boat is not only the Breast Cancer Survivors' Movement, but her sports abilities have allowed her to participate in championships, acquiring the Italian national team shirt and coaching groups of emerging teams of supporters and corporate participants that compliment the activities of the *Florence Dragon Lady*.

Her motto is: "There are many possibilities and circumstances that go into the personal story of each individual; the important thing is to grasp and live these occasions."

Patrizia Spinelli

Responsible for budgets



Patrizia Spinelli, born in Florence and armed with a degree in mathematics, has always worked in business in the computer and management sector, both as a freelancer and as an employee responsible for project and personnel management. Today she is in charge of computer systems in a private company whose work territory covers all of Italy.

Always interested in sports, during her youth Patrizia participated in athletic activities at both the amateur and competitive levels. These days, her hobbies are sailing and skiing. After her breast cancer diagnosis, on the advice of

CERION (Cancer Rehabilitation Centre of Tuscany), Patrizia started dragon boating and has been a member of *Florence Dragon Lady* since 2011. Dragon boating has given her the opportunity to get in touch with her competitive spirit again and also to enjoy the friendship and support of so many other women who are on the same cancer journey. Patrizia has participated in many dragon boat events both nationally and internationally, always doing her part to underline the importance of breast cancer prevention and the hope of continuing to live a normal life after a diagnosis.

Patrizia loves challenges, and that is one of the reasons she agreed to be part of the commission which is organizing Festival 2018. However, more importantly, accepting this challenge is a way for Patrizia to express her gratitude to the wonderful group of women who immediately welcomed her onto their team. She believes that having hosted the International Festival will be an accomplishment that every member of the *Florence Dragon Lady* will be able to look back on with immense pride.

Do you want to brush up on your Italian?

Duolingo is a free, compelling, on-line software platform for learning languages. It has good instruction, bite-size lessons, a clear road map and progress markers. It's fun. It's addictive. It's visual, engaging and involves speaking, listening, translation, and multiple-choice challenges. The link is www.duolingo.com.

Here are some features that make Duolingo work so well:

- You will stay motivated to learn more. Duolingo uses different methods to keep you hooked. One is a goal-setting tool. The goals you can select vary from 'casual' to 'insane', depending on how serious you are about learning and how quickly you want to progress.

- It's more like a game rather than a series of tasks. Each lesson requires a certain amount of correct answers to advance. If you get a question right, you gain a point. When you get a question wrong, a correction will highlight what you did incorrectly and you'll lose a point.

In bocca al lupo! Good luck!



2018 IBCPC PARTICIPATORY
**DRAGON BOAT
FESTIVAL**
FLORENCE ITALY



Florence, August the 5th, 2016

Dear Friends,

FIRENZE IN ROSA Onlus, the Florence Festival Organizing Committee, is busy laying the foundations for an unforgettable festival and a fabulous week of events in 2018 that is expected to break all records of attendance ever. We are working hard in order to complete the Festival's website, which is already open at: www.florencebcs2018.org. In autumn 2016 you will be able to find details about the on-line registration, hotels, transportation, Festival activities and local attractions as well as a wide range of information about Florence. In addition, you can follow the ramp up to Florence 2018 on our Facebook page (www.facebook.com/florenceBCSfestival2018) and on Twitter (<https://twitter.com/florencebcs2018>).

In order to participate in the 2018 IBCPC Participatory Dragon Boat Florence Festival please take note of the following requirements:

- 1) Paddler participants must be breast cancer survivors
- 2) Your team must be an IBCPC member in order to participate in the Festival, verify your membership and check it out at www.ibcpc.com
- 3) Each paddling participant must furnish a health certificate (you will find an example on our website)
- 4) Each participant must submit an authorization to use images and personal information as well as a waiver of legal responsibility (you will find examples on our website)
- 5) Each team must consist of a minimum of 22 individuals, including drummer and steers person (sweep), and a maximum of 26 participants. Any additional participants, or non-complete teams, will be inserted into the mixed team category. Drummers and steers persons (sweeps) can be available to the mixed teams.

The races are in 20-person dragon boats over a 500-meter course.

On-line registration will be open on the **1st of October, 2016**. All participation questions, preliminary registrations and participant registrations must be done exclusively through the Festival website. Registration is (euros) **€300 per person**. There is a non-refundable initial payment of (euros) €100 per person, with a minimum initial payment of (euros) €2.200 per team. The team is registered for the Festival at the moment the full initial registration payment of €2.200 is received. There is a **discount** of (euros) **€50 per person** for the first teams that register, up to a total limit of 1.231 participants (paddlers and supporters).

SEE YOU IN FLORENCE 2018!

WEBSITE: www.florencebcs2018.org

FACEBOOK: www.facebook.com/florenceBCSfestival2018

FIRENZE IN ROSA ONLUS • Viale Spartaco Lavagnini 41 • 50129 - Firenze • Codice fiscale 94257720485

www.florencebcs2018.org E-mail info@florencebcs2018.org

Iscritta al Registro delle Onlus al n. 15862



40 Kilograms of Happiness

By Jan Collins
Pink Champagne
Bournemouth, England



Only three months since **Cecilia Picchi, Jorge Carracedo** and I worked together to make the first breast cancer paddling event in Spain, I returned to Spain to speak with the new paddlers.

but meet regularly. Their families and friends are their biggest fans and are very happy to support them. Families arrange their schedules around **Flamenco Rosa** paddling events and practices. They all look after each other and travel with them to racing venues. One lady's son who is 19 years old tells her, "You party more than me!" Another lady's family lives in Chile; they support her from far away, but here in Spain **Flamenco Rosa** and the support group are her second family.

"We want to encourage other BC survivors to enjoy the sport, just one more person joining would make us happy". The team is very popular and also raises money for other charities.

To date **Flamenco Rosa** have attended five events, as the only BC team they get huge applause and support wherever they paddle and receive medals, they have also received two trophies so far. They are happy no matter where they finish. Wow!

For the future, the team would like to travel wherever they can to participate in dragon boating. They hope to be in Portugal later this year but like all BC teams this will depend on raising finance.

Currently they have 11 members but with their enthusiasm and energy, newspaper reports and local TV presentations I can see this quickly increasing. They are extraordinary women who radiate optimism, bravery and energy in every word they use to describe their experiences. After surviving BC they realise, "we have to live that experience because we only have one life". These ladies are amazing.

Great news, after being inspired by **Flamenco Rosa** a second BC team has now formed in Santander, Spain.

I leave you with one member's comment about being in **Flamenco Rosa** - "I have gained 40 kilograms of happiness". Wonderful!



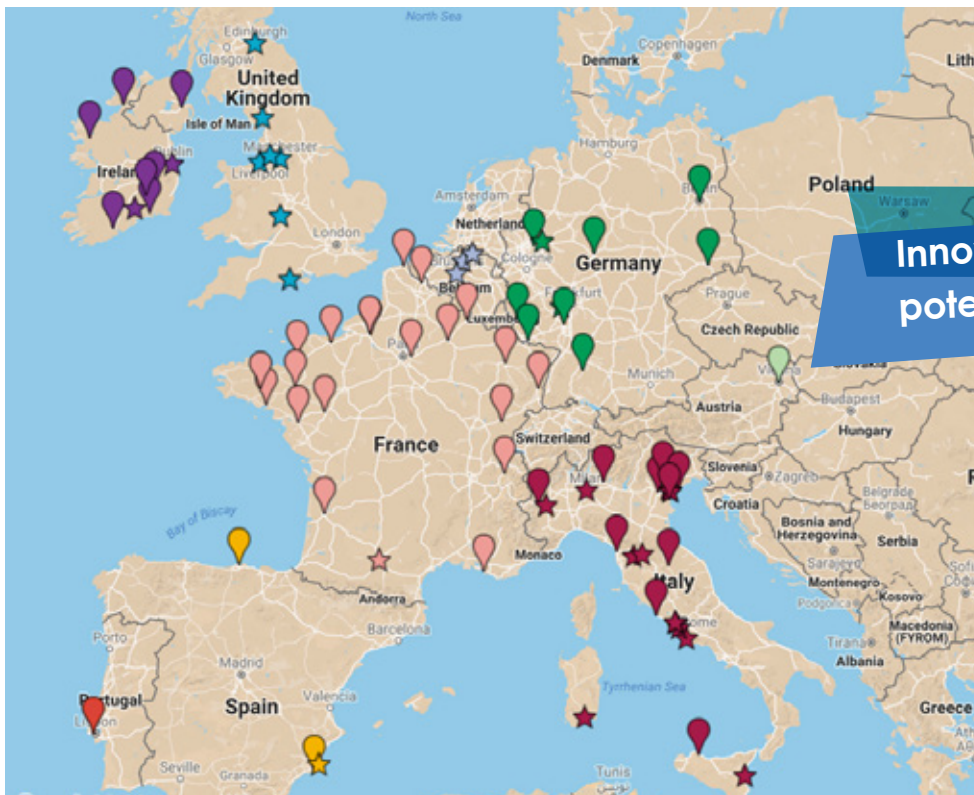
Cecilia Picchi and Jan Collins
at Pinatar event

I asked them, "How did you feel when you first started this sport?" **Maxi**, their captain said the flower ceremony at the Semana Santa event had been a very emotional day for all those invited to take part with other breast cancer paddlers from other countries. Everyone was crying. "We didn't need to know any other languages to understand what it meant".

Seeing other teams paddling was what convinced them they could do this also. "From that day we wanted to start our own team and be part of the movement". This has been accomplished with great support from **Dragon Queens** and the Pinatar Dragon boat teams in San Pedro. The feeling of being part of a team is very important to them. Most team members already knew each other because they belong to a group of cancer survivors called Mucho por Vivir (Much Living to do).

Team members come from different towns





Innovative map shows potential IBCPC member teams

Cecilia Picchi, our European IBCPC Representative has been diligently applying herself to discovering new breast cancer teams in Europe. She has been present at events in Spain and recently attended the European Dragon Boat Federation Regatta in Rome, Italy. Through her travels and many conversations with team members who have been coming in small groups to events across Europe Cecilia was able to develop this map. The colours are for each individual country and the stars indicate teams that are current IBCPC member teams. The balloons indicate the knowledge of a team that Cecilia is in the process of contacting to join the IBCPC so all the European teams can be represented at the IBCPC Participatory Festival in Florence Italy in 2018.

What in the world is going on?



September 10 & 11, 2016 Dublin, Ireland
International Dublin Dragon Boat Regatta in conjunction with *Plurabelle Paddlers*, includes breast cancer division and Irish Shin Dig (party) on Saturday night.
www.dragonboat.ie



October 21 - 23, 2016
Santos, Brazil
For more information, see story Page 3 in this issue.



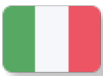
September 11, 2016
Lake Windermere, Cumbria, United Kingdom
Third Dragon Boat Regatta, Paddlers for Life, U.K
www.paddlersforlife.co.uk



October 22, 2016
Sydney, Australia
Cockle Bay, Darling Harbour
Dragons Abreast Australia's 9th Annual Regatta
festival@dragonsabreast.org.au



October 1 - 2, 2016
Tempe Town Lake, Arizona, USA
SRP Marina
13th Annual Arizona Dragon Boat Festival
<http://azdba.com/>



2018 IBCPC Participatory Dragon Boat Festival
Florence, Italy.
Date TBD between June and September.
Keep posted for launch of event website.
www.ibcpc.com or facebook.com/FlorenceBCSfestival2018

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.

Proviso

The information published in this newsletter is provided to us by the named authors, sources and other third parties and while we believe the information to be reliable we have not fully investigated all such information and we can not accept responsibility for the truth or accuracy of the same. Accordingly, International Breast Cancer Paddlers' Commission and those associated with the Commission and Jane Frost, IBCPC President, disclaim responsibility for the truth and accuracy of the information in this newsletter.



Newsletter Editor Jane Frost president@ibcpc.com

CONTACT US newsletter@ibcpc.com | FIND US ON FACEBOOK www.facebook.com/IBCP



IBCP is a commission of the International Dragon Boat Federation

JUNE 2016