

# INTERNATIONAL BREAST CANCER PADDLERS' COMMISSION



Volume 3 Issue 2  
June 2013

## Registration for 2014 IBCPC Dragon Boat Festival Amazing

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



**October 24-26, 2014, Sarasota, Florida, USA**

IBCPC Participatory Dragon Boat Festival  
[www.sarasotabcs2014festival.org](http://www.sarasotabcs2014festival.org)

*"I love deadlines. I like the whooshing sound they make as they fly by." - Douglas Adams*

That loud whooshing sound you heard on April 4th was the closing of the Early Bird registration – 50 teams registered in 89 hours!! What a fabulous response . . . and this is only the beginning!

We're off to a great start at reaching our goal of 100 BCS teams paddling in the 2014 IBCPC Participatory Dragon Boat Festival in Sarasota. North American teams dominated our first wave of registrants, followed by the teams from "down under" and a creditable showing by the Brits!

But, this is a PARTICIPATORY event! So, let's level the playing field and look at percentage of participation. This is where the smaller countries have an advantage! We'll keep track of the percentages and announce the winner(s) of the Participation Challenge at the Festival.

Country	Teams Registered	IBCPC Members to date	% of Country Registered
Australia	7	28	25%
Canada	26	43	60%
Ireland	0	1	0%
Italy	0	5	0%
New Zealand	1	7	14%
Singapore	0	1	0%
South Africa	0	1	0%
United Kingdom	1	7	14%
United States	15	26	56%

### Standard Registration Opened May 28, 2013

Standard registration opened on May 28, and there's plenty of room for everyone! You can secure your race spot and hotel reservations in the next wave. Your team must be registered for the festival in order to reserve special priced rooms at our partner hotels and to secure a favorable practice time. And don't forget – your team must be an IBCPC member to participate in the event (Check here <http://www.ibcpc.com/members/index.htm> ).

We'll send out a reminder as the registration date approaches, and please check our website regularly, as new

information becomes available ([www.sarasotaBCS2014festival.org](http://www.sarasotaBCS2014festival.org)). There will be plenty of things to do in Florida before and after the festival, so be sure to register as soon as you can to secure the best accommodations for your visit.

### Next Step for Registered Teams

Once we receive your initial team registration and deposit, your team manager will receive an email prompting her to log into the registration site and create a user name and password to start your team roster. When your team manager adds a paddler's name and email address, an email message and web link will be sent to the paddler with information to fill out an electronic Team Member Registration form and waiver on the registration site. Each paddler must submit a form and waiver.

### The Few, the Proud, the Sweeps!

You've stared down cancer; you've mastered paddling; now's your chance to take on a new challenge! Earn the praise and adoration of your team. Enjoy respect and privilege at race festivals. Experience the thrill of 20 paddlers poised to respond to your every command. Become a "pool" sweep for the 2014 Sarasota festival and earn free registration to the event. Depending on the number of sweeps who volunteer to steer, you'll be expected to steer for 5 – 7 races each race day and 2 practice sessions. Learn to steer today!! For more information about steering please go to <http://www.ibcpc.com/2014Festival/GettingReadyforSarasota2014.html>.

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Contact us: [newsletter@ibcpc.com](mailto:newsletter@ibcpc.com)

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

# What's Your Opinion?

Views on this matter or others, please forward them to: [newsletter@ibcpc.com](mailto:newsletter@ibcpc.com)

Breast cancer survivors steering dragon boats in participatory festivals is a tradition which began with the first festival in Vancouver, Canada in 2005. Two steers, Akky Mansikka, Dragons Abreast, Toronto, Ontario, Canada and Sonya Young, CanSurvive, Wellington, New Zealand respond to questions put to them by the newsletter staff.

## *What prompted you to decide to steer as opposed to paddle?*

**Akky:** I was a paddler. Our coaches preferred to coach from the front where they could have all eyes on them and be clearly seen when demonstrating strokes. We had a volunteer steer us but when he could no longer steer for our team he asked for someone to take his place. I volunteered not thinking steering would become my number one job. I still paddled and did some steering but gradually ended up steering for practices and races. I ended up enjoying the steering more.

**Sonya:** I had paddled for two years and our team was struggling to find a BC survivor sweep so the challenge was there to try it.

## *How did you feel when you first took the tiller?*

**Akky:** It felt awkward and uncomfortable. I did not like standing up in the boat and feeling wobbly. I thought I could end up in the water any moment. The boat did not always go where I wanted or quickly enough. It took time to build my confidence and have the paddlers have confidence in me.

**Sonya:** Very nervous. I had my coach behind me, teaching me and he headed out into Wellington Harbour straight away in a stiff northerly! Not the ideal conditions to learn in. I think for the duration of that whole training session all I did was try and stay on board; my balance standing up on a moving boat was terrible.

## *What do you think your fellow paddlers were thinking when you first started?*

**Akky:** Some were not comfortable with me in the back at first. It was a first year team and they were not comfortable with paddling yet. Some over compensated by leaning to one side in turns or in the waves. Some would stop paddling on rough water making control of the boat impossible. The biggest complaint was that they could not hear me give commands. I had to work on projecting my voice. Now they don't even think of me in the back.

**Sonya:** Let's just say that it was the quietest training on

the boat we have ever had. But as a crew they really got behind me and encouraged me to carry on.

## *What do you like best about steering?*

**Akky:** I just like the feeling of being in the back having utmost control of the boat at my finger tips, watching the spray of the bow wake, the unison of the paddlers and feeling like I am part of an organism at work. It's the closest thing to flying.

**Sonya:** Race day and the challenge of getting our boat in the best starting position on the line so we can get the optimum start.

## *Did it take you very long to feel comfortable steering?*

**Akky:** It took a season to feel comfortable in practices. Doing races and the calls a bit longer.

**Sonya:** No, my coach was on the boat for trainings and he basically put me on the back and said go for it. He was always there to help out when needed but basically let me find my own way/style and just helped out when he knew I was struggling with a certain aspect of my sweeping. Once I had my first overboard experience in terrible Wellington conditions it made me realise you only got wet so I relaxed and have come on in leaps and bounds with my sweeping ever since. In training sessions I now challenge the paddlers to exert their power strokes to the maximum to try and throw me off the back – hasn't happened yet!

## *What was it like to steer in your first festival?*

**Akky:** Very scary...but the coach went over the whole race with me. We rehearsed the start, where to make the calls, etc. Nothing prepared me for the noise, chaos, the wake of the other boats, etc. but we made it to the end without tipping and reasonably in sync.

**Sonya:** Nerve-racking! The conditions were terrible and in our first race I went out of our lane and was hit by another boat which caused me to lose my footing and just

about went overboard. The weather was then deemed too rough for new sweeps so I was on the side line for the rest of the day cheering my team on.

*What attributes, physical/emotional, do you think you need to be a good steers?*

**Akky:** I think some attributes needed are a calm disposition; good visual/spatial awareness to judge the speed of the boat in relation to the course and obstacles and when to make calls; strong body core and good balance, ability to “read the waves” and be comfortable with boats and being on the water. A loud voice and understanding the mechanics of steering is helpful too.

**Sonya:** Have a loud, clear voice, be reasonably strong in your upper body, have a calm approach to things, never panic in any situation and enjoy watching your team do the hard yards to get you over that winning line.

*What advice would you give new steers?*

**Akky:** Stick with it until steering becomes second nature and it will if you do it enough. Steer as much as you can even when paddlers would prefer the coach in a race. The coach may be better at first when you are learning but you need to practice and have the paddlers’ and coach’s support and feedback. Short term pain for long term gain!

**Sonya:** Be patient. Control your paddlers, make sure they respect your calls and judgement. Remember the boat takes longer, than say a car, to react to whatever you ask of it so you need to think in advance. Make your crew feel confident in you and your decision making.

*Dr Don McKenzie, founder and coach of the first breast cancer dragon boat team, Abreast In A Boat, Vancouver, British Columbia, Canada (1996) voices his opinion on breast cancer steers.*

The only justifiable reason to have a non-breast cancer survivor steer would be safety, in a location where local knowledge is important or the boats are different. New Zealand’s Wellington Harbour comes to mind.

By permitting non-breast cancer survivors to steer, the message is that breast cancer survivors are not capable of steering. Clearly, not true and bad optics. I know that many of the teams have male coaches who take the role as steersperson, but the same argument prevails. Breast cancer survivors can paddle and steer and coach- all part of leading full and active lives!

*A last word from Akky*

“The Breast Cancer dragon boat community should encourage their own members to steer especially now that it is a requirement for IBCPC Festivals. If a coach steers in practices and for races no expertise in steering will develop. It is very discouraging to do all the steering during practices only to have the coach steer in races. This makes a steers person a second-class member. No other member is asked to sit out while the coach takes his or her place. Race experience also needs to be built up. It takes time to build an ease with steering. Female steers can be as good as males and coaches but they need practice. Some breast cancer survivors may prefer steering as I do and other members of the team have in the past. It opens up more variety of positions in the boat for breast cancer survivor members. Perhaps some perks and incentives can be given to members who try steering and stick with it as the competitive teams do.”



Akky Mansikka steering her team Dragons Abreast, Toronto, Canada in a festival last year on the Credit River in Ontario.

*Want to Learn More about Steering / Sweeping/Helmsing?*

Go to our website at [www.ibcpc.com](http://www.ibcpc.com) and click on the Steering link in the navigation bar. There you will find a number of articles including: Getting Ready for Sarasota which has a comprehensive series of questions and answers on steering issues as well as a list of steering clinics in various countries. You can also read the New Zealand Dragon Boat Association's four step process for steers training and Philadelphia's Flying Phoenix Steerer's Packet which includes Steering Tips, advice on Judging the Traffic and Steering Commands. In addition there are Steers testimonials two of which are in this Newsletter. As this is very much an evolving topic and to follow the subject go to the IBCPC website for updates and information as it becomes available.



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## Italians Celebrate Ten Years of Paddling

By Mariagrazia Punzo

Pink Butterflies, Rome, Italy



*Italian women in celebration of Rome's Pink Butterflies' tenth year of paddling*

Today is May 11th, I gaze up into the sky, there isn't much sun, but, it will shine. I redirect my eyes to the lake, it's a bit rough, but it will calm down! Our friends are joining us as they are coming from all over Italy; our small pink colour is spreading and getting bigger and bigger.

The smiles are multiplying and illuminating the uncertain day. There are so many hello's and hugs – I cannot stop. Rome, Latina, Empoli, Florence, Milan, Pavia, Bergamo, Turin, Venice, Mestre, Cavallino-Jesolo, Cagliari and our special guests from Australia's Bribie Islands. Congratulatory messages have been received from Chioggia, Pisa and Catania.

The air we are breathing is full of celebration, the day is becoming brighter as the meadows are filling up around us with adventurous friends with paddles in hand. The lake appears angry, but once we are in the boat we feel welcomed and we glide along on its choppy waters to the rhythm of the drums. I am used to seeing women suffering and frightened but today their spirit has been transformed to strong and combative

A boat full of people are following us closely: applauding, smiling and continually taking photos. A camera focuses on our dragon boat, it is Rai Sport (National TV) and closely follows our races and our laps in the water.

It is amazing to see how many doctors have accepted our invitation. Amongst those who joined us are breast

specialists, surgeons, oncologists, plastic surgeons and physiotherapists from the largest hospitals in Rome. Prof. Masetti President of Susan Komen Italy is our biggest supporter. They are all floating around and through the middle of our pink colour; looking at us in amazement, intrigued by our energy and our desire to live.

Representatives from all of the institutions are present: the Lazio Region, the Mayor and Aldermen of the town of Castel Gandolfo, Coni Lazio (Region's committee), the Italian Canoe and Kayak Federation. Olympic champions such as Daniele Scarpa, Antonio Scaduto and Andrea Facchin wear our pink shirt and have their pictures taken with us.

Today a dream comes true: celebrating 10 years with our doctors, who we convinced that participating in this sport does make us feel good; with the representatives of the institutions and the world of sports that have listened to and supported us. They are here because they believe in us and in our project of life and are able to attest with their own eyes to how much we want to live, all thanks to our pink paddles.

It has been 10 years of adventures, travel, meetings, new found lively friendships and the millions of paddle strokes in all waters from the North to the South of Italy and still there is so much more we have to do...and Italy will turn the color pink!

During the flower ceremony tears mingle with smiles, the adrenaline fades into sadness and even into anger. This is the only time where you see our suffering from the disease and for the friends we have lost. When we throw the flowers into the air, this is the most powerful and direct delivery of our message, the cry of liberation. Picking up our paddles as we picked up our lives with the energy and desire to live, our smile is the victory over our fear.

Looking at my friends and all the friends who are with us I feel truly happy and proud to have made our contribution to the spreading of our message. Together we are strong and we can change the lives of so many women, as our lives have changed, thanks to the dragon boat.

Here's to all the paddling women in the world, Thank you and Paddles Up!

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## Reach to Recovery

Cape Town, South Africa  
March 20-22, 2013



Judy Wilson (left) and Mel Rath representing IBCPC at the Reach to Recovery Conference

*Judy Wilson and Mel Rath attended the 17th International Reach to Recovery Conference in Cape Town representing the IBCPC. Mel is the National IBCPC representative for South Africa and Judy represented her country when she paddled with IBCPC's team Internationally Abreast, a crew put together for Queen Elizabeth's Diamond Jubilee Pageant on the Thames in June of 2012.*

*Reach to Recovery is an international organization of volunteers who offer understanding, support, and hope because they themselves have survived breast cancer and have gone on to live normal, productive lives.*

*The theme of the conference was Together We Reach and the approximately 400 delegates from about 50 countries were*

*looking at breast cancer from the perspectives of the patient (both the newly diagnosed and those with metastatic spread), the survivor; the partner; the family; the community; the breast cancer activist and the health professional. You can read about the conference at [www.reachtotherecovery2013.org](http://www.reachtotherecovery2013.org)*

*Judy and Mel also presented a paper IBCPC's What in the World is Going On which highlighted the beginnings of breast cancer dragon boating in Vancouver, Canada in 1996 and then Queen Elizabeth's Diamond Jubilee Pageant where paddlers from seven countries represented the IBCPC in this historic event. Here is their report.*

What struck us as we arrived at the conference was the sense of positivity in the air. Messages of hope, love and support were everywhere, whether in the smile from a fellow delegate, a clever slogan from a support group/foundation or a motivating/informative presentation. They all provided a feeling of inspiration and confirmation early detection saves lives and there is life after being diagnosed.

For us, as survivors, this certainly was a welcome affirmation, but you can imagine the positive message and hope it brings to a newly-diagnosed patient, of which there were quite a few - even amongst the conference staff members! This conference served to highlight support groups/foundations; who they are, what they do and where they can be reached. There were many delegates who shared their experiences, good and bad, with audiences.

We are, of course, dragon boaters, and find the exercise invigorating and inspiring and, yes, therapeutic. We identified with those talks involving the sport of dragon boating. Others, however, talked about expressing themselves in a softer more flowing manner through the medium of art. We are each of us different and the way in which we deal with the aftermath of having been diagnosed with cancer greatly affects our future quality of life. That's what was so great about the conference, the sharing of information of the entire process from diagnosis through to treatment and life thereafter.

Nearing the end of the conference all the participants gave a send off for the "Ride 4 Recovery" bikers. These were a group of women who were riding Harley Davidsons in convoy around South Africa to raise awareness about breast cancer. The Capetown breast cancer dragon boat team, amaBele Belles formed a paddle guard of honour for them as they left the building. What a great way to end a great conference.

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## Meet Susan Cogley, the IBCPC National Representative for the United Kingdom

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



Susan was first diagnosed with breast cancer in 2000 at the age of forty. It was after her second diagnosis she heard about pink paddling. Susan was one of the founding members of the Liverpool team, Pool of Life, which was the first pink paddling team in the United Kingdom (UK).

As a member of Pool of Life, Sue travelled to Singapore in 2006 which was a great experience for both herself and her family. On returning to the UK, a couple of other ladies and Sue decided to expand breast cancer paddling around the UK. The first Paddlers for Life team started in the Lake District, on beautiful Lake Windermere. Both her husband, Peter and daughter Jane, really got involved and became the team's helms which was fantastic as their involvement encouraged the families and friends of the other ladies to become involved with the team.

Paddlers for Life took part in the Celebration of Life event in Peterborough, Canada and had a wonderful time, meeting all the other teams from around the

world, all united by one common factor. On their return from Canada Louisa Balderson, a member of the IBCPC Steering Committee, and Sue worked hard helping start more breast cancer dragon boat teams around the UK under the umbrella of Paddlers for Life.

When Sue is not paddling, her first passion in life, she works as a Community Safety Advocate specialising in fire safety among people with mental health problems and drug and alcohol addiction.

Her other hobbies include needlepoint for relaxation. At the other end of the scale Sue enjoys swimming, zumba and spending time with her husband, two sons, daughter and granddaughter.

## Your Guide to Forming a New Team



The International Breast Cancer Paddlers' Commission (IBCPC) has completed an information guide entitled: Starting a Breast Cancer Dragon Boat Team. This document is intended to be an evolving set of guidelines for people interested in forming a breast cancer paddling team. The authors are keen to receive your comments and suggestions for improving the guidelines. You can email us at [committee@ibcpc.com](mailto:committee@ibcpc.com) or visit our website where you will find the document at [www.ibcpc.com](http://www.ibcpc.com)

The guidelines provide background information on the origins of breast cancer dragon boat paddling as well as the history of the IBCPC. It gives suggestions on what you may need to consider when starting a team, things such as who should lead, forming a committee, recruitment and equipment. There is also a comprehensive

section on the importance of training and safety both on and off the water. Training is an integral part of the preparation for starting a team and the guidelines specify which exercises are most appropriate for breast cancer paddlers. Finally, you can read about how to become a member of the IBCPC as well as the difference ways you can communicate with us.

These guidelines have been distributed to some newly forming teams: Motor City Dragons in Detroit, Michigan, USA, Pembe Lotus, Istanbul, Turkey and to a woman from Vancouver, Canada who wants to start a breast cancer dragon boat team in Buenos Aires, Argentina. If she is successful this will be the first team in South America. We shall keep you posted on developing new teams.



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## Paddler Eligibility with Hereditary Gene is Controversial

With the discovery of hereditary breast cancer genes, the issue of eligibility for those carrying the gene, to become a breast cancer dragon boat paddler, has again been called into question. The IBCPC Steering Committee has reviewed the request from a number of people to reconsider the matter of including individuals who have been diagnosed with the gene and who have had prophylactic mastectomies as full participants in our international festivals. The members of the Steering Committee are very much in favour of inviting these people to join us and participate at our next festival in Sarasota, Florida, USA, October 24 to 26, 2014. The IBCPC think it is important these individuals are able to participate in the discussion that will need to take place at the next Congress of the IBCPC.

By way of background, at the first IBCPC Congress in Peterborough, Ontario, Canada in 2010 the definition of 'Paddler' was discussed and the following motion was put forward: That for the purposes of international

competitions, it is recommended that the IBCPC adopt an amended definition of "Paddler" to mean a member of a Crew, Drummer or Steersperson who has been defined as a 'survivor' in their originating country. The resultant motion was passed that established the definition of a 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."

In light of this definition and a number of other factors including the above noted view of the Steering Committee, this subject will be put on the agenda for the membership's consideration at the Second Congress which will be held on Friday October 24, 2014 in Sarasota.

This is an emotional and important issue and we hope to have your support in amending the definition of paddler. Should you have any questions please contact us at [committee@ibcpc.com](mailto:committee@ibcpc.com)

## Happy in Istanbul

In our March 2013 edition of this newsletter we highlighted a new team coming together in Istanbul, Turkey. Cengiz Unutmaz experienced breast cancer when his partner went through diagnosis and treatment for the disease. He wanted to do something to support people with the disease and he had decided on dragon boating after seeing a breast cancer dragon boat team in Istanbul in the summer of 2012.

Cengiz has recruited a dozen paddlers to fill a small dragon boat. He has set up dry land training

sessions which includes a special workout for rhythm and harmony using a drum which the paddlers have been doing three times a week since November. He also has designed a logo and has paddle training donated by a local dragon boat organization. Now he reports on Sunday April 25, 2013 Pembe Lotus took to the water for its first paddle and they will be participating in the May 25 & 26, 2013 "Dragon Festivali in Golden Horn Istanbul. Cengiz says the women are "so happy and full of expectations of life".



### Steering Committee

Jane Frost  
Michelle Hanton  
Jo Parry  
Jenny Yule  
Louisa Balderson  
Betty Solley

President  
Past President  
Vice-President  
Secretary-Treasurer  
Director At Large  
Development &  
Membership Director

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Australia  
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## SOS Guidelines for Managing Emergencies on the Water

*Save our Sisters (SOS), the Miami, Florida, USA team has forwarded their safety guidelines to the IBCPC Newsletter as they may be of interest to our members. These guidelines were developed by Leah Kinnaid, RN and SOS Team Member, and John Mouw, CPR Instructor. Please send us any safety tips our readers may find of interest.*

As a team, we the members of SOS must be alert to the potential for a team member to have a medical emergency while paddling. First and foremost, any team member who does not feel well enough to paddle should not feel pressured in any way to participate. Team members will respect any individual's need or desire to adjust her/his participation when not feeling well. In other words, a team member can choose not to come aboard for health reasons even if she/he has been put on the roster. Once on the water, a team member can ask for rest or attention whenever necessary.

A water-protected cell phone needs to be kept on the boat whenever the boat is in use. The phone needs to have the address of the location where Fire Rescue or other emergency services will meet the boat if needed.

In the event that a team member loses consciousness from either a respiratory/cardiac or any other circumstance, these actions need to be taken:

1. Those closest to the affected team member will support and protect the individual while the rest of the team focuses on stabilizing the boat and heading to shore. If possible and not a risk of capsizing the boat, the person can be lowered and propped on the floor with her/his legs

over the seat in front. This allows blood that will collect in the lower extremities to be more available to the heart and vital organs.

2. A 911 call will be made from the boat, announcing the type of emergency and giving the address of the location where Fire Rescue needs to meet the boat.

3. The person with the phone will stay on the line with the 911 operator if at all possible.

4. All team members will put full energy into keeping the boat stable while paddling to shore for assistance by Fire Rescue. Attention must be given at all times to avoid capsizing the boat while attention is given to the weakened team member.

5. The boat should be brought to a stable position well on shore as far as possible in order to transfer the ill team member to a flat surface if CPR needs to be administered. (Lifting a person onto a dock is not recommended.)

6. CPR would be administered by team members until Fire Rescue arrives.

7. It is recommended that a list of emergency contacts be kept and updated as needed in the boat. While waiting for Fire Rescue, someone can contact the affected individual's emergency contact.

Team members are encouraged to attend a CPR class and to maintain an in-date CPR card.

## What in the World is Going On?



**June 8, 2013 West Windsor, New Jersey, USA**

Paddle for Pink in New Jersey's largest community dragon boat event

[lcannon@americanalphainc.com](mailto:lcannon@americanalphainc.com)



**June 22, 2013 Waterhead Bay, Windermere, England**

Paddlers for Life's annual summer solstice paddle down the Lake. Only 12 miles, easy!  
[www.paddlersforlife.co.uk](http://www.paddlersforlife.co.uk)



**July 24-28, 2013 Szeged, Hungary**

11th International Dragon Boat

Federation (IDBF) World National Championships [www.idbf.com](http://www.idbf.com)



**August 16-18, 2013, Victoria, BC, Canada**

Over 90 teams paddle in a working harbour  
[www.islandbreaststokers.com](http://www.islandbreaststokers.com)



**September 14 & 15, 2013 Dublin, Ireland**

Plurabelle Paddlers and the Irish Dragon Boat Association will hold its third regatta at the Grand Canal Dock. [www.plurabellepaddlers.com](http://www.plurabellepaddlers.com)



**October 27, Darling Harbour, Sydney, Australia. Dragons Abreast Festival 2013**

The most fun you can have while supporting breast cancer survivors and raising breast cancer awareness. [www.dragonsabreastfestival.com.au/](http://www.dragonsabreastfestival.com.au/)



**October 24-26, 2014, Sarasota, Florida, USA**

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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](mailto: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.