



International Breast Cancer PADDLERS' COMMISSION

VOLUME 7 ISSUE 3 NOVEMBER 2017



PHOTO: ALI STAIR EAGLE

Dr McKenzie, the founder and coach of the first breast cancer dragon boat team is pictured here in front of his new Sports Medicine Clinic at the University of British Columbia

Still a lot to learn

By **DR DON MCKENZIE**, *Professor & Director*
Division of Sport and Exercise Medicine, Faculty of Medicine,
University of British Columbia, Vancouver, Canada

I realize I dwell on the importance of exercise in the spectrum of health and breast cancer. We are fortunate to have quite a few years of exercise and breast cancer research behind us and although we have learned a lot, we still have a lot to learn. We have conducted large multi-centered trials involving 100s of women; these are enormous, expensive studies requiring large support teams, collaboration from several sites and they take a long time as the women are enrolled as they receive the diagnosis. We have smaller studies on lymphedema, different exercise protocols, and the side-effects of treatment. The results all support exercise as a positive and important intervention.

Recently, I had meetings with the International Olympic Committee and the World Health Organization. They are examining how sport might influence global health and patients with chronic disease. Death from non-communicable disease is reaching epidemic proportions and is largely due to physical inactivity and a sedentary life-style – sitting is the latest poison. One sport that they chose to feature is canoeing and I had the pleasure of talking about breast cancer dragon boat paddling. In fact, this activity is the role model for sport improving global health. With a history of over 20 years and still growing, canoeing is leading the way as an example of sport participation influencing health. That's you, and as we get closer to the next IBCPC Participatory Regatta in Florence, what an example you are setting for others.

Continued on page 8

IN THIS ISSUE

Countries featured in this issue: **Argentina, Brazil, Canada, France, Ireland, Italy, New Zealand and USA**

- | | | | |
|-----|--------------------------------------|---|--|
| 1 | Dr Don and his new gym | 6 | IBCPC gets voting rights and aligns with IDBF Festival |
| 2 | A Princess' Blazer raises funds | 7 | USA's Indy SurviveOars celebrate |
| 3 | French paddlers are busy | 7 | South American Update |
| 4 | New Reps for Canada | 8 | First Colombia Team/Italian Festival Notice |
| 5 | New Zealand and Ireland get new reps | 8 | What in the world is going on? |
| 4-5 | New IBCPC member teams | | |

IBCPC Editor's note

One of the encouraging trends for this October's Pink Month in Canada and the U.S.A. was the donating of a percentage of sales on certain specific merchandise, to various organizations involved in breast cancer research and treatment. This was done by high-end, luxury stores such as Holt Renfrew, Saks Fifth Avenue and Nordstroms. Also an impressive number of manufacturers of health, beauty products and couture garments took part in what appears to be a new approach to marketing which entails the support of organizations dedicated to worthy causes – breast cancer being a favourite.

One popular item in October's cancer-awareness month was a pink jacket which has come to be known as the "Princess Blazer". It was created by two young Canadian designers, **Andrea Lenczner** and **Christie Smythe**. Friends since high school, it was while they were attending Canada's McGill University they got the inspiration to start their own women's apparel company while strolling the shopping streets of Montreal. They noticed there were few jackets or blazers for sale without being part of a suit. In 2004, they started their line, Smythe, with jackets and blazers being their specialty. Today their merchandise is sold in over 100 stores.

In 2011 they spied **Kate Middleton, Duchess of Cambridge** wearing one of their blazers on the Royal Highnesses' honeymoon tour of Canada. It is a single-breasted blazer with one brass button. It has a twist at the back: instead of the traditional venting there is a squared cutaway detail. Kate now has two of these blazers, one in navy and one in 'army', a deep green. She wore the army one on her 2016 visit to Canada and has been seen wearing the blazers at numerous high – profile events. Visit www.shopsmythe.com to learn more.

This fall the jacket was featured in symbolic pink wool cloth and was among the many items earmarked to raise funds for work being done by worthy organizations relating to breast cancer. Lenczner and Smythe chose to have a percentage of the sales of this Princess Blazer go to the organization *Rethink Breast Cancer*. This support organization is the first to respond to the needs of women 40 years of age and younger who are encountering diagnosis of breast cancer. Those wishing to contact *Rethink Breast Cancer* may go to www.rethinkbreastcancer.com

As President of International Breast Cancer Paddlers' Commission, together with dragon boat paddlers' member teams from 22 countries worldwide, I would like to thank those people from corporations and organizations who have contributed to this year's highly successful October's Pink Month.

Together we are causing waves!



Jane Frost, president@ibcpc.com



ILLUSTRATION EXCLUSIVELY FOR IBCPC: SANDRA HANSON

French movie inspires paddlers



By **CECILIA PICCHI**
IBPCP European Representative
Florence, Italy

Movies are good vehicles to spread messages, and *Vogue la vie* is one of these. A French television movie broadcasted in 2014 about a group of women ages 27 to 77, who only had one thing in common: they are breast cancer survivors. Their goal was to take part in the Vogalonga in Venice in 2009. Under the leadership of their coach, they put aside their differences and their fears, to learn to paddle together (director **Claire de la Rochefoucauld**, cast included **Virginie Hocq** and **Mehdi Nebbou**, in streaming <https://www.france.tv/series-et-fictions/telefilms/16917-vogue-la-vie.html>). The movie was well received in France and soon after in different parts of the country women started planning a similar experience. The movie had inspired them.

Dragon boating for the French women was actually introduced to them by the *Florence Dragon Ladies LILT* team, when one of their members, **Luigia Maggiore** described to her psychologist friend **Sylvie Cappellone**, from Reims, France what a wonderful experience they were having paddling in dragon boats. *Florence Dragon Lady* travelled to Reims in December 2008 and they were warmly received by a group of Reims ladies who decided to establish *Ensamble pour Elles*, the first breast cancer team in France. *Florence Dragon Lady* then invited *Ensamble pour Elles* to attend Florence Dragon Boat Pink Meeting and to paddle together in Vogalonga in 2009 which they did.

All of a sudden in different parts of France, new breast cancer teams appeared, all with the same dream 'to take part in the Vogalonga' while in the rest of the world other teams were creating opportunities like festivals and regattas to make new friends and share experiences. Today, if you look carefully, French teams are moving beyond the Vogalonga.



Above: Five dragon boats filled with breast cancer survivors pass in front of Chinon Castle along the Vienne River on the occasion of the Three Castle Descent on October 15, 2017.

Inset: Breast cancer participants celebrate their Flower Ceremony with petals and their paddling colleagues at the Anncey Festival held on Lake Anncey, 35 kilometers south of Geneva on the eastern boundary of France in September 2017.

In 2016 *Dragonnettes Toulousaines* travelled to Spain for the San Pedro del Pinatar Dragon Boat Festival and the first French team joined the IBCPC. In summer 2017 **Sylviane Gentilhomme** from *Ensamble pour Elles* traveled to Canada to attend the International Dragon Boat Festival in Montreal. She returned home with her heart full of emotions and with her team mates they decided to participate in the IBCPC International Festival next July in Florence.

In October *Droles de Rames* and *Dragon Ladies Léman* had a lot of fun during the 12th Festival de Dragon Boat de Anncey on Anncey Lake. Then 14-15 October 2017 five dragon boats with ladies from eight teams: *Pink Ladies* (Nantes), the *Ramzelles Occitanes* (Toulouse), the *Ladies 47* (Agen), the *Morganez* (Lanester), the *Pink Ladies* (Vannes), the *Ladies des Pyrenees* (Tarbes) and *Droles de Rames* (Anncey) paddled the Three Castles Descent passing by the castles of Chinon, Montsoreau and Saumur. French teams are discovering a world of activities beyond the Vogalonga! 🌸

New Reps for Canada

The IBCPC Steering Committee is pleased to announce the appointment of Kathie Orchard and Rena Newton as National Representatives for teams in British Columbia, Canada. Kathie and Rena replace Cheryl Watson and Sheila Blair who deserve special thanks for their hard work on behalf of the IBCPC.

KATHIE ORCHARD

Abreast In A Boat
Vancouver, BC, Canada

Kathie Orchard is pleased to be National Representative for the following teams in British Columbia: *Abreast In A Boat* – Vancouver; *Angels Abreast* – Nanaimo; *Bust’N Loose* – Kelowna; *Forza Rosa Canada* – Gibsons; *North Shore Dragon Busters* – North Vancouver; *Sunshine Dragons Abreast* – Sunshine Coast; *Survivorship* – Pentiction and *International Pink Sisters*, Parksville.



Kathie’s novice year, 2014, was memorable as she was pleased to join the original “boat”, now one of six, *Abreast Up the Creek*, on which there were still a number of the original paddlers. That year she also joined the *Forza Rosa* team going to Sarasota Florida for the International Breast Cancer Paddlers’ Commission (IBCPC) Festival. It was an inspiration to see the enthusiasm and the amount of work the IBCPC and the Florida committee put into organizing the event. Spring 2015 brought the 20 Years Abreast Celebration and Kathie assisted with selling merchandise and jewelry for the event. She then stayed on as merchandising representative for AIAB.

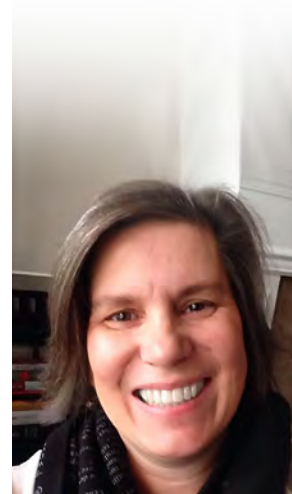
Kathie is also involved in Gogo Grandmothers, a group dedicated to educating and fundraising for the Grandmothers for Grandmothers campaign under the leadership of the Stephen Lewis Foundation. She is also Chairperson for the Westside Seniors hub, a group that advocates for seniors and for senior issues on the Westside of Vancouver.

Unfortunately a hip replacement has kept Kathie out of the boat in 2016 and she was back for 2017. Her sons and grandchildren have redefined her as a paddler, not just a “grandmother”, so she will need to live up to the definition. 🌸

RENA NEWTON

Abreast In A Boat
Vancouver, BC, Canada

Rena Newton is proud to be a representative for IBCPC and has responsibility for the following British Columbia teams: *Abreast of Life* – Central Vancouver Island; *Buoyant Buddies* – Vernon; *Dragon Divas* – Cowichan; *Hope Afloat* – Comox; *Island Breaststrokers* – Victoria; *NorthBreast Passage* – Prince George; *Spirit Abreast* – Chilliwack; and *Spirit Warriors* – Kamloops.



Rena has been an active member of *Abreast In A Boat* (AIAB) since 2007 and has enjoyed paddling at the many beautiful locations around Vancouver and the province of British Columbia.

As a member of the AIAB board, she held the Sponsorship portfolio for three years. She has also had the opportunity to write and deliver speeches about the *Abreast In A Boat* Society as well as her experience as a breast cancer survivor.

Rena was diagnosed in 2005 at the age of 37 and it was her doctor who directed her towards *Abreast In A Boat* as a way to help in her recovery.

Dragon boating has helped her become much stronger, both physically and mentally, than before her diagnosis. Through dragon boating, she has found her sisterhood in the wonderful and supportive community of breast cancer survivors. She looks forward to travelling more and meeting more survivors. 🌸

IBCPC Membership Update October, 2017

Another year has gone by and the IBCPC membership rolls continue to grow.



Canada:
Pink Crusaders,
Toronto



Colombia:
Dragon Boat Colombia,
San Andres Island



Denmark:
Copenhagen Dragon Boat Team, Denmark: The first for this country



France:
CDB Team from Caudry Droles de Rames, Muret, Haute-Garonne

New Rep for New Zealand

The IBCPC Steering Committee is pleased to announce the appointment of **Janice Melville** as the New Zealand National Representative. Janice will liaise between the New Zealand teams and the IBCPC. She is replacing **Mary McAvoy** who has ably worked with the New Zealand teams since the IBCPC's inception in 2010. We shall miss Mary's contributions and we welcome Janice aboard.



Janice Melville started paddling with *Abreast of Life* in 2000, the year after the team started. Her paddling experiences have included the Pacific Basin Festival, held in the Viaduct Basin, Auckland 2003, *Abreast In A Boat* Ten Years Celebration, Vancouver 2005, and joining with *CanSurvive* from Wellington and participated in the *Abreast* in Australia, Queensland 2007. She has also paddled and swept in two *Dragons Abreast* Festivals on Darling Harbour, Sydney. She participated in the Club Crew World Championships in Adelaide.

Following the team paddling in Vancouver where we had to use a pool sweep, it was decided that we needed our own sweep and Janice volunteered. Sweep training back then consisted of a sweep oar being tied to a pylon on the wharf at Lyttelton and about ten minutes on the water tuition. Janice has now been sweeping for over 10 years.

Janice has been on the *Abreast of Life* board holding various positions, currently its membership chair. She joined the Aoraki Dragon Boat Association Board in 2008 as Treasurer, a position she still holds.

Who ever thought dragon boating could take you all over the world competing. Janice was part of a ten-man team competing in Hong Kong in June of last year and will be part of a full squad that is going to Florence in July 2018. Janice has met so many wonderful people through this sport and enjoys catching up with old friends at national and world regattas. 🌸

New Rep for Ireland

The IBCPC Steering Committee is pleased to announce the appointment of **Deborah Bonner** as the Irish National Rep. Deborah replaces Susan Rowe who was the National Rep for six years. Welcome aboard, Deborah and thank you, Susan for your work on behalf of the Commission.



Deborah Bonner was born and raised in Donegal Town “the coolest place on the planet”, a title given to her home county in 2017 by National Geographic. She loves dragon boat paddling and everything that goes with it “together we laugh, sing, encourage and support each other “ while paddling on the northwest coast of Ireland near the top of the Wild Atlantic Way.

Deborah founded *Donegal Dragons*, a breast cancer survivor and supporters club now in its third season. A vibrant all-inclusive dragon boat club, with no age limits, that gives a warm welcome to new members.

She is also part of a team called the *Wild Atlantic Warriors* who are very excited about Florence 2018. This enthusiastic team consists of female survivors from four counties along the Wild Atlantic Way and also includes 2 male Survivors, one from Canada and one from Cork.


Deborah has a great passion and spirit for life and spends a lot of her time raising awareness and demonstrating that both men and women living with cancer can lead full and active lives. She certainly shows by example that you can also have great fun in doing so. 🌸

 **Germany:**
Pink Patrol, Bochum
Pink Ladies,
Wiesbaden Hesse

 **Ireland:**
Wild Atlantic Warriors, Cork

 **Northern Ireland**
Lagan Dragons,
Belfast

 **Spain:**
C.D.E. Estelas Rosas,
Cantabria

 **USA:**
Broward Fierce Fighters, Miami, Florida
Hearts of Steel, Pittsburgh, Pennsylvania
LV Warriors, Henderson, Nevada
River Sisters, Voorhees, New Jersey

IBCPC gets voting rights

The IBCPC has been, since its establishment in 2010, a Commission of the Competition and Technical Committee (C&TC) of the International Dragon Boat Federation (IDBF). The IBCPC is the governing body for its own regattas and has no voting status within the IDBF. The Commission has been allowed to be present at the IDBF Congress but it does not have neither voting rights nor a seat at the Council table.



At the IDBF Council meeting held at the 13th World Nations Championships in Kunming, China on October 24, 2017, it was agreed IBCPC, along with the International Ice Dragon Boat Federation (IIDBF) and other associations, would become associations of the IDBF which would give the IBCPC a seat at the Council table and more rights to a voice on IDBF matters. This is a good outcome as it will allow the Commission to be heard and to have IBCPC racing regulations incorporated at the International level.

The Congress had 22 items on the agenda ranging from financial reporting, Continental Federation updates, by law amendments and presentations of proposals from various countries for the next four years of World and Club Crew events. Knowing the dates of these upcoming events is helpful for the IBCPC in determining the years in which we will look to hold our forthcoming IBCPC Participatory regattas.

This is a good outcome as it will allow the Commission to be heard and to have IBCPC racing regulations incorporated at the International level

The Congress also approved our regulation regarding the criteria for entry into IDBF international breast cancer events which is: the definition of breast cancer paddler means: you must have had a diagnosis of breast cancer and the team must be 100% breast cancer paddlers which means: all crew; including paddlers, drummer and steer are all breast cancer survivors. 🌸

A visual representation of who we are

Occasionally we receive comments from individuals for not including different types of cancers in our festivals. This movement has proven that with a defined exercise program people treated for breast cancer do not have to avoid repetitive upper body exercise. **Dr. Don McKenzie**, first coach and founder of this movement chose dragon boat paddling because it is a strenuous upper body exercise and almost all members of a breast cancer dragon boat team have had invasive treatment to her/his upper bodies. We want all those struggling with treatment who watch us from the shore to know that every person in a breast cancer dragon boat has been treated for breast cancer. If we can do it, so can they. We are a visual representation of that reality and we now have the support of the IDBF for this principle.

Florence Festival now aligned with IDBF Championships

By **MERI GIBSON**
IBCPC Vice-President
Christchurch, New Zealand

A number of the competitive IBCPC member teams have been asking about being eligible to enter other competition events around the world. We have also been asked if we can work closely with the International Dragon Boat Federation (IDBF) to better align the timing of our events so that those who wish to paddle competitively can attend other events.

We have aligned our IBCPC Participatory festival in Florence July 5 to 8, 2018 with the 11th Annual IDBF Club Crew World Championships (CCWC) in Szeged, Hungary, July 17 to 22, 2018.

In consideration of the scope of the CCWC's, we want to give you some thoughts before entering. The CCWC's are **NOT** a participatory event and in most countries you need to have qualified to be eligible to attend such an event, as the

competition is fierce and fast paced. In order to preserve the integrity of the event it should be the best teams from your country that enter these competitions.

For instance your team should have competed at a regional and preferably a national event and have been in the fastest three finishers in their final races. Your members should also have been a part of the competing team for at least 6 (six) months prior to attending the event. 🌸

If you are interested in attending the IDBF Club Crew World Championships event, please send an indication to Meri Gibson, Vice President IBCPC, vicepresident@ibcpc.com Meri will be liaising with the IDBF C&TC to ensure a BCS category is included.

USA's Indy SurviveOars celebrate 10 Years



By **GENIE BARKER**
Indy SurviveOars,
Indianapolis, Indiana, USA

The *Indy SurviveOars* celebrated their 10th year anniversary in 2017 and remain true to our mission that through the sport of dragon boat racing we offer hope, inspiration and camaraderie to breast cancer survivors focusing on health and physical activity.

We are the only BCS dragonboat team in Indiana and are grateful to those who have made the past 10 years possible. A special thanks to our founder, **Kathy Harrison**, a SupportOar, who continues to take an active role in our organization. We are grateful to our SupportOars who consistently help keep our team afloat.

When we started the team in 2007 we had to physically carry our single boat to get it in the water. Most of us had just completed or were still in treatment. We were a crazy determined group! In ten years, we have grown to a fleet of three boats with trailers, our membership has grown to 75 active paddlers who routinely practice and race and another 25-50 members

who participate in non-paddling team activities. The team puts a strong emphasis on year-round physical fitness. This approach has served to bond the team and ensure a sound foundation as we grow.

Our 10 Year kickoff celebration began with our Naptown Float Invitational when BCS teams from surrounding states joined us in a day of dragon boating and camaraderie. Our annual fundraising Gala at the Indiana State Museum was attended by 350 guests last month, and our "Friends and Family" event gave those who support us an opportunity to paddle and experience our sisterhood first hand. Both celebrations were great successes. We ended our 2017 season with a Symposium featuring **Dr. Don McKenzie** as our keynote speaker. Thank you, Don for joining us! 2017 has been a great year for the *Indy SurviveOars* and we're looking forward to seeing everyone in Florence! Ciao! 🌸

PHOTO: EDWARD BASTYR III



South American Update

By **ADRIANA BARTOLI**
IBPCP South/Central America Representative

The IBPCP teams and new forming teams have had a wonderful Pink October month engaging City representatives, doctors and the community to generate breast cancer awareness. Their presence on radio and TV shows is already part of the campaign. All this will add to the day to day activities they carry out since inception. Argentine teams: *Remeras Rosas La Plata*, *LUNCEC Rosas del Limay*, *PodeRosa*, *Rosas del Plata* and *Rosa Fenix Argentina*, together with *Canomama* and *REMAMA Dragao Rosa* from Brazil are taking the Flag of Hope and showing how the sport and team camaraderie makes such a difference to survivors. They feel happier and empowered.

I want to share once more a baby dragon image. That is how dragon boating is in South America still: hatching, starting timidly and encouraging



some teams to double, triple their efforts to purchase their own boats. For now they paddle in the few dragon boats available. But as we all know good things happen: on October 3rd, *REMA-MA Dragao Rosa* from Sao Paulo, received and blessed their brand new boat. The arrival was celebrated with happiness and emotions by them and the other teams.

Florence is a milestone also for Argentine and Brazilian teams. Yes! Almost two full teams and members of other teams will be paddling in Florence. They are getting ready for it. It will be the opportunity for all of us to meet and greet them and for them to experience the magic and power of being alive and together.

Let's continue dreaming about more teams to come in Latin America because when we dream a dream... what we see will be! 🌸

Still a lot to learn

Continued from cover

One of the issues related to exercise research is that our outcome measures tend to be the indices of fitness – improvements in strength, heart and lung function, body composition, quality of life etc. While we have data to demonstrate that these are important changes in breast cancer patients and this supports why we strongly encourage physical activity, we need to explore the mechanisms responsible for these changes. Our outcome measures need to be more cancer specific and the exercise prescription needs to be targeted and based on genetic, molecular and proteomic data. In November 2017 we moved into a new Sport and Exercise Medicine Centre on the UBC Campus; it has a large clinical component, huge physiology lab, imaging room and a ‘cancer gym’ that will allow us to examine the relationship between exercise oncology and cancer biology. Now we have the ability to examine the specific molecular changes that occur with exercise that might influence cancer. This is ‘exercise omics’ and opens the door to our next phase of research. 🌸



Pictured here is the first breast cancer paddling team from Colombia who are seen participating in the Walk Against Cancer sponsored by Liga Contra el Cancer and Dragon Boat Colombia on San Andres Island, Sunday October 27, 2017. It was the team's first public appearance. Back row: Erika Gutierrez and left to right Oneida Mendoza, Nancy Moscoso, Ilva Rosa Gill, Stella Leal De Stephens, Brenda Hooker, Clerisa Henry and Hermencia Bernard.

Urgent Reminder

DEADLINE FOR COMPLETING REGISTRATION: 30th November, 2017

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



Please reference Bulletin No.1, No.2, No.3., No.4 for complete information <http://www.florencebcs2018.org/bulletin/>

All teams must complete the registration of participants within the date above and **pay the full registration fee due**. You must also have created the personal data for all participants with the uploading of participants photos, health certificates, the waivers of legal responsibility and the permission to use images, including qualifications.

Every complete crew must be made up of 22 paddlers, that is 20 BCS paddlers, 1 BCS steer and 1 BCS drummer.

After November the 30th, for unpaid balance of registration fees, the team will forfeit the down payment made and participation in the Festival.

For information please visit the 2018 Florence Festival www.florencebcs2018.org

What in the world is going on?



Akaroa, New Zealand, February 11, 2018
Akaroa Super 12, Banks Peninsula



Auckland, New Zealand, March 17, 2018
Regional Championships, Lake Pupuke



Ashburton, New Zealand, March 23 & 24, 2018
New Zealand Dragon Boat Federation,
Lake Hood



Florence, Italy, July 6 – 8, 2018
IBCPC Participatory Festival
www.florencebcs2018.org



Szeged, Hungary, July 17 – 22, 2018
IDBF Club Crew World Championships
www.idbf.org

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.



**International Breast Cancer
PADDLERS' COMMISSION**




IBCPC is a commission of the
International Dragon Boat Federation

PRINTED AND PUBLISHED IN CANADA

Newsletter Editor Jane Frost president@ibcpc.com

CONTACT US newsletter@ibcpc.com

 www.facebook.com/IBCPC