



International Breast Cancer PADDLERS' COMMISSION

2018

MAKING A DIFFERENCE ALL AROUND THE WORLD

The IBCPC is an international organisation whose mandate is to encourage the establishment of breast cancer dragon boat paddling within the framework of participation and inclusiveness. We support the development of recreational dragon boat paddling as a contribution to a healthy life style for those diagnosed with breast cancer.



MARY KENEALY EVENTS

Events of Distinction • Attention to Detail



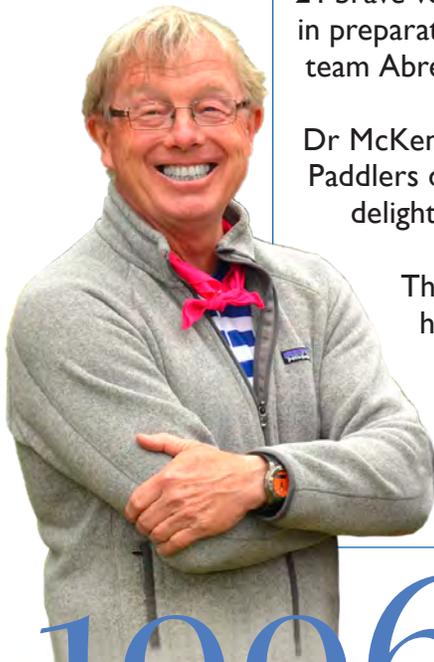
WHY BREAST CANCER? WHY DRAGON BOATS?

Until recently, and still in many countries, people treated for breast cancer are advised not to do any upper body repetitive exercise for fear of contracting the painful, debilitating condition, lymphedema.

In the 1990's Dr Don McKenzie, a sports medicine physician at the University of British Columbia, Vancouver, Canada studied the research and could not find any medical evidence that this condition would occur after treatment. To prove his theory he invited 24 brave volunteers who had survived breast cancer to go to the gym for three months in preparation for paddling in a dragon boat for three more months. They called their team *Abreast In A Boat*. That was over 20 years ago.

Dr McKenzie chose dragon boating because it is a challenging upper body activity. Paddlers do not have to paddle hard; they just have to paddle together. And, to his delight as well as for the paddlers no one got lymphedema.

These women were fitter than many of them had ever been. They were happier, healthier and loved the camaraderie of being on a team. The women had taken control of their lives and were excited and determined to promote breast cancer dragon boat paddling around the world. It was the first chapter in what has become a Canadian legend and an international movement on six continents. 🌸



1996
Vancouver, Canada

January 1996 *Abreast In A Boat* (AIAB) was launched as the first breast cancer dragon boat team under the leadership of Dr. Don McKenzie (above), Professor & Director, Division of Sport and Exercise, Faculty of Medicine, University of British Columbia, Vancouver, Canada.

1997
Vancouver, Canada

June 1997 Three *Abreast In A Boat* crews took to the water and teams appeared in Victoria and Toronto, Canada and Portland, United States.

1998
Wellington, New Zealand

February 1998 AIAB attended the International Dragon Boat Federation Club Crew World Championships and shortly thereafter teams began in Australia and New Zealand. The international movement had begun.



The last four years (2014 – 2018) of the IBCPC 's mission have seen exceptional growth throughout the world in breast cancer dragon boat paddling. As at July 2018 the IBCPC has a membership of 213 teams across 23 countries.

Given the population of the world and the as yet unexplored territories this growth is expected to continue as we meet with and talk to more, and more, breast cancer survivors globally. This is a fascinating and very rewarding adventure we are on.

2017 saw the establishment of the IBCPC Trust, a legal entity that is positioned to work closely with the IBCPC and to help to secure major sponsorship for the organization. Any non-profit organization is only as good as the kindhearted people who voluntarily work in it. To this end funding is always needed to support the work and growth of such an entity.

I am very excited about the future of IBCPC and feel incredibly privileged to be a part of this magnificent adventure, meeting amazing women, and forming lifelong friendships. As Lord Tennyson said: "I am part of all that I have met".

The IBCPC has great aspirations to be the world leader in its mission, which is: *"to encourage the establishment of breast cancer dragon boat teams, within a framework of participation and inclusiveness"*.

As Samuel Johnson said: "Our aspirations are our possibilities". I personally believe anything is possible if you just try hard enough. 🌸

Meri Gibson, *Incoming IBCPC President*



2005

Vancouver, Canada

June 2005 *Abreast In A Boat* invited all the international breast cancer dragon boat teams to celebrate Ten Years Abreast with them. Six countries: Australia, Canada, Italy, New Zealand, Singapore and the United States sent a total of 62 teams to paddle together and the first meeting to discuss an international organisation took place.

2007

Caloundra, Australia

September 2007 Inaugural planning meeting with 45 teams from six countries: Australia, Canada, Hong Kong, Italy, New Zealand, United States gave authority to six people to draw up a Constitution and By-laws for the IBCPC and decide on the location and date for the next festival. The second international regatta took place.

2010

Peterborough, Canada

June 2010 First IBCPC Congress where the Constitution and By-laws were approved by the founding teams, 58 in number from seven countries: Australia, Canada, Great Britain, Italy, New Zealand, South Africa and the United States. The election process for the directors of the Steering Committee was also approved. The first IBCPC Participatory Festival took place.

IBCPC es una organización internacional cuyo mandato es fomentar el establecimiento de grupos de paleo en botes dragonas formados por sobrevivientes de cáncer de mama en el marco de la participación y la inclusión. Nosotros apoyamos el desarrollo recreacional de paleo en bote dragón como una contribución a un estilo de vida saludable para aquellas personas que hayan tenido un diagnóstico de cáncer de mama.

IBCPC ist eine internationale Organisation. Sie hat sich zum Ziel gesetzt, die Gründung von Drachenbootteams mit Brustkrebspatientinnen zu fördern. Ein besonderer Aspekt gilt vor allem der Teilhabe am gesellschaftlichen Leben sowie der Integration. Die International Breast Cancer Paddlers' Commission unterstützt die Entwicklung des Drachenbootfahrens als Freizeitgestaltung und als einen Beitrag zur Gesundheitsförderung für alle Menschen, die mit der Diagnose 'Brustkrebs' leben müssen."

IBCPC è un'organizzazione internazionale il cui mandato è di incoraggiare la creazione di squadre di dragon boat composte da persone con la diagnosi di cancro al seno e questo nell'ambito della partecipazione e dell'inclusione. Sosteniamo lo sviluppo dell'attività amatoriale e ricreativa di dragon boat come contributo per uno stile di vita sano per chi vive con questa diagnosi.

IBCPC est une organisation internationale dont le mandat est d'encourager la création d'équipes de bateau-dragon composées de personnes qui ont eu un diagnostic de cancer du sein, dans le cadre de la participation et de l'inclusivité. Nous soutenons le développement de l'activité récréative de bateau-dragon comme une contribution à un style de vie sain pour ceux qui vivent avec ce diagnostic.



On the Cover: Sarasota, USA's Flower Ceremony, 2014. Representatives from all teams came together to remember and to honour those who can no longer paddle.

Centre Spread photos left to right:

- 1 *Plurabelle Paddlers*, Dublin, Ireland hard at work at a paddling practice.
- 2 *Abreast of Life*, Christchurch New Zealand, seen here competing in a race where you have to jump off the boat and run across the finish line. Meri Gibson, IBCPC Vice President, is getting ready to jump and run.
- 3 As is the tradition at breast cancer regattas, *Pool of Life*, Liverpool, England waits together for the Flower Ceremony at a festival in Pinatar, Spain, 2016.
- 4 *Pink Lioness*, Venice, Italy hosts members of the first Belgian team; Pink Ribbon, 2016.
- 5 *Wireless Warriors* from Doha, Qatar celebrated their second year of paddling in November 2016.

This page far right: Lucia De Ranieri, President, 2018 IBCPC Participatory Festival in the drummers seat for her team *Florence Dragon Lady LILT* on the Arno River with the Ponte Vecchio in the distance.



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IBCPC is an Association of the International Dragon Boat Federation



2014
Sarasota, United States

2018
Florence, Italy

October 2014 Second IBCPC Congress where 99 teams attended from eight countries: Australia, Canada, Great Britain, Ireland, Italy, New Zealand, Singapore and the United States. The second IBCPC Participatory festival took place with approximately 3,000 paddlers.

The IBCPC membership is now at 213 teams, in 23 countries on six continents. Representatives from 130 of these teams will be paddling and celebrating in Florence, Italy at the IBCPC Participatory Festival, July 6 – 8, 2018. Delegates from these teams will also attend the Third IBCPC Congress where the IBCPC Steering Committee will report on its work over the past four years.

Countries with teams are: Argentina, Australia, Austria, Belgium, Brazil, Canada, Columbia, Denmark, France, Germany, Hong Kong, Ireland, Israel, Italy, New Zealand, Qatar, Singapore, South Africa, Spain, Sweden, Taiwan, United Kingdom and the United States.