

# INTERNATIONAL BREAST CANCER PADDLERS' COMMISSION



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## Israel's First Dragon Boat Festival Paddles into History

By Frances Halperin, Toronto, Canada

On May 17 and 18, 2012 more than nine hundred participants paddled into history at Israel's first ever dragon boat festival. Dragon Boat Israel (DBI) was a joint Canada-Israel initiative to introduce our sport to Israel, originating with members of an Ottawa, Canada team who wanted to combine their love of dragon boat racing with their love of this small, dynamic, courageous and historic country.



*What a sight the Flower Ceremony was! Forty Israeli sisters walked into the water and surrounded us carnations in hand.*

It was both exciting and challenging to be involved in this unique and historic event. As new paddlers, most Israeli teams were unfamiliar with 'standard festival procedures' – waivers, rosters, etc., explaining protocols to many who did not speak English was a challenge in tact and diplomacy.

There were thirty-nine teams, twenty Israeli and nineteen international teams, with paddlers from the United States, Canada, Holland, Australia and Taiwan.

Eight breast cancer teams participated, five from Canada, one from the United States and two from Israel. They were Abreast Spitfires, Canadians Abreast Heart, Canadians Abreast Spirit, International Pink Sisters - Winner, G Division Final, Island Breaststrokers, Israel Cancer Association, Two Abreast / Cote-a-Cote – Breast Cancer Survivor Challenge Winner and Yad Lahachlama Israel Cancer Association

The flower ceremony 'accidentally' became even more meaningful than usual.

With the boats rafted, the forty Israeli sisters walked into the water and surrounded us, carnations in hand. What a sight it was! A Canadian paddler and his daughter performed a hauntingly beautiful song; hands were held, shoulders hugged, weeping eyes wiped dry. It takes a lot to quiet a crowd of Israelis...but that did it! It was unique and beautiful... a first for everyone.

As BCS liaison I was given the privilege of presenting the beautiful medals to the winning team. Yet another thrill.

In addition to introducing dragon boat paddling to Israel and bringing people to the country, Dragon Boat Israel raised over \$53,000 (Canadian) for educational charities and youth programs in Israel.

Plans are underway for Dragon Boat Israel 2013 which will take place on May 9 and 10, 2013 again on the Sea of Galilee. [www.dragonboatisrael.com](http://www.dragonboatisrael.com)

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## Queen's Diamond Jubilee Pageant: A Weekend to Remember

By: Jenny Yule, Vancouver, Canada  
Captain, Internationally Abreast

“Hip hip hoorah, hip hip hoorah” signalled a momentous moment for Team Internationally Abreast on the River Thames in London on Sunday, June 3, 2012. We were part of the one thousand boat flotilla celebrating Queen Elizabeth II's Diamond Jubilee Pageant, and represented the International Breast Cancer Paddlers' Commission, a movement that began with one team in Vancouver, Canada, in



*Internationally Abreast poses for its official team photo in the Putney shore side park along the River Thames. The team members are dressed in their paddling outfits and each member holds her/his national flag. Seven countries are represented on this team.*

1996. Our team, drawn from seven countries - Canada, United States, Australia, New Zealand, South Africa, Italy and Ireland, represented over one hundred and fifty breast cancer teams world-wide. To top it all, Dr. Don McKenzie, the founder of breast cancer dragon boat paddling, steered our boat.

When we arrived, London was buzzing with excitement and anticipation. On May 31, the team and its supporters were delighted to meet each other face to face for the very first time. The next day we held our one and only practice at the London Rowing Club in London's East End. This enabled us to seat our fourteen allowed paddlers to the best advantage to cover the thirteen mile course at four knots (4.6 mph) per hour. It was exhilarating to be on the water together!

Then on June 2 we were off to a Strawberry Tea at Canada House in Trafalgar Square marking the recognition by the British national charity, Breast Cancer Care, of the British teams, including Paddlers for Life led by Sue Cogley and Louisa Balderson. Dr. McKenzie's keynote speech to English medical personnel and participating breast cancer teams emphasized the latest findings on the significance of exercise.

Finally June 3 and the Pageant! At Putney, under the watchful eyes of our cox, IBCPC President Jane Frost and our helms, Dr. McKenzie we delightedly paddled our boat named, Lucy at Low Wood, so kindly loaned to us by Paddlers for Life, joined the almost three hundred manpowered boats at the front of the flotilla, and passed under the first of nineteen bridges. We relished every moment.

Thousands and thousands of cheering people lined the river's banks and bridges as hundreds of boats, like the scene in a Canaletto painting, progressed steadily past the historic buildings of London and the royal barge where Her Majesty took the royal salute. Eventually we reached Tower Bridge and the superb Avenue of Sail. By this time we were literally flying with a huge sense of achievement so that the rain and the wind did nothing to dampen our spirits on the final five miles to Greenwich. By this time we were frozen but quickly revived to the cheers of our supporters, gallons of hot tea and dry clothes. The six hours we had been on the river felt like six minutes and we had loved the experience.

We are grateful for the support of the Canadian High Commission and Air Canada, and for the publicity by Australian television and the Canadian Broadcasting Corporation. We achieved what we had set out to do – honour the Queen through our participation, raise awareness about breast cancer and show that those who had been diagnosed with and treated for breast cancer can lead full and active lives.



## ***“Internationally Abreast”* team members who paddled in the Queen’s Pageant historic event**

**Pam Blum, Burlington, Vermont, United States.** Board member of Dragonheart since 2004. Assistant Dean, Finance and Administration, University of Vermont.

**Corina Bradley, Mount Samson, Queensland, Australia.** Paddles competitively. Coaches Missabittititi. Accredited sweep. Qualified “Ka Huna” body massage therapist.

**Gillian Brown, Penrith, Australia.** Coordinator Dragons Abreast Penrith. Manages her family business Stained Glass Overlay. An accomplished equestrian and skier.

**Jan Caldwell, Penrith, Australia.** Paddling since 2005. Paddled fifty-five kilometers on Ord River in Western Australia. Enjoys spending time on various artistic products.

**Carol Dale, Vancouver, Canada.** Member of that first team Abreast In A Boat, 1996. Loves paddling and coaching new paddlers. Forty-four year career as a bookseller.

**Linda Dyer, Burlington, Vermont, USA.** Founder, Dragonheart Vermont. Director, Lake Champlain Dragon Boat Festival, a community charity event raising over half a million dollars for cancer research.

**Jane Frost, Vancouver, Canada.** First elected President of IBCPC. Original member of Abreast In A Boat, the first breast cancer dragon boat team. Negotiator in land claims process for the Government of Canada.

**Magda Macchi, Rome, Italy.** Paddling with Pink Butterfly since 2003, now coaching and a qualified helm. Three diagnoses of breast cancer since 1999.

**Mary McAvoy, Auckland, New Zealand.** Paddling since 2002 with CanSurvive. New Zealand’s representative to the IBCPC. Managing Director of a Medical Company assisting women diagnosed with breast cancer.

**Anne Matthews, Philadelphia, USA.** Paddling since 2001. Coaching with Philadelphia Flying Phoenix. Nationally certified as a lymphoedema therapist in breast cancer.

**Eleanor Nielson, Toronto, Canada.** IBCPC Founding Committee member. Co-founder Dragons Abreast, Toronto, 1997. Passionate advocate for cancer prevention research.

**Jo Parry, Brisbane, Australia.** IBCPC Vice President. Active with Dragons Abreast Australia since 2003. Solution specialist for Health InformationTechnology.

**Susan Rowe, Dublin, Ireland.** At thirty-nine, the youngest paddler on Internationally Abreast. Started with Plurabelle Paddlers in 2010, its inaugural year. Loves watching rugby. Works in Finance and Information Technology.

**Betty Solley, Philadelphia, United States.** IBCPC Development and Membership Director. Paddler with Against the Wind since 2003.

**Deb Stevenson, Auckland, New Zealand.** Since 2006 paddling with Busting with Life, New Zealand’s founding team. Currently team manager.

**Judy Wilson, Cape Town, South Africa.** Paddling since 2006 with amaBele Belles, South Africa’s first breast cancer dragon boat team. Emigrated from England in 1974.

**Jenny Yule, Vancouver, Canada.** IBCPC Secretary-Treasurer. Paddler, captain and coach of Abreast In A Boat crews since 1997.

**And as ‘helms, sweep, steers’ Dr. Don McKenzie,** founder and coach of the first breast cancer team, Abreast In A Boat in Vancouver, Canada in 1996. Has enriched the quality of life for people living with breast cancer all around the world. *Breast cancer survivors and their families remain grateful for his research work and for his gentle presence in their lives.*



## Dr. Don's Roles in the Olympics



Thank you IBCPC for inviting me to be part of your team for the Thames Diamond Jubilee Pageant. Since I have been closely associated with the Vancouver breast cancer paddlers I have a continuing interest in their networking with other paddlers around the world. The highlight of 2012 will be the paddle down the Thames in the Queen's Jubilee Celebration; one of life's most memorable events.

their abilities.

Once that event was over I moved onto the London Olympic Games which will be my eighth summer Olympics in one capacity or another. It has been a privilege to be the doctor, physiologist and part-time coach for the Canadian Canoe Team for the last thirty years. It is both an honour and a challenge to help them perform to the best of

The International Canoe Federation (ICF) is the governing body for Canoeing and I've been the Chair of the Medical Committee for the ICF for about fifteen years. As a sports medicine doctor with interest in asthmatic athletes I have also been part of an International Olympic Committee Medical Committee that monitors these competitors. Unfortunately, there is a dark side to sport and one of my responsibilities as Medical Officer for Canoeing at the Games, and elsewhere, is to oversee doping control programs to prevent athletes from using prohibited substances to artificially improve performance.

A week before the Games began we traveled to Europe to deal with the five to eight hour time-zone change from Canada to London. Historically, we go to Temple-sur-Var, in southern France. It is quiet, has excellent facilities, great weather and a perfect place to adjust and begin the taper leading to competition. The flatwater canoe/kayak racing is the second week of the Games and takes place on the same venue as the rowers, who compete in the first week. The course is west of London (Eton College) and there is an Olympic Village at Royal Holloway College, part of the University of London, with a magnificent Founders Building that looks like something from a Harry Potter movie.

Although the Games opened July 27 the sprint racing finals did not open until August 8. Getting the right mix of training and rest is a critical issue for these athletes and has a huge impact on performance. It is not an exact science and is the job of the coaches and support team. Athletes train for four years for this one event so there is a mixture of anxiety, apprehension and expectation to deal with. Being immersed in this environment is actually something I enjoy and aside from any health or injury issues, I try to offer my experience and advice in this last phase of preparation. Getting to the A Final is a significant achievement and a place on the podium the ultimate goal.

## What in the World is Going On?



**September 8, 2012 Lake Parsippany, New Jersey, USA**

Get ready for the BCS Challenge! Pathways and Team SOS welcome you to a day of fun, fellowship and racing. [ppasake1@gmail.com](mailto:ppasake1@gmail.com)



**October 13, 2012 Las Vegas, USA**

In recognition of Breast Cancer month, Rose Dominican Hospitals will host the 4th Annual Rose Regatta Dragon Boat Race and Festival at The Village, Lake Las Vegas Marina. [www.roseregatta.org](http://www.roseregatta.org)



**September 15 & 16, 2012 Dublin, Ireland**

The second Irish dragon boat event will take place at Grand Canal Dock, Ringsend. [info@acaunsolutions.com](mailto:info@acaunsolutions.com)



**October 13, 2012 London, England**

Breast Cancer Dragon Boat Paddlers will meet for their annual Networking Day. This year Breast Cancer Care, an important cancer support organization will be sponsoring this event. This is a by-invitation occasion so contact [paddlersforlifeuk@gmail.com](mailto:paddlersforlifeuk@gmail.com) to reserve your seat.



**September 21 & 22, 2012 Sunshine Coast, Queensland, Australia**

Dragons Abreast Australia will hold their National Regatta for their member teams on Lake Kawana. [www.dragonsabreast.com.au](http://www.dragonsabreast.com.au)



**May 9 & 10, 2013 Sea of Galilee, Israel**

The second dragon boat festival in Israel will take place this weekend. [www.dragonboatsrael.com](http://www.dragonboatsrael.com)

**Teams may submit event information through our website. Visit [www.ibcpc.com](http://www.ibcpc.com) and click on the newsletter icon.**



## 2012 International Dragon Boat Club Crew World Championships (CCWC) Victoria Harbour, Hong Kong

By Linda Dyer, Dragonheart, Vermont, USA



The CCWC in Hong Kong July 4-8, 2012 was exciting and challenging. There were four thousand seven hundred participants from twenty-three countries and tens of thousands spectators. The choice of Hong Kong was a nod to the birthplace of modern day dragon boating festival. Twenty-five years ago, Hong Kong was the site of the first modern day dragon boat festival.

In terms of tradition, Hong Kong was tops. As far as world-class dragon boat racing, the venue was challenging. Victoria is the busiest harbor in the world and has a constant flow of cargo ships, oil tankers, and cruise ships. Fourteen huge barges were brought in to provide a breakwater. It provided some help, but the South China Sea was rough (an understatement). Waves, currents, and tides were a constant challenge. There was plenty on the positive side—particularly the jaw-dropping, phenomenal paddling! Hong Kong is a great contradiction of old and new; traditional and commercial; mountains and skyscrapers. It was a sensory bonanza of sights, colors, sound, tastes, and smells.

For my Dragonheart team the experience was a mix of high highs and low lows. We began with a practice session that was unexpected. We got in the boat with our eighteen paddlers and no bailers. We took two strokes and the waves came over the bow of the boat nearly swamping us. We got the boat back to the dock, regrouped, put a few more paddlers in the boat, devised a bailing plan and continued with the practice. Paddling in the Queen's Diamond Jubilee Pageant on the River Thames was a cake walk compared to the waters of Hong Kong's Victoria Harbour.

In the CCWC there were three breast cancer teams, two from the United States, Wisconsin's Pink Paddling Power and Dragonheart, Vermont and one from Australia, Brisbane's River Dragons. In our two hundred meter races we raced with two adaptive paddler teams—one deaf and one with amazing adaptive paddlers. Both of these teams were supplemented by 'supporters'—as permitted by the event rules for these crews. There were no all-cancer boats in the races.

The most memorable moment of the week for me was watching the paddlers who were amputees being lifted out of the rocky boats to an equally rocky dock and ultimately to their wheel chairs. They were just beaming! Our teams were there to give them the cheers and the standing ovation they deserved. Really, every paddler should have seen this sight. It would re-define what an athlete is! And, it reinforces our message that after a diagnosis and treatment for breast cancer you can lead a full active life and paddle with the best.



## Participation, Not Competition Theme of Sarasota 2014

By Liz O'Connell, Pink Dragon Ladies, Tampa, Florida



*Tampa Bay's Pink Dragon Ladies and Miami's Save Our Sisters come together at the Sail Pavilion after paddling in the Tampa Bay International Dragon Boat Festival, April 28, 2012, on the Garrison Channel in downtown Tampa Bay. These are the women who are organizing the IBCPC Participatory Festival - Sarasota, USA, October 24 -26, 2014*

Celebrating ten years of breast cancer dragon boat paddling in the Sunshine State, Tampa Bay's Pink Dragon Ladies (PDL) and Miami's Save Our Sisters (SOS) invite you to join them October 24 -26, 2014 for the next **IBCPC Participatory Dragon Boat Festival - Sarasota USA!**

Co-chairs Kim Bonomo (SOS) and Paula Jennings (PDL) are busy laying the foundation for a memorable festival and a fabulous week of events on Florida's Gulf Coast - celebrating **Survivorship and Sisterhood in the Sunshine State.**

In addition to two exciting days of racing on an internationally recognized racecourse, the schedule for the week will include opening and closing ceremonies, coaching and steering clinics, seminars, practice sessions, entertainment, and the traditional

Parade of Nations, The Sandy Smith Global Race, and Memorial Flower Ceremony.

As in past years, the Festival will focus more on participation than competition. The week will be an opportunity for all team members to expand their dragon boat experience and test their skill level on the racecourse. All racing crew members must be breast cancer survivors (including sweeps and drummers). A steering clinic will be offered during race week to enhance skill development and confidence, and a small pool of breast cancer sweeps will be available for teams that do not have their own.

But the fun won't stop at the shoreline! Teams PDL and SOS are planning a variety of events that will introduce paddlers to this beautiful and balmy coastal community and encourage them to meet and interact with other crews from around the world. As the event approaches, PDL and SOS members will reach out to provide local information and serve as liaisons to each team.

This vacation spot has plenty of **hotel rooms and the Festival housing bureau** is negotiating the very best rates at three levels of hotels. The estimated price range (in US\$) is currently: economy (\$80.00); full service (\$140.00), or luxury beach resort (\$200). Subject to change, the final rates will be determined by volume, and all teams are strongly urged to make reservations through the bureau so the committee can meet their targets, ensure the lowest prices, and provide other helpful support services to our guests. **Free transportation to and from festival events will be limited to these hotels.** Final details and the registration portal and housing portal will be available through the Festival's website as soon as possible, approximately October 2012.

**The Festival Website** should be developed and ready to **launch in Fall/Winter 2012.** It will provide a wide range of information on the event, activities, the local community, housing and travel options, etc. The festival committee will notify teams as soon as the website is available thru the IBCPC newsletter and Website. A social media campaign will also be developed, so you can follow the plans.

Welcome, Sisters! Bienvenue, Sœurs! Benvenuto, Sorelle! 歡迎, 姐妹! Welkom, Susters! Bienvenidos, Hermanas!



## Britain's Breast Cancer Care

By Louisa Balderson, Patron Paddlers for Life Breast, Windermere, United Kingdom  
 Edited by Sophie Howells, Press and PR Manager, Breast Cancer Care

In order to celebrate the Queen's Diamond Jubilee effectively, Paddlers for Life aspired to bring breast cancer dragon boat paddlers together with the United Kingdom's leading breast cancer support charity, Breast Cancer Care. Teaming up with Paddlers for Life for a very Pink Strawberry Tea held at Canada House in Trafalgar Square, London, Jane Hinnrichs, Chair of the charity's Board of Trustees said:

*'You are part of an inspirational group of women who support each other with such commitment. It was a real pleasure to be invited to join you and hear of the amazing work so many different groups are doing.'*



For many among us, Breast Cancer Care needs no introductions. The charity is dedicated to helping every person affected by breast cancer get the best possible treatment, information and support. It offers a wide range of emotional and practical support including publications, a confidential telephone help-line, an 'ask the nurse' email service, a range of one-to-one sessions and short courses which bring people together and are free to all. Breast Cancer Care understands the need for support when treatment finishes.

Away from the network of medical support, people are suddenly back in charge of their bodies, thinking about building up their health and fitness. Being able to do these things in the company of others who have travelled the same path, can often help to restore confidence and energy to enjoy a full and active life.

Their 'Moving Forward' services and information exist for anyone living with and beyond cancer, helping people approach life after treatment, with confidence. Whether thinking of going back to work or hoping to improve overall well-being, 'Moving Forward' can help.

For the future, sights are set on attending the 2014 IBCPC Participatory Dragon Boat Festival – Sarasota, Florida, USA and Director of Services, Diana Jupp said,

*'I do hope we can work together in the future and I am delighted we are making plans.'*



Together we will endeavor to support breast cancer crews which include paddlers, both novice and experienced, from all areas of the United Kingdom. International paddlers - be sure to say 'hello' to Breast Cancer Care in 2014.



The John Lyman Book Award has been granted to Gordon Miller the artist and author who generously created the image on the International Breast Cancer Paddlers’ Commission note cards. The award was given in recognition of the excellence of his recently published book “Voyages to the New World and Beyond “. This award is presented annually by the North American Society of Oceanic History for a book that makes a significant contribution to the study and understanding of maritime and naval history in North America.

Gordon Miller (gordon\_miller.ca) who lives in Vancouver, British Columbia, Canada, also has twenty-two pages of his art work from “Voyages” published in the spring 2012 edition of “Queen’s Quarterly”. This scholarly journal is published by Queen’s University, Kingston, Ontario, Canada.

The first printing of the popular IBCPC dragon boat note cards have been sold. A second printing is in process. Those wishing to order packages of six for \$15 can do so by sending a money order or cheque to IBCPC, 6062 Macdonald Street, Vancouver, BC, Canada, V6N 1E3.

**Steering Committee**



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