

INTERNATIONAL BREAST CANCER PADDLERS' COMMISSION

VOLUME 4 ISSUE 4 | DECEMBER 2014

Sarasota Sensation



Jane Frost (centre) has been re-elected as IBCPC President for a term of four years (2014-2018). She has served in this capacity since the founding of the Commission in 2010. She is author of this report. Jane was an Original member of *Abreast In A Boat* (AIAB) the first dragon boat team established in Vancouver, Canada in 1996. Jane is joined by Irene Seetoh (left) and Ann Ang from *Paddlers in the Pink*, Singapore. The three are pictured at the Second IBCPC Congress that took place on Friday October 24, 2014 in Sarasota, Florida. Over 200 breast cancer paddlers represented their respective teams at this meeting.

Standing at the podium in Sarasota Florida for the Second IBCPC Congress meeting I could not stop the tears. What a sight....four thousand people who have travelled a breast cancer journey. So many stories; so much anguish and now here we all were together.

Breast cancer dragon boat paddling is traveling around the world and in no small part because of the work of the International Breast Cancer Paddlers' Commission. As President of this organization I was able to report to the member teams that "the building blocks to keep this organization strong are in place and holding firm". We have over 140 teams in eleven countries and are working with newly emerging

teams in Spain, Austria, Turkey, Qatar, Brazil, Argentina and France.

An important building block for the IBCPC has been the appointment of **National Representatives** in each of our member countries. We now have twenty-four in place and most of them were attending the Congress. These individuals ensure good communication channels to and from their member teams and the IBCPC.

The most controversial matter on the Congress agenda was the definition of an IBCPC paddler. A facilitated discussion took place where over two dozen people spoke passionately both for and against a new definition which would have included participation in paddling by heredity breast cancer patients. When the vote was counted the majority of member teams wanted to retain the original June 2010 definition as follows:

"Paddler" means a person who has been diagnosed with breast cancer and who is one member of a Crew and includes the Crew's drummer and the steersperson.

On behalf of the Steering Committee, I extended our sincere thanks to our member teams, for putting their trust in us. We are proud to be part of this 'amazing adventure in living'. Who would ever have thought breast cancer would bring us so much joy, so much sorrow, so much laughter and now so many friendships and from all over the world?

IN THIS ISSUE

Leaders in Cancer Research	2	Qatar Team a Work in Progress	6
Male Breast Cancer Alert	3	Elected Directors	6
Four US Teams join us	3	Dragon Boat Purchase Challenges Argentina	7
Australian Festival – A New Venue	4	Overheard	7
Are you Wondering?	4	Bubbles on Parade	8
Australian Representation	5	What in the World is Going on?	8
Mark the Date, What Did you Think?	5		



Leaders in Cancer Research

Keynote Speakers at Meeting

An historic meeting for breast cancer survivors took place in Sarasota, Florida the first morning of racing for the 2014 IBCPC Participatory Dragon Boat Festival. For those paddlers who looked into the media boat they would have seen two people very close to the hearts of breast cancer survivors: Dr Susan Love who has devoted her life work to finding the cause of breast cancer and Dr Don McKenzie who has spent the last twenty years researching the effects of exercise on breast cancer survivors.

Dr McKenzie reported that Dr Love had never seen dragon boat paddling before and she was suitably impressed with the level of fitness demonstrated by the paddlers. She invited the paddlers to join her Army of Women who are participating in her research efforts. She was excited to welcome dragon boat paddlers to what she now calls 'Her Navy' to find the cause of breast cancer.

The two doctors talked about their respective areas of research and the search to find the cause. Dr Love recognized that for people going through breast cancer treatment it is important to create a neighbourhood with conditions that will support them through those trying times. She could clearly see that dragon boat paddling brings not only fitness but other important psycho-social factors such as friendship and fun which they both agreed improves the quality of life for survivors.

Dr. Love is in the midst of a study: Health of Women (HOW) which is tracking quality of life issues amongst people with and without a history of breast cancer. She also intends to examine the quality of life between breast cancer survivors and other survivors through her HOW Study. Paddlers can learn more about her studies and indeed can become part of them by visiting her website www.dslrf.org and indicating they are dragon boat paddlers when they join her study.

They also had a "it's a small world" moment. They discovered that both their fathers-in-law, both of whom were physicists, worked together on the Manhattan Project in Berkeley California in the 1940s. Now there is the opportunity to replicate that working together happening and they will keep each other apprised of their progress in their respective fields of endeavour.



Dr. Susan Love

Dr. Susan Love is an American surgeon and a prominent advocate for preventive breast cancer research. In 1990 she published Dr.

Susan Love's Breast Book, the first book focused solely on breast health. The New York Times dubbed it 'the bible for women with breast cancer'. She also helped to establish the National Breast Cancer Coalition which influenced the American government to increase its spending on breast cancer research. She is currently Chief Visionary Officer for the Dr. Susan Love Research Foundation headquartered in Santa Monica, California.



Dr. Don McKenzie

Dr. Don McKenzie, a sports medicine specialist and professor at the University of British Columbia is the founder and coach of the first breast cancer dragon

boat team, Abreast In A Boat, Vancouver, Canada, 1996. Dr. McKenzie wanted to test his theory that controlled exercise would be beneficial to people treated for breast cancer. He was right and his work was documented in the Canadian Medical Association Journal in 1998. He continues his research into the benefits of exercise to improve the quality of life for people diagnosed with and treated for breast cancer.



Male Breast Cancer Alert

By **Herb Wagner**

Although very rare, approximately 1% of all breast cancer is diagnosed in men. A 2010 report estimates about 2000 men in the US, 200 men in Canada, 400 men in the United Kingdom and 125 men in Australia are diagnosed annually with male breast cancer (MBC). Unfortunately, the overall prognosis for men is not as good as for women because, more often than not, male breast cancer is diagnosed at a more advanced stage. Consequently, the survival rate for men is about 76% compared to about 87% for women. This is in part due to the fact many men are unaware breast cancer is a disease that can affect them and also because men, generally, are reluctant to seek medical advice, especially about a breast issue. Consequently, my mission has become to increase MBC awareness and therefore, early detection.

I know for sure I have become a better individual as a result of my breast cancer paddling journey.

Our website www.malebreastcancer.ca was founded in 2008 by Heidi and Natalie Wagner, in support of me who at the age of 61 was diagnosed with breast cancer. In 2009 we established "A Man's Pink", an organization to support this website. In both Canada and the United States we are registered non-profit organizations.

Male breast cancer is not well promoted by the large breast cancer organizations however since 2010 small organizations and individual men have started to promote awareness as men have become more willing to talk about their disease publicly.

Also since 2010, there have been studies completed in the US regarding how men's quality of life is altered after their diagnosis and treatment. Another study focused on the implication of BRCA1 and BRCA 2 in men. A doctoral thesis on MBC has just been successfully defended in Sweden. It identified two stable subgroups that were consistently identified and which differed from the known subgroups of female breast cancer. As such, they may constitute two novel subgroups of breast cancer, occurring exclusively in men. This may mean breast cancer in men may require different management and treatment strategies from those used in women with breast cancer.

A book entitled *Male Breast Cancer - Taking Control*, for male breast cancer patients was published in March 2015 by an Australian Oncologist. As well a feature length documentary produced by Nick Sadler entitled *Times Like These*, intimately follows the inspiring lives of two men from different worlds diagnosed with breast cancer. The film spotlights how men struggle to find support and understanding while living with this disease. Filming began in June 2013 and it is estimated to be released in 2015.



Four male breast cancer survivors attended and, three of them paddled, in the 2014 IBCPC Participatory Dragon Boat Festival in Sarasota Florida in October.

Left to right: **André Poirier**, a four year survivor, *Vise-a-Vie*, Quebec City, Canada, **Mark O'Connor**, a three year survivor, *Team Ireland*, **Herb Wagner**, a ten year survivor and **Steve McDugall**, a seventeen year survivor, *Survivor Thrivers*, Cobourg Ontario, Canada

On a personal note I began paddling in 2008 and having been a member and paddled with breast cancer dragon boat teams in both Canada (*Hooters, Kupsized and Canadians Abreast*) and the US (*Warriors on Water and Breaststrokes*), I have been very fortunate to have personally experienced the female breast cancer dragon boat sisterhood bond that, in my experience, transcends all others. As a man, I have been accepted as one of them – no questions asked. A truly amazing experience. I know for sure I have become a better individual as a result of my breast cancer paddling journey.

Four US Teams join us

The Commission is pleased to report we have received new membership applications from four USA teams which brings our number of member teams to 141. Our country member count remains at eleven.

We are currently working with teams in France, Qatar, Argentina and Israel and hope to be in receipt of their applications soon. The IBCPC Steering Committee is also announcing free membership will be given to the first breast cancer dragon boat team in countries where this team would be their first breast cancer dragon boat team.

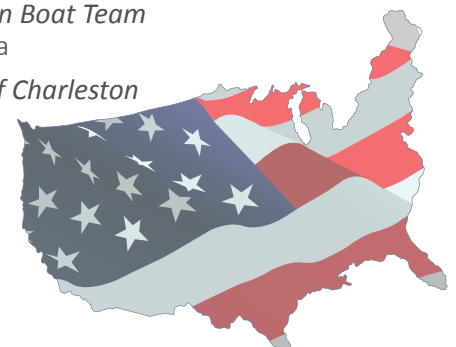
Welcome to these new USA teams:

Heart and Soul Dragon Boat Team
Satellite Beach, Florida

Paddlers and Pearls of Charleston
South Carolina

Survivors in Sync
Sarasota, Florida

Motor City Dragons
Plymouth, Michigan





Australian Festival - A New Venue

By **Marion Blake** Director, Dragons Abreast Australia



The 7th Dragons Abreast Australia Festival was held on 11 October 2014 at the Sydney International Regatta Centre at Penrith, a venue purpose built for the 2000 Sydney Summer Olympics. This annual event, a charity regatta, is Dragons Abreast Australia's major fundraiser and as always this year was generously supported by local and interstate participants, who raced for fun and glory in hospital, corporate, social and DA categories.

This was a first for this venue - the event is normally held at Darling Harbour, an inner city bay on the iconic Sydney Harbour, which was unavailable this year.

Opening the Festival, the Mayor of Penrith set the scene for a day of spirited racing and entertainment which included Lion Dancers, great speakers as well as our very moving Flowers on the Water ceremony to remember our 'Angel's Abreast', those who have sadly lost their battle with this disease.

After the Hospital final, Dragons Abreast crews spontaneously formed a paddle guard of honour to acknowledge the great work they do in assisting breast cancer patients through treatment and recovery. The tradition of including doctor and hospital races has grown over the years and has helped entrench the close relationship between breast cancer survivors and the medical profession.

It was a very successful day, raising funds as well as awareness of breast cancer, and as a result Dragons Abreast can continue with its role of supporting and representing its 36 member teams from all round Australia.

Until next year, paddles up!

Are you wondering...When and where will the next IBCPC festival take place?

The IBCPC is inviting proposals of interest for hosting the next IBCPC Festival to be submitted to committee@ibcpc.com by January 31, 2015. The selection process will be in two parts.

The first step is a general call for interest from teams considering hosting. If your team is interested please visit our website www.ibcpc.com and click on the right side menu that is titled: New Invitation to express interest. There you will find the criteria and considerations which will provide guidance in submitting a proposal.

Applications from teams who reside in countries where a previous international festival has not taken place may take precedence over applications from countries who have already hosted a festival.

The successful applicants will move to step two which will require a more detailed submission of the planning for the Festival. Both steps will be reviewed by an international panel of judges.

We look forward to hearing from you.

IBCPC Steering Committee.





The IBCPC Steering Committee has appointed 22 National Representatives who liaise between their country's teams and the IBCPC. As active members in their communities these individuals ensure good communication channels are in place. **Gillian Goddard** has agreed to be one of four Australian National Representatives and **Pat Hancock** who was featured in the June 2014 newsletter will become the Australian co-ordinator for the Aussie reps.

Australia Appoints Rep.

Gillian Goddard Clarence Valley, Northern New South Wales

Gillian Goddard, from Grafton, Australia, was diagnosed with breast cancer in 2006. During her treatment her breast care nurse talked about a newly formed local Dragons Abreast Club. Always keen on being fit and healthy, Gillian joined and started paddling in 2007, attending her first regatta - Abreast in Australia at Caloundra later that year.

Before long she was on the Committee of her Club and is still there as Coordinator. Since 2007 Gillian has been keen to assist others to regain an active lifestyle, to promote self-confidence and fun and to encourage all breast cancer survivors to get out and embrace life, so she became actively involved in all breast cancer groups and activities in her local area. Gillian has competed in many regattas within Australia as well as encouraged friendly paddles with neighbouring clubs.

In 2010 and again in 2014, Gillian was made Team Captain for DAA Team Inspiration, two different Australian composite teams that competed in Peterborough in 2010 and Sarasota in 2014. Both of these events forged strong friendships throughout the BCS world.

Gillian & her husband Terry lived and worked in the corporate world in the UK, Canada, New Zealand and Australia. They are now settled on acreage in country New South Wales where they enjoy the garden, the animals & birds, the peace and the space.

Throughout her career Gillian specialised in sales, marketing, recruitment, quality assurance and management. She is now retired from full time paid work but still enjoys assessing job applications then sitting on interview panels for some local businesses.

Gillian will be representing the following Dragons Abreast Australia teams in Western Australia: Amazon Perth & Bunbury, in Queensland: Bundaberg & Mackay, in New South Wales: Clarence Valley & Byron Bay as well as DA Adelaide and Adelaide Survivors Abreast in South Australia.

Mark the Date: Its 20 Years and time to celebrate

On **June 13, 2015** *Abreast In A Boat* will be celebrating Twenty Years of breast cancer dragon boat paddling. We will celebrate in Vancouver at the site where this now international movement began, in Alder Bay on False Creek in Vancouver, Canada.

We invite you to:

- 1** Join us by paddling in your own locale on that same day.
- 2** Send us a photo with a caption that tells us what you were doing to celebrate this big day for breast cancer dragon boat paddling.
- 3** We will compile the photos and produce a momento that will be made available to all the teams around the world.

So get ready. Book your party site, put together a guest list, order the cake and think of your unique way to say Happy Birthday to *Abreast In A Boat*!



WHAT DID YOU THINK?

The IBCPC is asking for feedback from all attendees - from every team member and supporter who participated in the 2014 IBCPC Participatory Dragon boat Festival Sarasota, Florida, USA, October 24-26, 2014.

Please visit www.ibcpc.com and click on Sarasota Festival Survey found on the home page.

Your input and feedback will help ensure the next festival is even better!

Thank you.
The IBCPC Steering Committee.



Qatar Team a Work in Progress

By **Sandee Thompson**, Doha, Qatar.

Starting up a dragon boat team, or any team for that matter, can be a very daunting task. You need to be personally motivated and tenacious, have spare time, equipment and contacts and your desire to succeed must be stronger than your fear of failure.

Last year when a dragon boat was brought to Doha, Qatar by Jeff Ching, the first thing I said to him after “I want IN” was “I want to start a breast cancer survivor team”. Jeff was incredibly supportive and offered the boat and any help he could provide. I contacted the groups who work with survivors in Qatar and while some people seemed interested, I could only get one survivor besides myself to come out and try it. After a few months, I admit I gave up looking and focused on my own paddling and coaching skills. I figured when the time was right and dragon boating was better known in the country, I would try again.

Well, this fall, I was diagnosed with a recurrence of breast cancer and within 2 weeks of the confirmation, I was in a hospital in Qatar recovering from a bilateral mastectomy. Not one to lie around doing nothing, I started planning the breast cancer survivor team in earnest and began with the women who had agreed to talk on a survivor panel I had actually organized in the spring for the college where I work. I created some brochures, handed them to survivors, my breast clinic nurse, the clinic surgeons and the physiotherapists and BANG! A team has sprung up!!!

Last Saturday, we put the boat in the water for the first time. There were seven survivors and seven supporters in the boat and a few well-wishers on land taking photos. I expect more to join us in the weeks to come and am having the brochure translated into Arabic, Tagalog and Hindi, the three other major languages besides English in this country.

The possibilities are endless! My manual lymph drainage massage therapist is going to come and meet with us, a yoga instructor will do up a routine of special exercises and I am hoping some of the new members will learn to steer the boat.

I keep saying I am a work in progress to anyone who asks about my current recovery and this? This team is also a work in progress. We will keep you posted on how we go along.



Elected Directors

On August 26, 2014 **Eleanor Nieslen**, IBCPC Returning Officer announced the election of the following Steering Committee Directors. These individuals will serve a four year term ending in 2018.

- | | |
|------------------------|--|
| President, | Jane Frost , Vancouver, Canada |
| Vice-President, | Meri Gibson , Auckland, New Zealand |
| Secretary-Treasurer | Jenny Yule , Vancouver, Canada |
| Membership Director | Betty Solley , Philadelphia, USA |
| Communication Director | Carol Mutton , Peterborough, Canada |





Dragon Boat Purchase Challenges Argentina

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

During this November, I took my first trip back to my hometown, La Plata, after my breast cancer diagnosis and treatment. I dedicated my time not only to visiting my family and friends, but also to meet with my new friends: the newly forming breast cancer dragon boat team, *Remeras Rosas*. They were celebrating their first anniversary as a team; a very special meeting for all of us.

Remeras Rosas has about 13 paddlers-to-be and is growing. Some of them started paddling in single kayaks on September 21st, 2014 (on their Spring Day, what a coincidence!). Others are waiting for other dragon boaters to come as they are hesitant being alone on the water. However, no matter how small the vessels are, the dragon spirit is there. They are also present at community events raising awareness especially with their brand new t-shirts. The group started a new phase in November: to buy a dragon boat, which is a considerable challenge. Dragon boating in South America is unknown, so you could say dragon boating is like a baby dragon just hatching the egg.

There are no dragon boats in Argentina and distances are infinite when thinking about purchasing and delivering a dragon boat from North America, Europe or China. Getting sponsorship is also part of this new phase. These amazing women are working towards having a boat by the end of 2015. Once resolved, it will be our opportunity to help them with their next phase, learning how to paddle a dragon boat.



I also went to the South of the country, to a tiny city called Plottier in Patagonia where I met a group of health care providers, foundations and people from canoeing clubs interested in starting a team. They gave me the opportunity to talk about the amazing adventure of riding dragon boats as a breast cancer survivor. Things are moving in Argentina!



Dear dragons, the ladies are there, waiting for you in Argentina. Please go and join them!

Overheard

Editor's note: We hear many comments from readers and associates about survivors so we thought it would be interesting to share them with you through a feature we are calling "Overheard". We would welcome any you might care to pass on to us.

"We are only as strong as our weakest paddler and she is the one who needs us most."

"I do not like people telling me I can not do something."

"I find it easier to tackle bad things head on and with joy rather than with fear and hibernation because that leads to depression and depression is too hard to swim out of. Running towards something with your arms wide open is far easier than ducking."



British Bubbles on Parade

By Wendy Grose, *Pink Champagne*
Bournemouth, United Kingdom

We decided to make a costume a few months before the Sarasota festival, the idea of the Champagne bottle, obviously because we are Pink Champagne, came from two of our members Karen Kelly and Gill Clark.

They designed the costumes and set up workshops where the girls came together to help, sew, iron or just make the tea.

They were all made to size and carefully packed into our suitcases for our journey to the USA. We could not put the costumes on at our hotel as the champagne bubbles on our head did not fit onto the bus, so we had to dress on the corner of the street once we were off the bus.

Our supporters were dressed as waiters who had champagne glasses on their trays filled with Pink Champagne goodies to give away.

When the costumes were designed we did not think of the USA weather so we were feeling quite hot in them.

We had a great time showing our costumes off and meeting the wonderful people lining the street, it was a really great night, thank you everyone.

Editor's note: *Pink Champagne* won first place in the Sarasota costume parade. Honourable mention went to Rome's *Pink Butterflies* dressed in togas; Vernon, Canada's *Buoyant Buddies* dressed as a winter carnival; and Forza Rosa Canada's, *The Unflappable Flappers*.



What in the world is going on?



March 28 and 29, 2015

Lake Pupuke, Auckland, New Zealand
New Zealand National Championships
Oceania Championships



June 13, 2015 Abreast around the World

Plan a paddle on this day to celebrate 20 years of breast cancer paddling. See page 5 in this newsletter
www.abreastinaboat.org



April 11th, 2015 Miami, Florida, USA

Miami International Dragon Boat Festival
Miami Rowing Club
www.panamdragonboat.com



August 19-23, 2015 Welland-Niagara, Canada

International Dragon Boat Federation
12th World Nations Championship
www.idbf.org



May 30 & 31, 2015 Florence, Italy

Pink Dragon boat meeting the weekend after
Venice's Vogalonga
www.florencedragonlady.it



September 12-13, 2015 Dublin, Ireland

Join the Plurabelles for their fun event
www.plurabellepaddlers.com

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

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 | Designer Michele Myers design.carrie@gmail.com

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



IBCPC is a commission of the International Dragon Boat Federation