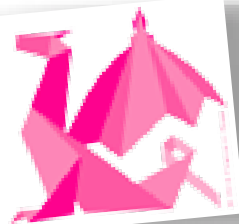


INTERNATIONAL BREAST CANCER PADDLERS' COMMISSION

VOLUME 6 ISSUE 1

JUNE 2016

2018 IBCPC PARTICIPATORY
DRAGON BOAT FESTIVAL
FLORENCE ITALY



Lucia De Ranieri innovative leader of Florence Festival 2018

Lucia De Ranieri discovered the *Florence Dragon Lady* team following her diagnosis in 2011 and became an active member of the team, mostly in organisation and public relations. She fell in love with the sport the first time she paddled. Dragon boating allows team members to live in a new way she discovered. She now enjoys drumming and tries to encourage and stimulate her teammates. Since she has been involved in the annual Florence Pink Meeting she has helped promote the event to the BCS teams throughout the world such is her enthusiasm and commitment.

Lucia attended her first IBCPC Festival in 2014 at Sarasota, Florida, USA and was so excited by it she decided to lead, as president, the organizing of the next IBCPC Festival 2018 in Florence, Italy.

Since it has been announced she has started making plans for the outstanding event by establishing the **FIRENZE IN ROSA** committee which also has the important objective of promoting a healthy lifestyle,



disseminating a culture of prevention and giving a message of hope thanks to the direct testimony of those who have overcome the difficult experience of breast cancer.

Logo contest attracts young artists.

The first important step for **FIRENZE IN ROSA** was to create the 2018 logo by holding a competition for young graphic designers. The goal was to reach primarily young people who are uninformed about breast cancer.

The contest was a great success with 38 participants from all over the world producing a very high level of design quality. In the end a single winner was chosen. The award went to a young designer from Turin, Italy: **Erik Caresio**. The press conference included institutional representatives from the **Municipality of Florence**, the **Tuscany Region** and **CONI (Italian National Olympic Committee)**, along with reporters and many friends and supporters. Facebook www.facebook.com/florenceBCSfestival2018/ ■

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Argentina forms teams with help of friends

Argentina now has four established dragon boat teams - the first in Latin and South America. These teams were encouraged with help from **Adriana Bartoli** and the team of *Abreast In A Boat* (AIAB) of Vancouver, Canada. As far back as three years ago, she promised **Lia Del Prado**, the survivor who formed

the team *Remeras Rosa* from La Plata that when the ordered dragon boats arrived in Argentina, her team would accompany them on their first experience of paddling. Other teams include *PodeRosa*, *Rosas del Limay*, both from Neuquén and *Rosas del Plata* from Tigre.

As a new activity in the country there are no coaches or experienced paddlers and steers available to train new teams. Instruction was critical.

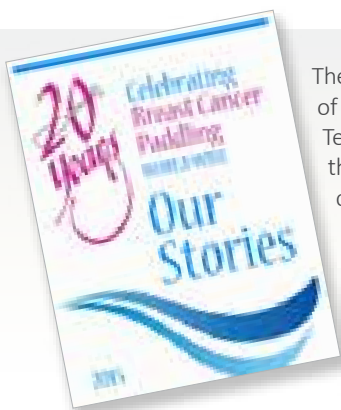
When the boats arrived in December of 2015 six members of AIAB and **Kim Bonomo**, representing International Breast Cancer Paddlers' Commission from Miami, Florida, USA made up the training team.



Dr. Don McKenzie, founder and coach of the first breast cancer dragon boat team, *Abreast In A Boat* (Vancouver, Canada, 1996) shown meeting with AIAB representatives as they head to Argentina. Top from left: **Lynn Sparling**, **Cindy Conway** and **Yoki Mathews**, **Carol Lee McKay**. Bottom from left, **Adriana Bartoli** and **Ysa Luz**.

Said Adriana of the experience, "Until we met with these novices I never understood, how through the camaraderie of paddling, hope replaces loneliness and fear and can change lives forever. When we spoke with the women about how dragon boating links them to a worldwide sisterhood of breast cancer survivors, many were moved to tears."

Breast cancer is still a somewhat taboo topic in many areas of South America. The Argentina team members are pioneers in their country. They were grateful *Abreast In A Boat* members **Kim Bonomo** would come to their country to help them become part of the sisterhood. Many said, "Just as you have come here to help us, we will now go to other parts of Argentina to help form teams for other survivors." ■



The year 2015 marked the 20th Anniversary of breast cancer dragon boat paddling. Teams from around the world paddled in their home locales on June 13, 2015 and celebrated those first years. Teams were asked to then submit a short history of their team and its activities. These documents have been compiled into a 20 Years Souvenir Memento entitled: *Our Stories*. One hundred teams

from twelve countries on six continents submitted their stories and a moving tribute to the power of dragon boating for breast cancer survivors is now available.

You can view the memento at www.ibcpc.com and download it as described on the website or you can purchase a copy through Lulu.

 **Get a printed version of 'Our Stories'.**

Shop in several countries using the flag navigation on the top right of the Lulu page to change the store then search 'Our Stories IBCPC'. ■





Spanish Festival attracts teams from five countries

As is the tradition at breast cancer event regattas, the paddlers' participation concluded with a moving Flower Ceremony, the first in Spain.

Easter 2016 saw seven breast cancer teams participate in San Pedro del Pinatar (Saint Peter of the Pinewoods) 4th international dragon boat festival in South-east Spain. The festival is jointly run by the local A.D. Pinatarese club and the San Pedro del Pinatar Council. It was led by **Jorge Carracedo** and his team. This year was particularly special for breast cancer racing in Spain as it coincided with the establishment of Spain's first breast cancer (BCS) team, based in Pinatar: *Flamenco Rosa*.

The festival organizers made the BCS teams feel very welcome and organised a special BCS forum to enable the teams to meet each other. A member of each team was invited to deliver a short presentation on various aspects of their BCS journey and activities.

The racing was a highlight of the event. The BCS teams made this event one of the largest contingent of breast cancer teams in a European venue. There were seven teams from five countries: Canada, France, Italy, Spain, and the United Kingdom. The teams paddled in ten and twenty person boats.

The competition also had a stunning setting on the Mar Menor ("Little Sea"), a coastal saltwater lagoon which is the largest in Europe – although increasingly rough water conditions throughout the day added to the challenge and tested the nerves of the crews!

Margaret Hobson, one of five *Abreast In A Boat* members from Vancouver, Canada was a paddler on the *Canadians Abreast* team says: "We were dazzled by the exuberance of the Spanish people and the young people were so lively and excited it wore off on us. Meeting breast cancer paddlers from other countries enhanced the event even more."



Lucia De Ranieri, President of 2018 IBCPC Florence Participatory Dragon Boat Festival comments: "The Pinatar Festival was a confirmation that pink strength and energy is contagious! The presence of BCS at this festival has once again demonstrated the extent to which our positive message can, on one hand, instil courage and hope and, on the other, raise consciousness."

Cecilia Picchi, IBCPC European representative, had this to say: "The Pinatar festival was the culmination of months of hard work and coordination in English and Spanish. It was all worth it. *Flamenco Rosa's* facebook page is filled with many enthusiastic "muchas gracias" for the encouragement and inspiration given to them by their new friends from Europe and Canada."

Linda Smith, Secretary for *Pool of Life*, Liverpool, England says "A big "hello" to all the lovely BCS ladies we met at the festival and we look forward to seeing you all again in Florence in 2018 or maybe sooner." ■



The breast cancer paddling movement began in the United Kingdom in 2005. **Eve Elliott Pearson** from Liverpool initiated the team *Pool of Life* and now there are seven teams in different parts of Great Britain: Liverpool, Windermere, Worcester, Wigan, Port Edgar, Manchester and Dorset.

Liverpool team a winner

By Linda Smith *Treasurer, Pool of Life*

Pool of Life, the first dragon boat team for breast cancer survivors to be established in the United Kingdom was founded in 2004 with support from the local dragon boat team *Amathus* and a grant which enabled the team to purchase its own boat. Based in Liverpool, in the North-West of England, the team trains all year round on salt-water in an area of redeveloped docklands, at the Liverpool Watersports Centre.

A registered charity, the team has a structured training program for its members and offers a range of paddling activities including gentle, social paddles, fun charity events and serious racing at UK and international venues. Some of the members also race with *Amathus* and others have represented GB at the international level. The team's aim is to attend at least one international event each year. And they have done so: recently raced in Dublin (2015) and in San Pedro del Pintar (Saint Peter in the Pinewoods) in South-East Spain to take part in the town's fourth international dragon boat festival. It was while competing there *Pool of Life* won the overall Breast Cancer Survivors' trophy with accompanying medals. www.pooloflife.net

Pershore Dragons join Worcester Busters

By Nicola North *Worcester Busters*

Worcester Busters was formed in 2007 as part of Worcester Dragons Racing Club and we paddle on the River Severn in the Midlands of England. The biggest highlight for the team so far was taking part in the Queen's Diamond Jubilee Pageant on the river Thames in 2012. Over 1000 boats took part including 12 dragon boats and it was a great experience for the Busters who appeared in lots of newspapers and even Hello magazine.

Busters take part in a number of charity events during the year and are getting ready for a trip to Italy to take part in the Venice's Vogalonga event. We will be a composite crew with our close neighbours, *Pershore Dragons*.

Worcester Busters is trying to recruit a new team who need floating support as many former members now race with the *Worcester Dragons* which is a great achievement and an inspiration to new *Busters*. The current membership is around eight to ten regular paddlers but, the wider network of casual paddlers and supporters is around 30. With our Dragon's support we are always able to get a boat out! www.worcester-busters.org.uk

Bi-annual meeting attracts UK teams

Paddlers for Life, Windermere is starting its ninth season this year and plans are already underway for a big Ten Year Celebration in 2017. This team is supported by the Low Wood Water Sports Centre about 2 kilometers south of Ambleside in Cumbria, England.

The team paddles on the beautiful Lake Windermere in the Lake District where each Sunday you can see their two boats filled with mostly breast cancer survivors as well as family members, supporters and some other cancer survivors. Following their paddle you can often find team members and supporters taking refreshments in the Low Wood Hotel.

Sue Cogley and **Louisa Balderson** are the two founding members of *Paddlers for Life, Windermere* and they work hard encouraging other breast cancer survivors to start breast cancer dragon boat teams around the United Kingdom. They hold a paddlers' meeting bi-annually to which most teams send representatives.

A highlight of their past years was participation in the Queen's Diamond Jubilee Pageant in 2012. *Paddlers for Life* kindly lent the International Breast Cancer Paddlers' Commission one of their two dragon boats, Lucy at Low Wood and representatives from seven countries were able to join the 1000 other boats that paddled or motored under 23 bridges on the River Thames for this memorable event. www.paddlersforlife.co.uk

New dragon boat inspires team

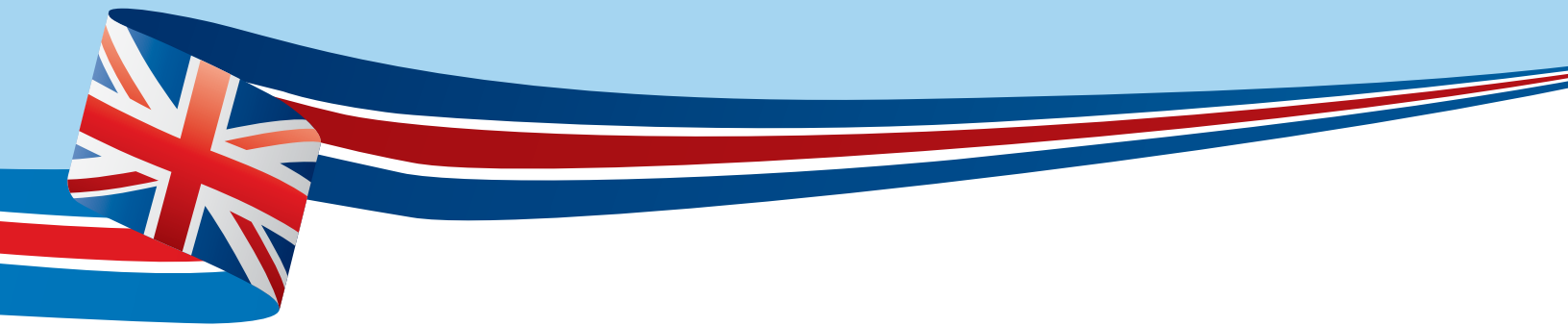
Wigan Water Dragons was formed five years ago when their chair, **Patricia Rigg** read an article about *Paddlers for Life, Windermere*. Six women made the journey to visit the Windermere team and were immediately hooked by the sport and the camaraderie it brought about. Wigan is a town in Greater Manchester about 25 kilometers west of Manchester on the River Douglas in England.

The *Dragons* are affiliated with *Paddlers for Life UK*, a registered charity based in Windermere. This team paddles once a week on Tuesdays and often has supporters in the boat with them.

Their exercise program, which is used by several British teams, was designed by **Dr Helen Crank** from Sheffield Hallam University. Dr Crank has done research into the benefits of paddling for breast cancer patients and has attended IBCPC events.

The *Wigan Water Dragons* have just purchased, thanks to the Big Lottery Fund from Wigan Council, a new dragon boat which seats 20 paddlers and is a treat for them as their previous boat was very heavy and cumbersome. www.wiganwaterdragons.org





“Our aim is to spread the wonder”

By **Melanie Maguire** *Port Edgar Dragons*

If it weren't for **Andrina Gordon**, there would be no *Port Edgar Dragons* of Edinburgh, Scotland. It all started when she needed exercises to reduce lymphoedema in one arm. The only treatment available was a compression sleeve. She tried the gym but hated it. That was when her physiotherapist suggested dragon boating.

Andrina liked the idea; the only trouble was, the nearest team was in the Lake District, *Paddlers for Life*. So in September 2009, she drove to Lake Windermere to try it. She loved it and by 2011, the *Port Edgar Dragons* were born.

We have a small, but hard core, group of paddlers who paddle out on a near weekly basis (weather and tides permitting – It is Scotland after all!) with many more who support us in the background.

Our aim for 2016 and beyond is to spread the word of the wonderful world of dragon boating and how we are more than just a cancer support group - we are an exercise group, we are a social gathering, we are laugh generating, two hours of water based hilarity, a network of people who share a common cause; a cause which we embrace but does not define us. www.portedgardragons.co.uk

It's spring cleaning time for the Port Edgar Dragons. They are pictured here with their newly-varnished dragon boat seats. They are ready to clean their boat in preparation for their first paddle of the season out of the Port Edgar Marina on the Firth of Forth in Scotland.



It isn't all about paddling

By **Wendy Grose** *Trustee, Pink Champagne*

Readers will remember the team *Pink Champagne* of Dorset, England, as winners of the costume contest at the opening ceremonies of the Sarasota IBCPC Festival in 2014. They came dressed as champagne bottles.

Founded in 2008 *Pink Champagne* now has fifty or more members who enjoy paddling in a tidal river on the South coast of Dorset. This very active team never passes up the opportunity to race. They race in the British Dragon Boat Racing Association (BDA) with the best teams in the UK. In 2015 the team went to Hong Kong for International Dragon Boat Federation event. During the past three years the team has attended the Pinatar Festival in Spain and this year came away with two medals.

The team paddles all year round and twice a week in the summer months. Members enjoy lots of social paddling. “But it is not all about paddling.”

Wendy Grose reports: “We share lots of happy times together, theatre, meals, weekends away. We encourage ladies to live a full and active life and offer them support, friendship, exercise, fun and competitive racing.

Recently the team took part in the Vogalonga, a 35 km paddle around Venice, Italy. www.pinkchampagne.org.uk



Tell us: What are we doing wrong?

By **Ann Johnson** *Manchester Dragoneers*

Manchester Dragoneers (associated with *Paddlers for Life UK*) have been established for almost four years and even now have difficulty recruiting new members. It was once said that because we are “inner city” our audience is not likely to understand water sports. That may be the case, but from a population of 2.5 million (Greater Manchester) and 6.7million (North West), you would think we could find at least 22 women to paddle with us. We currently have six breast cancer women and we get to paddle most weeks from April to October filling our boat with partners and friends.

What are we doing wrong? Why are these ladies not joining us? What can we do

to improve our numbers? We've tried lots of ways – joined in the local carnival, bag packing at the local supermarket, handing out leaflets, visiting Breast Cancer Support Groups, advertising in the local press, sending out flyers to local businesses. Where are we going wrong?

Our dragons welcome all those survivors who are looking for fun and an active sport in order to start enjoying life and discovering their new normal. We are anticipating, with pleasure, an influx of paddlers ready for Italy's festival in 2018. Tell us how to attract survivors to this supportive and enriching experience. www.paddlersforlife.co.uk/Manchester/index.html



Australia hosts World Championship

The 10th International Dragon Boat Federation (IDBF) Club Crew World Championships (CCWC) took place in Adelaide, Australia from April 1 to 7, 2016. There were five breast cancer teams registered for the standard 20 person breast cancer division: *Abreast of Life* - New Zealand, *Dragons Abreast Sydney* and *Missabittatitti* – Brisbane both from Australia, *Paddles & Pearls* – Charleston, USA and *Rowbust*-London, Canada.



Australia's Dragons Abreast Canberra with Canada's Robust team

Rowbust had a special reason to make the trip to Australia. They wanted to defend their win at the 9th IDBF CCWC which had been held in Ravenna, Italy in 2014. And, they did indeed win again the 200 and 500 meter races.

Linda Kuska, Captain of the *Rowbust* team reported people asked her why they push themselves so hard and she responded: "we do work hard but we work as hard as the rest of the athletes participating at this level. The racing was amazing but it was also the friendships made on and off the water that will last a lifetime".

She extended a special thank you to the *Dragons Abreast Canberra* team who made their boats and equipment available to *Rowbust* for their eight day training camp in Canberra prior to the CCWC.

Knowing they were going to face some tough competition, **Corina Bradley** and **Linda Carrad** from *Missabittatitti* reported on their win in the 2,000 meter race. They started training back in September 2015, sometimes five or six times a week. It was such a close race the team did not know if they had won until they were asked to line up in front of the gold dais to receive their medals. Lots of tears of joy and an honour guard of friends and supporters as they left the dais.

For *Dragons Abreast Mount Warning* Australia there was great excitement for their 200 and 500 meter wins in the small boat breast cancer division where they competed against breast cancer teams *Paddlers in the Pink* - Singapore, *Dragons Abreast Tasmania* and *South Australia Dragons Abreast Inc.* ■

Betty Solley, IBCPC Membership Chair, Philadelphia, USA

Our IBCPC team membership has grown to one hundred and sixty-six teams in fifteen countries of the world. Since November of 2015, we have welcomed the following teams:

Argentina:

Rosas del Plata Tigre, Buenos Aires
Remeras Rosas Del Plata, Buenos Aires
Rosas Del Limay, Neuquen
PodeRosa, Rio Negro y Neuquen

Australia:

South Australia Dragons Abreast, Westlakes

Canada:

Kootenay Rowbusters, Rossland,
 British Columbia

Germany:

Pink Ladies, Wiesbaden, Hesse

Ireland:

Suir Dragon Paddlers, Dublin

Italy:

Ilrosacheosa, Rome
Pink Amazons, Milan
Trifoglia Rosa, Mestre

United Kingdom:

Paddlers for Life, Manchester

USA:

Derby City Dragons, Louisville, Kentucky
Pink Paddling Power, Racine, Wisconsin

We hope to hear soon from breast cancer teams in France, Belgium and Spain. IBCPC Membership is required for participation in the Florence International Festival in 2018. Please be sure your team is registered by going to the IBCPC website www.ibcpc.com and click on the membership link.



Do you want to brush up on your Italian?

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

Here are some features that make Duolingo work so well:

- You will stay motivated to learn more. Duolingo uses different methods to keep you hooked. One is a goal-setting tool. The goals you can select vary from 'casual' to 'insane', depending on how serious you are about learning and how quickly you want to progress.
- It's more like a game rather than a series of tasks. Each lesson requires a certain amount of correct answers to advance. If you get a question right, you gain a point. When you get a question wrong, a correction will highlight what you did incorrectly and you'll lose a point.

In bocca al lupo! Good luck!

Facebook page for European paddlers

Europe has a facebook page! European Pink Paddlers – BCS is the network for breast cancer survivors dragon boat teams in Europe. This page has recently been launched to give space to teams in Europe to introduce themselves and to present their activities. The idea is summed up in the profile picture: the map of Europe, the pink ribbon and two paddles, easily recognizable in an energetic fuchsia color. "Europe needs to create a network among teams; social medias are great tools to link people and to give visibility" – explains **Cecilia Picchi**, European representative and editor of the page - "The project is participatory, any post, any comment on the topic is welcomed".

Currently the cover banner is a group shot at the recent Spanish Festival, where teams proceeding from 5 European countries (United Kingdom, France, Ireland, Italy, and the newbie Spain) had occasion to meet for the first time together. Please, click 'like' and post

<https://www.facebook.com/European-Pink-Paddlers-BCS-1754321354803325/>



Encouraging the competitive members on your team

After the International Dragon Boat Federation World Nations Championship in Welland, Canada in 2015, **Liz O'Connell**, IBCPC USA representative from St. Petersburg, Florida undertook a study of breast cancer paddlers who participated in this event. Liz identified 27 breast cancer survivors from Canada and the USA who raced competitively on their national teams. In addition, she took the opportunity to learn how being a survivor has impacted these individuals as competitive athletes. Liz's comprehensive article can be found on the IBCPC website www.ibcpc.com. She concluded her article with a series of recommendations that address the competitive paddler. They include:

1. If your team gets more competitive, continue to reach out to survivors in the community and be easily accessible and open to new paddlers;
2. Recognize the needs of the highly competitive paddlers on your team – encourage them to excel and help them



Liz O'Connell, IBCPC USA Representative, St. Petersburg, Florida

find more competitive teams, camps, or training opportunities if they need a greater challenge. Don't wait until their frustration results in a mutiny or they leave your team with hard feelings. Encourage them to stay connected with your team as they take on more challenges. They can be good role models for the team. Remind them that you're still available for BC support should they need it. Encourage your team to follow and celebrate their success;

3. Encourage BCS teams to have a "Try-Out" seminar or mock try-out practice to discuss criteria for national team selection and give the team a sense of what it takes to try out. (Selection criteria can be found on the website for your national team.) It may inspire members to try out and will give the rest of the team an appreciation for what the national teams do; and

4. Know which paddlers on your team are interested in trying out for the national team. Give them encouragement and help them monitor their training progress, if needed. ■



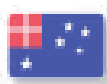
Indoors tougher than outdoors



ginquistphotography.com

Canada's *Peterborough Survivors Abreast* team is lucky to have this beautiful, state-of-the-art facility in Trent University's new athletic centre for the team's off season training. Named the **Carol Love Rowing/Paddling Tank**, it serves as an ideal venue for individual, small group or team coaching. It actually offers a tougher work-out with more water resistance. Once on the lake-water in boats, a team is ready! ■

What in the world is going on?



June 17 & 18, 2016 Lake Kawana, Queensland Sunshine Coast, Australia
Dragons Abreast members (including member supporters.)
<http://dragonsabreastfestival2016.gofundraise.com.au>



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



August 6, 2016
Lake Champlain, Vermont, USA
Sisters at Heart and Lake Champlain Dragon Boat Festival
<http://www.ridethedragon.org>



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



August 12 & 13, 2016 Fort Dodge, Iowa, USA
Kennedy Park
Badger Lake Dragon Boat Bash celebrates 20 years of dragon boating, includes a BCS Division and Flower Ceremony.



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



August 12-14, 2016 Victoria, BC, Canada
Inner Harbour
Island Breaststrokers celebrate 20 years of breast cancer paddling
<http://bldba.com> or contact bjmichaels@frontiernet.net



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

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

Proviso

The information published in this newsletter is provided to us by the named authors, sources and other third parties and while we believe the information to be reliable we have not fully investigated all such information and we can not accept responsibility for the truth or accuracy of the same.

Accordingly, International Breast Cancer Paddlers' Commission and those associated with the Commission and Jane Frost, IBCPC President, disclaim responsibility for the truth and accuracy of the information in this newsletter.



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IBPC is a commission of the International Dragon Boat Federation