

## Greetings from IBCPC

### Inside this issue

Greetings from IBCPC

Interview with  
Dr Don McKenzie

Praise for Peterborough  
going Pink

Thanks to Scotiabank

Memories of Peterborough

Timeline for 2014 Festival

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Happy Holidays to All! Joyeuse Fêtes a  
Tous! Buone Vacanze a Tutti!

The International Breast Cancer Paddlers Commission Steering Committee is sending to you and your families our very best wishes for a happy holiday season and a healthy 2011.

To the community of Peterborough we bring special greetings and thanks for a spectacular festival last June. The Festival Committee, the Survivors Abreast team, the volunteers and the citizens of Peterborough did a wonderful job of making us all feel welcome and looked after. You can read more about this amazing event later in this newsletter.

We hope you will enjoy our first newsletter which has been lovingly put together by our webmaster Nick Harrison. Nick is a friend of Louisa Balderson and has been actively volunteering with Paddlers for Life, Windermere, GB. We are most grateful to Nick for taking on this important job under the leadership of Louisa, as director responsible for the IBCPC Communications Committee.

On the IBCPC operational front we held our first Steering Committee meeting using Skype on Sunday Nov 18 in Canada, the United States and Great Britain and Sunday Nov 19 in Australia. It was early in the morning in Australia and late at night in GB. You can read the biographies of the six Directors on the website.

Interview between **Dr. Don McKenzie**, the doctor who started his investigation into upper body exercise for people diagnosed with and treated for breast cancer in 1996 and **Jane Frost**, President of IBCPC and a member of the first Abreast In A Boat crew.

*1. What has surprised you the most about breast cancer dragon boat paddling which you initiated in 1996 in Vancouver, Canada with Abreast In A Boat?*

The way it has grown; from 24 women who started Abreast in A Boat to 100s of teams all over the world-incredible and more than a touch overwhelming. As you may remember, when we met for the first time this project was designed to demonstrate that, with suitable preparation, women could do vigorous, upper-body exercise and not develop lymphedema. I was reasonably sure that this was possible and Abreast in A Boat was the visual demonstration of this project.

Betty Solley, as Membership and Development Director, is working hard to identify existing teams and to contact them with information about our organization in the hopes of having them join the IBCPC. She reported that there are over 50 teams in the United States so she has lots of work to do in her own back yard. If you know of a team that is not yet a member do please encourage them to join.

The most important job facing the IBCPC Steering Committee for 2011 will be to manage the bid process for the 2014 Festival. We anticipate circulating, in January 2011, the criteria for hosting the next participatory festival. As experience has shown, putting together a plan for a successful festival takes time and thought so the date for submissions to be filed with the Commission is to be November 30, 2011. The Commission hopes to be able to announce the successful bid no later than March 30, 2012. This timing allows a good two years for the festival host to prepare. It also allows lots of time for the teams world wide to get organized to participate in the 2014 Festival.

If you would like to volunteer for IBCPC we would welcome your participation.

So to you all again our very best wishes for many more healthy years of friendship, love and laughter. Paddles up and take it away.

Jane, Jo, Jenny, Betty, Michelle and Louisa



Dr Don McKenzie carrying the Olympic torch the night before the 2010 Olympics Opening Ceremony in Vancouver, Canada.

February 12, 2010

## Interview with Dr Don McKenzie

It was a very successful and fun six months; we proved that this could be done. I thought that you would all go away. You didn't! :)

2. *How has your experience with breast cancer dragon boat paddling affected your work?*

Over the years it has changed both my medical practice and the research program in my lab.

In 1995 most of my research was in the area of respiratory exercise physiology with a little work on exercise with children with cancer. Now we have a special facility dedicated solely to research on exercise and breast cancer. The 'cancer gym' has been in place for over 10 years and we have done lots of research. The program attracts excellent graduate students and they are responsible for some very exciting results.

As a sports physician I have cut back my time seeing patients as I am involved more in research and administration. However, within my practice about 10% of the referrals are from oncologists and are concerned with patients recovering from breast cancer, reconstructive surgery, 'frozen shoulder' etc. I am now referred to as a 'sports oncologist'... The medical profession has finally realized that exercise is an integral part of health care and in Canada we are trying to convince the government that exercise in breast cancer patients represents the 'standard of care'. This has implications in terms of funding treatment for patients.

3. *What research studies do you have underway at the moment?*

We have studies on exercise and aromatase inhibitors, insulin resistance, the changes in important markers such as white cell count, neutropenia with exercise and will be starting a study that compares short bouts of higher-intensity exercise versus the more commonly prescribed continuous, lower intensity aerobics. We have a multi-centre trial with two other Clinics in Canada that has been going for almost three years- it is just about finished. This study looks at the role that exercise plays in women who are currently being treated with chemotherapy. One student has just completed her Master's thesis and did a very interesting study that examined the best way to prescribe exercise in the breast cancer population. Exercise has been shown to have such a significant effect in women with breast cancer it is critical to see how it works. The interaction between exercise and cancer holds secrets that we need to discover.

4. *When do you expect to have results?*

The results are on going- we present our data regularly at national and international meetings and always share the results in refereed publications.

5. *Being a member of the IBCPC Advisory Board, can you give us your thoughts on the IBCPC.*

It is critical to have an administrative structure to support this movement and the formation of the IBCPC serves that purpose. The women involved have vision, experience and passion- all the essentials for a successful organization. The festivals in Vancouver, Caloundra and Peterborough have been terrific and have done wonders to raise awareness, not just about breast cancer the disease, but that it's possible to lead a full and active life after this diagnosis. The criteria to join the first team was simply the diagnosis of breast cancer- age, athletic ability, paddling experience did not matter. In my mind it's important to continue in this fashion- there is room for everyone in this organization and participating in these fun festivals builds harmony and a feeling of togetherness.

6. *What do you see in the future for breast cancer dragon boat paddling?*

It doesn't appear that it is going away! Like many paddlers, I am already looking forward to the 2014 festival. I would like to see it stay as a participatory event with the emphasis on health and enjoyment but I know there is a group of athletes who wish to push the competitive envelop. I follow the lead of my bumper sticker- "paddle for fun, race to win".

7. *Is there anything else you would like to say to the IBCPC members?*

Thank you for making me feel so welcome at the events I am able to attend. I admire your courage, your passion and the way you inspire others. It's no secret that other paddlers with different chronic diseases have seen what you can do and it's acted as a springboard to their own programs. You are a very impressive group of women (and a few men) with a lot of influence. You are changing the landscape around breast cancer and it is a privilege to be involved.



*We would love to tell your stories in our newsletters. Please send photos with a commentary of your team news.*  
[committee@ibcpc.com](mailto:committee@ibcpc.com)



## Praise for Peterborough Gone Pink!

Who among us will ever forget the sea of pink that washed over Peterborough, Ontario this past June - onto the picturesque streets, into the festive Memorial Centre and onto lovely Little Lake? There we were, seventy-three teams, each with our own particular voices, colours, national and local flags blending together to create a joyful mosaic - an international celebration of breast cancer survivor dragon boating. We sang, we cried, we danced, we hugged, and we paddled our hearts out. We wore our message of hope, of opportunity and of living life to the fullest proudly on our sleeves for all to see.

The members of the IBCPC would like to give heartfelt thanks to the Peterborough Steering Committee for working so hard to make the International Festival such a memorable event. Carol, Darlene, Joan, Meredith and Sheila, you and your volunteers did a fabulous job over two years of weaving together the myriad of threads that, during those four special days, made us all feel invigorated, informed, supported, appreciated and integrated into the event itself as well as into the wider Peterborough community. Many months later, our hearts and minds still shine with the memories. So "Thank you!, Merci!, and Grazie!" from all of us to all of you!

It turns out that we are not the only ones to be singing your praises. A little pink dragon



IBCPC Peterborough Festival Steering Committee  
From left to right : Sheila Linsey, Meredith Cosburn, Joan Bates, Darlene Prager. Absent : Carol Mutton.

has told us that the hometeam, Survivors Abreast, recently received three, count'em, three Business Excellence awards from the Greater Peterborough Chamber of Commerce - one for boosting the city's tourism as breast cancer survivors, their families and friends flocked into town (with eyes appreciative of the area's natural beauty and with wallets itching to be opened), another for your comprehensive local and international marketing and promotion campaign (and yes, we all came!), and thirdly for your untiring and inspiring dedication to promoting wellness and vitality in your own community and abroad. Congratulations!! Those trophies look very good on you!

*See the back page for the time line for the International Breast Cancer Paddlers Commission (IBCPC) 2014 Festival.*

## And the support continues...Thank you Scotiabank

By 1998, just two years after the launch of Abreast In A Boat (AIAB), and the beginnings of the breast cancer dragon boat movement, Scotiabank became a major sponsor for this Vancouver based team. In those early years AIAB and Scotiabank worked closely together raising awareness about life after a diagnosis of and treatment for breast cancer. Indeed, in numerous cities across Canada, Scotiabank hosted AIAB members to encourage the breast cancer paddling movement in Canada.

Today Scotiabank continues to sponsor breast cancer dragon boat teams in its six Canadian regions. In recognition of their support, many breast cancer teams also support Scotiabank events including well attended marathons and half marathons.

So it was no surprise, but certainly a very pleasant one, when Jenny Yule, Secretary Treasurer of the International Breast Cancer Paddlers Commission approached her local Scotiabank in Vancouver, Canada to open an account for the Commission and found a very



interested, informed and supportive staff.

Manager, Gail Kissock and Account Manager Sonia Palaia could not do enough to assist Jenny in setting up and administering an account best suited to IBCPC's needs. So to Scotiabank we say a resounding thank you for continuing to support our efforts. Together we are making a difference and we are most grateful.



## Memories, Peterborough International Dragon Boat Festival 2010

June 11-13, 2010 will live on in the minds of the 2000 participants and 1000 volunteers for many years to come. Over the months, we have compiled a binder full of thank you emails and cards from team members around the world, our own community members, sponsors, and volunteers. Volunteer ambassadors in particular told us that their lives have been changed forever from the wonderful experience of hosting and guiding one of the 73 teams assigned to them. Over and over again we heard (and still hear) that Peterborough will simply never be the same.




Teams prepare to race at the Peterborough Festival

A highlight of the week was watching the clusters of pink clad breast cancer survivors enjoying shopping and moving through the business and sightseeing areas of Peterborough. Drivers honked and waved their support and many stopping to offer rides to the visiting paddlers. The warm hospitality extended by the community throughout the event made a huge difference and certainly made us proud.

The parade on Friday was a wonderful introduction of all 73 teams to the community as they marched down George Street in downtown Peterborough. The beautiful South African team, dancing and singing their way into the park, was a very impressive and a memory making sight for the crowds watching.

As the host team, Survivors Abreast led the parade. When our team finished the route and turned the corner into Cray Park, we looked back at the “sea” of pink paddlers and supporters laughing, chanting, singing, and cheering, all the way down George Street. It was at that moment that it suddenly struck us—it was really happening! And, that every single moment of hard work had been worth it.

After the barbeque, at the opening ceremonies, when we stood on the stage and looked out on the crowd, it was another emotional and moving moment. The two years of planning and you were finally here. After the opening remarks, Herb Wagner one of three male breast cancer survivors participating in the event, told his story to the crowd. His main message was—yes, men do get breast cancer so all men need to be vigilant. We were delighted to see that Herb and Dr. Don McKenzie met and formed a lasting connection at the festival.

The spontaneous and joyous dancing to Justin Hines was another highlight. Many people were understandably suffering from jet lag and anxious to get to bed. Despite their fatigue, many waited for the very last surprise, the turning on of the pink fountain. The intimacy of the dark night, arms around friends, the beautiful pink fountain and the white tents glowing around the edge of our beloved Little Lake is a sight we’ll hold in our memory forever.

Racing and visiting with our sister teams on Saturday was also fun in spite of the rain and unexpected chill.

“It was at that moment that it suddenly struck us—it was really happening! And, that every single moment of hard work had been worth it.”



Give all that you have got to participate.

## Advisory Board

Dr Don McKenzie -  
Vancouver, Canada

Paul Smith -  
Vancouver, Canada

Janelle Gamble -  
Brisbane, Australia

Eleanor Nielsen -  
Toronto, Canada

Michelle Hanton -  
Darwin, Australia

Contact us by emailing  
[info@ibcpc.com](mailto:info@ibcpc.com)

We're on the web!  
<http://www.ibcpc.com>

INTERNATIONAL **BREAST** CANCER  
**PADDLERS** & **COMMISSION**

"Ciao!" to Italy

"Bonjour!" to France

"Kia ora!" to New Zealand

"Dia Dhuit!" to Ireland

"Salut!" to Québec

"Czesc!" to Poland

"Czesc!" to Poland

"Halò!" to Scotland

"Hello/Hi!" to England,  
English Canada, USA

"Ahoj!" to Czechoslovakia

"Giddyay!" to Australia

"Hallo!" in Scotland

"Howzit!" to South Africa

"Helo!" in Malaysia/Singapore

"Non hò!" in Shanghai

## Memories of Peterborough International Dragon Boat Festival 2010

Paddlers and supporters huddled closer to keep warm, sang, chanted, and cheered to keep their spirits up. Everyone seemed to be happy to be alive and to be here together to celebrate in sun or rain!

A real highlight on Saturday night was walking into the Memorial Centre for the Gala. We had great faith in our gala committee and volunteer decorators but never in our wildest dreams did we imagine that two hockey rinks could become such an exquisite venue for our guests. We were so proud! Our co-emcees, comedians Linda Kash and Paul O'Sullivan were amazing. They introduced our speakers of the evening, first representatives from the Gala sponsors, Sears and General Electric and then lovely Dianne Mowat. We love you! Wasn't she just amazing? Another highlight of the evening was Michael Burgess, singing "Bring them home," bringing many to tears. Dr Don, of course, is our very special hero and raised our morale as he always does whenever we are lucky to have him in our presence.

On Sunday, after the racing and the magical flower ceremony with Barb Monahan's beautiful song "Never Really Gone" written just for this occasion, we had to say goodbye to all our wonderful new and old friends. Almost two years of planning and it was all over so quickly.

Now that we've watched the video several times and also some of the videos and pictures you've kindly shared, it all seems so surreal. We're not sure quite how we pulled it all off. Well, actually we do know how.

We were lucky to have the support of our many dedicated volunteers, sponsors, and the whole community.

Thank you to all of you for coming to Peterborough and making this Festival so very special. Be assured, you are all still the talk of the town. You have truly opened our eyes and our hearts.

Someone said "I came down to the park on Sunday afternoon just to see what all the fuss was about and to see what had taken so much of your time in the last year. I was overwhelmed by the numbers and the sheer joy that was so evident everywhere I looked. I just couldn't believe that there were so many young, beautiful merry making people from around the world in my

City. . Then it hit me, all these people are breast cancer survivors. It made me feel quite humble and since that day I have gained new insight into what life is really all about"



Some Paddlers for Life members heading to Peterborough Dragon Boat Festival.

We couldn't have said it better! That's what breast cancer survivor teams do every time we get together and climb into a dragon boat! We make people think and even better, we make people take action.

Thank you all participants and supporters for a truly amazing June in Peterborough. Wonderful pink memories and your laughter still echo in our city.

The Peterborough IDBF Steering Committee

Joan Bates, Meredith Cosburn, Sheila Linsey, Carol Mutton, Darlene Prager.

## IBCPC Participatory Festival 2014

Here is the timeline for the International Breast Cancer Paddlers Commission (IBCPC) 2014 Festival:

**January 2011** Criteria for Hosting the 2014 IBCPC Participatory Festival will be available on the IBCPC website. Visit [www.ibcpc.com](http://www.ibcpc.com)

**November 30, 2011** Submissions for hosting the 2014 Festival must be filed with the Commission no later than 11:59 pm Canada's Pacific Standard Time.

**No later than March 30, 2012**, or sooner if possible, the successful bidder for the 2014 Festival will be announced.