

Jane Frost  
#101-1130 West 13<sup>th</sup> Avenue  
Vancouver, BC, Canada V6H 1N3  
[frostj@shaw.ca](mailto:frostj@shaw.ca)  
604 889-4978

Jane Frost is one of the twenty four women living with breast cancer who, in 1996, slipped into a dragon boat, becoming the team Abreast In A Boat (AIAB) and giving birth to a Canadian legend and an international movement.

After the first season in Vancouver Jane convinced Dr Don McKenzie and her team mates to paddle in another festival only this time it was in Wellington, New Zealand and, as they say, the rest is history. Jane then took on the responsibility to get AIAB on a sound financial footing. She garnered the support of a communications company, Contemporary Communications which resulted in sponsorship from Scotiabank. She also worked closely with the Canadian Breast Cancer Foundation and still today all three organizations continue to support Canadian breast cancer dragon boat teams.

In 2005 Jane co-chaired with Jenny Yule the Ten Years Abreast Celebration in Vancouver, Canada to celebrate AIAB's tenth season. This initiative inspired Michelle Hanton and Dragons Abreast Australia to volunteer at that event to hold the next festival in Australia in 2007. Indeed they did! It was there in Caloundra that approximately 45 teams from around the world gathered together and charged five women with the responsibility of choosing the next festival host and at that festival to present a structure for an international organization. Jane was one of those five women and the event in Peterborough was the site of the festival where again two thousand women came together to celebrate.

Jane worked hard in those first few years advising and supporting new teams as they sprung up across Canada and the United States. She has supported new teams from Singapore to Philadelphia and her most recent efforts have been in England and Italy. In 2009 she and Jenny Yule took a Canadian crew to Venice to paddle in a new venue, not just for dragon boats. (Visit [www.forzarosa.com](http://www.forzarosa.com) ) Jane saw this as a new and innovative opportunity to raise awareness about life after breast cancer in a country and on a continent that is beginning to see and hear the message of life, love and laughter that women with breast cancer demonstrate while paddling.

Jane was first diagnosed with breast cancer in 1986 at the age of 36 and then in 1999 she was diagnosed with metastatic disease. Thanks to Don McKenzie's wise advice she views her cancer as a chronic disease and gets on with her life. Jane is a proud mother, mother-in-law and grandmother. She loves traveling and spending time with family and friends. She has a full-time job representing Canada's interests in settling land claims with Canada's First Nations. Jane has been awarded the Queen Elizabeth 11 Golden Jubilee Medal, the Community Achievement Award from the Province of British Columbia and a Community Service Award from the Government of Canada.