



The BCS Dragon Boaters



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Midwest BCS Teams Attend IBCPC/IDBF Events!

A 2014 highlight for several BCS teams and individual BCS paddlers was the International Breast Cancer Paddlers' Commission (IBCPC) Participatory Dragon Boat Festival held on October 24-26 in Sarasota, Florida. With the event being held in the United States, it was an extra incentive for some BCS paddlers to satisfy a bucket-list item to accomplish in their lifetime. For others, it was the hope to experience the paddling opportunity they'd heard so much about from others.

In addition to Survivors participating in the IBCPC

Festival, Supporters were also welcome at the festival. Although not able to paddle in the Survivor races, there were many Supporters that wanted to continue in their support journey to attend and see this amazing event. Since there were many Supporters at the event that signed-up to paddle with other Supporters, a special race for Supporters was added during the festival for them. What an incredible experience for these Supporters to be a part of the festival in this manner.

It was also the year that the Pink Paddling Power BCS

Team of Racine, Wisconsin participated in the International Dragon Boat Federation (IDBF) Dragon Boat Club Crews World Championships in Ravenna, Italy on September 3-7, 2014. Being one of two USA Breast Cancer Teams to compete in the event, Pink Paddling Power placed 6th in the world at this competition, beating their own personal best times in the 200m, 500m and 2000m races.

Congratulations to all the BCS teams participating in the IBCPC Festival and to Pink Paddling Power!

ADBA Annual Meeting, BCS & USDBF Reports

The American Dragon Boat Association (ADBA) Midwest Region held their 2015 Annual Meeting at 7:30 p.m. on Thursday, March 26. President Ron Hau called the Meeting to Order followed by Secretary Sue Miller's Report and approval of the 2014 Annual Meeting Minutes. Treasurer John Miller followed with the Treasurer's Report. Thereafter, the Nominating Committee recapped the nominations for Vice-President and Treasurer and reported Tom Donner won the most votes for Vice President and John Miller was re-elected Treasurer.

The BCS Report was next presented by Cheryl Lychwick, ADBA BCS Representative. Cheryl reported on the Midwest BCS teams and paddlers

participating in the IBCPC Festival in October, 2014. In addition to attending the Festival, two representatives from each team were invited to attend the IBCPC Second Congress Meeting at the Hyatt Regency on October 24. Representatives of 89 breast cancer dragon boat teams (members of the IBCPC) attended from Australia, Canada, England, Ireland, Italy, New Zealand, Singapore and the United States.

Barb Michaels, as Vice President of the USDBF (and Board Member with the ADBA) attended as a Guest and was recognized at the meeting. Cheryl reported that while attending this IBCPC meeting, she became one of the newest United States IBCPC National

Representatives and will now also be representing the Midwest in communicating IBCPC information with IBCPC Member teams.

Back in the Midwest, Cheryl reported the Midwest BCS teams remained active in their respective areas in paddling events and community projects to bring about awareness and in promoting early detection of breast cancer. Each has goals and dreams for their team and the future and perhaps one of the reasons for the increase in BCS teams purchasing their own boats. The Midwest BCS teams thanked the ADBA for their support and assistance in 2014.

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ADBA Annual Meeting, BCS & USDBF Reports (Continued)

The United States Dragon Boat Federation (USDBF) Report was next on the agenda. ADBA representatives Linda Donner, Sue Miller and Mark Robinson reported on their attendance at the Annual General Meeting of the USDBF (Tom Donner also attended as a 'visitor'). There was a summary on the Coaching Certification developed by Connie and her committee along with the USDBF which has been very successful. Ultimately, all Team USA coaches will need to be certified. The USDBF budget was reviewed at the Annual General Meeting as well as the discussion of clinics, upcoming events, an IDBP update and Team USA update. The various committees continue to perform their work in each category, reporting back to the USDBF. A committee will also be looking at the current ByLaws and if updates may be needed. ADBA Representatives presented our Regional Report to the USDBF. Election of officers for the USDBF was held for President, 2nd Vice President and Secretary. Results of the ballots were President, Paula Humphries; 2nd Vice President, Keith Taylor; and Secretary, Larry LaMarsh. Other officers are Vice-President, Barbara Michaels and Treasurer, John Miller...both from the ADBA Region!

The next ADBA Annual Meeting agenda item was regarding a survey and research in our region to find what's needed to grow the sport that Craig Lincoln was working on. After discussions, a sub-committee was subsequently put together to further this effort.

The meeting moved onto several upcoming events (more information is available for all of these events on the ADBA website at www.americandragonboat.com):

- The USDBF National Club Crew Championships will be on July 24-26, 2015 at Lake Arlington, Illinois (near Chicago). An Officials Training Course will be on Friday, July 24 for those wishing to become a USDBF Race Official or learn more about the officiating side of the sport. There will also be a Drumming Clinic at 3:00 p.m. that same day. These races will determine which club crews will have the opportunity to represent the USDBF at the 2016 World Club Crew Championship which will be held in Adelaide, Australia the end of March, 2016.
- The ADBA Regional Championship Race will be held in conjunction with the Walgreens Chicago International Dragon Boat Festival July 25-26, 2015 at Lake Arlington, Illinois. The winners (check the ADBA website on how the winners will be determined) will be awarded berths to Club Crew World Championships to be held in Adelaide, Australia in March of 2016.
- The Pan Am Club Crew Championships, open to any club crew in the Pan Am region, will be held at the Welland International Flatwater Centre North Course located in the Niagara Region, Ontario, Canada on August 14-16, 2015. (All races will take place in Small Boats.)

The final discussion item touched on coaching certification. Thereafter, the President addressed any other business, input or questions from meeting attendees before adjourning.

Midwest BCS Notes

- Crews in Blue of La Crosse, Wisconsin invite paddlers to the Big Blue Dragon Boat Festival on Friday, July 17 and Saturday, July 18, 2015 on the Black River along Copeland Park. There will be three divisions: Corporate, Community and Breast Cancer Survivors (paddlers in the BCS division must be breast cancer survivors). Opening ceremonies Friday and racing Saturday along with a Breast Cancer Survivor Recognition Ceremony. Registration information and details available at www.mayoclinichealthsystem.org/bigbluedragon.
- The Fighting Angels Abreast invite paddlers to the 2015 Badger Lake Dragon Boat Bash at Kennedy Park, north of Fort Dodge, Iowa on Friday, August 7 and Saturday, August 8. Opening Ceremonies, Team Dinner and a band, Boogie and the Yo-Yo'z, will be on Friday evening with racing on Saturday, August 8 along with the Breast Cancer Flower Ceremony. The Breast Cancer Survivor Division paddlers can be combined Breast Cancer Survivors and Supporters. Registration information and details available at info@badgerlakedragonboating.com.
- The Dragon Divas invite paddlers to the 2015 Dragon Festival at Lake Phalen Park, St. Paul, Minnesota on July 11 and 12, 2015 from 10:00 a.m. – 5:00 p.m. Registration information and details available at www.dragonfestival.org.
- The Breast of Friends invite paddlers to the Dubuque Dragon Boat Festival on September 11-13, 2015. Welcome Dinner Friday, racing on Saturday and Sunday. Registration information and details available at www.dubuquedragonboat.org.
- TEAMSurvivor Madison invite paddlers to the Capital Lakes DragonFest at Vilas Park, Lake Wingra, Madison, Wisconsin on Saturday, June 20, 2015. Registration information and details available at www.capitallakesdragonfest.com.

IBCPC Participatory Dragon Boat Festival, Sarasota, Florida

The 2014 International Breast Cancer Paddlers' Commission (IBCPC) Festival in Sarasota, Florida was truly an experience for many Breast Cancer Survivor (BCS) paddlers with 101 BCS teams from all around the world in attendance and all anxious to paddle. Joined by supporters, family and friends, this was truly an event that could not be imagined fully just by talking about it. To realize that every person in each boat was a BC Survivor and having 8 boats race at one time was surely evidence that one can go on and live an active life in the sport of dragon boating.

Six IBCPC Members Teams from the Midwest ADBA Region were registered: Dragon Divas' Team Courage, St. Paul, Minnesota; Dragon Divas' Team Hope, St. Paul, Minnesota; Indy SurviveOars, Indianapolis, Indiana; Pink Phurree, Houston, Texas; Fighting Angels Abreast, Fort Dodge, Iowa; and Breast of Friends IA USA, Dubuque, Iowa. Joining the Fighting Angels Abreast team were BCSs from Life is Bliss, Ames, Iowa; Making Waves, Rochester, Minnesota; Crews In Blue, La Crosse, Wisconsin; and TEAMSurvivor Madison, Madison, Wisconsin. Making Waves paddlers also joined the Breast of Friends team. In addition, many individual BCS paddlers from other Midwest BCS teams attended; either with another team, individually to paddle or just to attend.



One of the international Breast Cancer Survivor Teams arriving at the Hyatt Regency all decked out in pink...even their luggage was matching and all pink!



As our bus leaves the city, we travel onward, around the bend and finally, we see the Nathan Benderson Park where the activities and races were held for the weekend!



Denise from Ames, Iowa has a visitor welcoming her to the Park... a llama, of course, with pink hair!



Opening Ceremonies Friday evening...all wearing the IBCPC Pink Festival t-shirt! Good Luck finding your team quickly!

IBCPC Participatory Dragon Boat Festival...Continued



All needed Credentials to enter the Athletes Village and all were checked at the gate. Good thing we wore our badge around our neck so we had it ready at all times for ID!



With 7-8 lanes of boats racing at a time, there was lots to watch and several teams to cheer on! There were also a lot of close races at the finish line!



Our transportation for the weekend! A welcome site each day to get us to the race site and to other event activities!



The Parade of Teams found the Midwest icons of corn and bacon marching with the teams....and these two brave volunteers were a hit with the ladies!



Several Wellness Day activities were planned on Friday at the race site to relax and have fun before the racing began, to meet other BCS paddlers and/or to share ideas. Fun activities like Laughing Yoga (you actually laughed so hard you exercised), Tai Chi for Paddlers and Zumba. A Team Dynamics Workshop for team building and an IBCPC Bid Workshop were also offered.

Attendees were also offered information sessions on Wellness & Prevention of Recurrence, What's Next for My Life, and How to Deal With Loss. Of course, visits to team tents, vendor booths and food were available throughout the weekend! Also real pink fire trucks to autograph!

A trip to Florida would not be complete without a visit to the beach. Members of this team took advantage of the opportunity by arriving a day early to experience what Sarasota had to offer!

IBCPC Participatory Dragon Boat Festival...Continued



An aerial view of teams warming up before racing at the race site, Nathan Benderson Park.



A dragon boat festival is not complete without the traditional Dragon to dance around the site!



Racing to the Finish!



Also had Pink fire trucks to autograph!



An aerial view of the IBCPC Participatory Dragon Boat Festival Opening Ceremony at Nathan Benderson Park. Team members are gathered in the middle wearing their pink festival shirt listening to the speakers. Team tents were at the top of the picture on the right side, teams gathered and loaded into the boats in the middle on the right side, and in the foreground on the right side were vendor tents and the spectator grandstands.

The 500 acre freshwater lake has a straight 2,000 meter, eight-lane course. Participants raced on the lower 500 meter section of the course and the finish line was in front of the spectator grandstands. Anchored starting docks were in place for held starts. Although there is no current in the lake, a wave attenuator runs the length of the race course to mitigate waves that might arise due to afternoon breezes.

IBCPC Participatory Dragon Boat Festival...Continued



President Jane Frost conducts the IBCPC Second Congress Meeting at the Hyatt Regency Hotel on Friday in Sarasota, FL.



IBCPC volunteers in the IBCPC booth at the Festival with plenty of information for the paddlers and lots of smiles!



Fireworks spectacular at the Festival Ceremony!



The IBCPC welcomed breast cancer paddlers and their families and friends from around the world to celebrate the fun and physical demands of paddling at the IBCPC Festival on October 24-26, 2014 in Sarasota, Florida. The Festival BCS Host Teams were the Pink Dragon Ladies from Tampa Bay, Florida and Save Our Sisters from Miami, Florida. It was evident the IBCPC Advisory Group and the Sarasota Festival Organizing Committee had met and worked with hundreds of individuals and dozens of companies in the Sarasota and Bradenton communities to make this event a reality (including the school buses for transportation).

The Schedule of Events offered in conjunction with the IBCPC Festival were a Pan Am Dragon Boat 4 day or 2 day Pre-Festival Camp/Clinic beginning Monday, October 20. Registration and team packet pick-up was Tuesday through Friday with team practice sessions offered on Wednesday through Friday. The IBCPC Business & Congress Meeting was held Friday morning, the Captains and Steers meeting Friday afternoon, and Wellness activities throughout the day Friday until the Opening Ceremony that evening followed by a Wine and Cheese Reception. Saturday, October 25 the racing began followed by the Parade of Nations and the Pink Paddlers Party that evening. Sunday, October 26, consisted of the semi-finals and finals races, The Sandy Smith Global Race, the BCS Flower Ceremony and the Closing Ceremonies at Nathan Benderson Park.

The Survivors, and all participants, came away from this event with many firsts and stories to share. It was a heart-warming experience for the Survivors to intermingle with the international BCS teams and meet up with USA friends we had not seen for months or years. Having that one similar connection, breast cancer, one could feel the emotions and excitement in realizing that there is life after cancer and that one can make it a great life. Many new friendships were made this past October and many memories to last a lifetime!

Making Waves – Rochester, Minnesota

Welcome to Spring 2015! A few words from the Making Waves team in Rochester, Minnesota. We had a fun and exciting year on and off the water. Our group belongs to *Join the Journey*, a nonprofit organization which was started in Rochester.

Mission statement: *Join the Journey* is dedicated to promoting breast cancer awareness in your local community and to offering support to all individuals on their breast cancer journey.

Join the Journey has many programs: Patient Support, Pink Ribbon Mentors, Making Waves Dragon Boating, Winter Workout, Breast Cancer and Caregiver Support Groups, to just name a few.

Making Waves was able to participate in several festivals and events throughout the year. Events included, participating in the Rochester Fest Parade, participating in the National Cancer Survivor Day, Olmsted Counties Relay for Life, Chatfield Western Days Parade, Bras for a Cause, Making Strides for Breast Cancer Walk, Pink the Rink (Rochester's Hockey team), Rochester Women's Fall Expo, JTY's Annual Walk in September. We are an organization which is quite involved in the surrounding community and we are dedicated to promoting breast cancer awareness in our local community and to offering support to all individuals on their breast cancer journey.

Festivals included: Lake Phalen in St. Paul, MN; Big Blue, La Crosse, WI; Chicago International in Chicago, IL; Badger Lake, Fort Dodge, IA; Lake Superior, WI; Dubuque, IA and the IBCPC Participatory Dragon Boat Festival in Sarasota, FL in October.



Thanks to Fighting Angels Abreast of Fort Dodge, Iowa and Breast of Friends of Dubuque, Iowa for giving us this huge opportunity to participate in such a great event.

Quotes from the teams: 'Was a once-in-a-lifetime experience'.

'Even though we couldn't speak each other's language, we were all there for the same reason - breast cancer survivors celebrating life, hope and honoring those who have lost the battle'.

'Wow, what an awesome experience!'

Paddling is about fun, camaraderie and fitness. Research has found that paddling is good for breast cancer survivors: demonstrates improved physical health; exhibits enhanced emotional health; raises breast cancer awareness in the community and benefits from teamwork with others living with breast cancer.

For more information on *Making Waves* or other *Join the Journey* programs, as well as contact information, please visit www.jointhejourney.us. Send your email questions to Carol at makingwavesteam@gmail.com.



**Making Waves
Rochester, MN**

(Photos and article submitted by Carol)

Motor City Dragons – Detroit, Michigan

The Motor City Dragons (MCD) Team had lots of accomplishments to celebrate in their 2nd year! We are blessed with the purchase of our own Champion Dragon Boat: Mustang Patty! She had a long haul home from New Jersey. Ellen Law, Steerer of Team USA Premier Team, was gracious enough to believe in MCD and placed an order the prior year for us with no down payment. Ford Senior Management approved use of a Ford-350 Super Duty Truck and flatbed over the Easter holiday weekend for my husband and me to bring her home to Detroit, Michigan. This was accomplished with the support of MCD members, friends and family who purchased a Dragon Boat (DB) share: \$50, \$100, \$150 or donated for the outright purchase! ☺ THANK YOU!

Prior to bringing Mustang Patty home, we had to find a “home” for her and our MCD team to paddle out of, as we have no DB trailer. During the 2013 Christmas dinner hosted by FERA (Ford Employee Recreation Association), I was fortunate enough to strike up a conversation with the Ford Yacht Club (FYC) Commodore Jerry Murray who championed getting our team free storage year round at FYC. He is an integral member of our team!

Another amazing accomplishment is that Motor City Dragons is now a Charitable Organization, 501 c 3 as of Oct, 2014. MCD By-Laws were written in February with the support of Betty Solley (Flying Phoenix of Philly) and mentoring from Jane Frost. MCD Dragon Boat Association was incorporated in Michigan in October. That same month, we voted for our first MCD Board of Directors and Committees. Very exciting times! My dear friend, Shannon Clements, filed the IRS forms (1023 & DIN) required to become a Charitable Organization! What an amazing lady! She has now joined our MCD team and is an active volunteer!

The 2014 season kicked off with Training Camp – 3 days – on Grosse Ile, Michigan at the Ford Yacht Club with Ellen Law. From May 2-4, the Detroit River may not have had icebergs, but the water was cold enough with the winds that it was a challenge for a fledgling team just christening Mustang Patty and “carrying her” to the dock ramp. Luckily we had Frenchman’s Canal to protect us from the winds, open water, and cold. The “Ugly Duckling” strokes improved over the 3 days thanks to Ellen and everybody’s hard work with the 10 x 1.5 hour sessions that included video reviews. We were set-up pretty well for our season and were in good hands with our Coach Tammie Szabo-Fleming volunteering to show us the ropes and driving over from Windsor to Detroit for Wednesday and Sunday practices.



July Race at Chicago, Illinois



August Race at Lake Orion, Michigan



September Race at Cleveland, Ohio

Festival Season kicked-off with a BIG BANG as we teamed up with other teams! Motor City Dragons participated in 6 dragon boat festivals....pictures are uploaded to Facebook [Motor City Dragons](#) to share our success and garner more support:

1. Four volunteered at the International Dragon Boat for the Cure in Windsor, Ontario, Canada.
2. Chicago, Illinois started our season with 12 MCD paddlers with a team from Dallas and Tennessee.
3. Dragon on the Lake in Lake Orion, Michigan where 28 of us teamed up with A Breast or Knot and filled a second boat with MCD Co-Ed Supporters with some BCS not attending Sarasota.
4. GWN Dragon Boat Challenge in Toronto, Canada was an AMAZING GOLD WIN with Ellen who drove in from New Jersey to coach 16 MCD and “9 special guests” who helped fill our MCD Boat from the New York, New Jersey, and Toronto areas. Canadian Breast Cancer Foundation received \$38,000 from the GWN Challenge, a 2 day event.
5. Cleveland Dragon Boat Festival in Cleveland’s Historic Flats on the Cuyahoga River -- 12 MCDs teamed up 3 teams to fill 3 boats, one with survivors and two with supporters! The Gathering Place supports cancer patients and benefit with weekly training in dragon boats in addition to \$5,000 received in December, 2014!
6. IBCPC Festival in Sarasota, Florida was the highlight of our season! October was very special with 8 MCDs (5 BCS, 3 Supporters) attending the 4-day event. We were fortunate to have Coach Tammie invite us to join her team: A Breast or Knot. FUN TIME!

(Photos and article, both pages, submitted by Shannon, Michelle and Csilla)

Motor City Dragons – Detroit, Michigan (Continued)



Participating at the IBCPC Festival in Sarasota, Florida

The “BCS Flower Ceremony” at the IBCPC Festival

Ford Warriors in Pink is powering MCD by providing team uniforms for those who paddled in our 5 festivals in addition to bandanas / scarves and brochures of their products. A member from the First BCS Team swapped WiP PJ Pants for her jersey. LOVE IT! WiP was also in Sarasota with the 100+ Breast Cancer Survivor Teams from around the world. Supporters paddled on Sunday during lunch -- it was a lot of fun to paddle with the Portland and UK Supporters and be a stroker for this combined team. Lots of Excitement!

There were many firsts for MCD in 2014 which helped our team bond and network:

- Completed raising ~\$2,000 of Dragon Boat shares and donations for MCD Dragon Boat.
- Purchased “Mustang Patty” from Ellen Law in New Jersey, Good Friday, April 18, 2014.
- 1st MCD Training Camp hosted at the Ford Yacht Club with 28 in training with Ellen for 3 days.
- Launched MCD Practices (Wed and Sun) with Coach Tammie and Mustang Patty May at the Ford Yacht Club.
- Dolly fabricated to maneuver Mustang Patty from storage location to dock.
- Posted Video presentation of 2nd Annual Triple Negative Breast Cancer (TNBC) Day presentation with Dr. Lisa Newman, Professor of Surgery at University of Michigan and Director of the Breast Care Center at University of Michigan (part of the Comprehensive Cancer Center).
- IBCPC Festival in Sarasota, Florida was our first IBCPC event attended by 8 MCDs.
- Received Susan G. Komen 3-Day Walk walkers at Ford World Headquarters.
- 8 MCD volunteers attended the American Cancer Society's \$1.5M fundraiser 'Cattle Barron's Ball'.
- Submitted MCD By-Laws to the State of Michigan for Incorporation – October.
- 1st MCD Banquet introduced. 1st MCD Executive Board and Committees November, 2014.
- 1st MCD Dragon Baby: Denver – Congratulations and thank you to Angie for sharing.
- 1st time to join USDBF (United States Dragon Boat Federation, Midwest Region) for insurance.
- Joined IBCPC (International Breast Cancer Paddler's Commission); MCD FB page is listed.
- Supported Vista Maria (girls/human trafficking): Donated yarn at Black Friday Knit-In.
- Supported PBJ Outreach – Prep food and feed the homeless and poor in Detroit.
- 1st time participation in DB Training Camp at the Pines hosted by Jim Farintosh, April.
- Celebrate October Event at the Ford Yacht Club with Mustang Patty fully dressed for first time!
- Enjoyed hosting MaryAnn from Dubai at 2 practices; Club Championship in Ravenna.
- Volunteering on “The Pink Fund” Qualifications Committee's Monthly Meeting.

Goals:

- Have FUN at 6 Festivals in 2015, support fight against cancer by fundraising. Attend 3 new Festivals (to MCD): Wallaceburg, Ontario; South Haven, Michigan; and Akron, Ohio.
- Help members/others with BC: Get a 2nd Opinion, at home, the newly diagnosed by providing info (Dr. Love's Book, Cure Magazine), networking opportunities with YSC, Komen, The Pink Fund and Gilda's Club via face-to-face gatherings.
- Create a Breast Cancer Survivor PLUS Festival in Michigan in 2016 – Saturday, July 30th. Donate 100% of net proceeds to 5 Breast Cancer Charities – make annual event.
- Host a “Dry-Run” MCD Festival Saturday, July 25, 2015 at Kensington Metro Park in Milford, Michigan. Increase awareness & learn about facility 1 year in advance. Will you join us as a supporter, paddler, or doer?
- Build a DB trailer for Mustang Patty to take her to Komen Race for the Cure & Ford World Headquarters for October Warrior in Pink Event.
- Organize a “Boat Flip” Practice at Ford Yacht Club for team to gain experience in the water in a drill.
- Leverage 2016 Quiet Water Symposium in Lansing, Michigan to recruit teams for MCD Festival.



IBCPC NEWS & HAPPENINGS

This past October while attending the IBCPC Festival, I met many new friends and among them were some of the officers and representatives of the International Breast Cancer Paddlers' Commission (IBCPC). Registered teams at the IBCPC Festival were required to be Members of the IBCPC. Each IBCPC Member Team was invited to have two team members attend as representatives for their BCS team at the meeting. Representatives of 89 breast cancer dragon boat teams from Australia, Canada, England, Ireland, Italy, New Zealand, Singapore and the United States attended. Terri from La Crosse and I attended the IBCPC Second Congress Meeting as the two teams representatives for the Fighting Angels Abreast along with Midwest team representatives from the Dragon Divas, Indy SurviveOars, Motor City Dragons and Pink Phurree.

While at the IBCPC Meeting, I became one of the newest United States IBCPC National Representatives. I will be representing the Member IBCPC Midwest BCS Teams and three other Member IBCPC BCS teams near the Midwest region in communicating IBCPC information. As a result, I'm adding this "IBCPC News & Happenings" page to our Midwest Newsletter, 'The BCS Dragon Boaters', as a communication media. Just to let you know, the other United States IBCPC National Representatives are Betty Solley from Philadelphia, Pennsylvania; Linda Dyer from Burlington, Vermont; and Takako Kimura from Los Angeles, California. Together, we'll keep the United States IBCPC Member Teams informed of IBCPC happenings.

For some who may be seeking more information about the IBCPC, it is an international organization whose mandate is to encourage the establishment of breast cancer dragon boat teams, within the framework of participation and inclusiveness. The IBCPC supports the development of recreational dragon boat paddling as a contribution to a healthy life style for those diagnosed with breast cancer. The purpose of the Commission is to ensure IBCPC activities are raising awareness about life after a diagnosis of breast cancer. The Directors of the Steering Committee are President Jane Frost from Vancouver, Canada (a member of Abreast In A Boat); Vice-President Meri Gibson from Christchurch, New Zealand (transitioning to President and a member of Abreast of Life); Secretary-Treasurer Jenny Yule from Vancouver, Canada (a member of Abreast In A Boat); Membership Director Betty Solley from Philadelphia, Pennsylvania (a member of Against the Wind); and Communications Director Carol Mutton from Peterborough, Ontario, Canada (a member of Survivors Abreast). These women, along with the support of the Advisory Board, other committees and the National Representatives, are dedicated to the objectives of the IBCPC for Breast Cancer Survivors.

As of the October, 2014 Meeting, IBCPC membership was reported at 141 member teams in 12 countries and rising, with 24 National Representatives around the world. As mentioned earlier, Barb Michaels, Vice President of the United States Dragon Boat Federation (USDBF) was introduced as a guest at the meeting. Being from the Midwest and also an active Board member of the ADBA, we were so proud to have Barb introduced and in attendance at this meeting. The definition of a paddler was also discussed at the October meeting. The IBCPC definition, as voted, is "a paddler is a person who has been diagnosed with breast cancer and who is one member of a crew and who includes the crew's drummer and steersperson." This definition applies to all IBCPC events.

If anyone would like to learn more about the IBCPC or how to become a member, please feel free to visit the IBCPC website at www.ibcpc.com. Additionally, the Facebook address is www.facebook.com/IBCPC and Newsletters are at newsletter@ibcpc.com. Also, the Dr. Susan Love Research Foundation's Health of Women (HOW) Study information can be found at www.healthofwomenstudy.org.

All BCS Teams...Join In the Celebration on June 13, 2015!

Saturday, June 13, 2015 is the day Abreast In A Boat (AIAB) has chosen to celebrate 20 years of breast cancer paddling. They will celebrate in Vancouver at the site where this now international movement (IBCPC) began. AIAB is encouraging teams to do the same in their respective territories and then to take a photo and send it to them with a description of the event. AIAB is planning to put together a memento for the 20 years and make it available to all those interested. Celebrate '20 Years Abreast' with Abreast In A Boat Vancouver!

Submission requirements: Provide material for a one-page 8½ x 11 inches layout....be as creative as you want with your page. Three to four descriptive paragraphs should cover how your team got started and evolved, any local cancer organization affiliations, any special sponsors, any special activities or most memorable adventure or biggest challenge, and finally, what your team did at your team location on June 13 to celebrate breast cancer paddling. You may include at least one photo, minimum 3 x 5 inch, and the resolution has to be at least 300 dpi. If your photo has only a few people you will need to supply their names. If it is the whole team, sending names is not necessary. Each team should include their contact information/website, team name, logo, location, year your team was established, and number of current members with age range. Please forward your page to committee@ibcpc.com. A link to read the requirements and other details regarding your submission is available on their website at www.abreastinaboat.com.

The deadline for submissions is July 13, 2015 so mark it on your calendar so you don't forget. HAVE FUN celebrating!

Midwest / Mountain Dragon Boat Events Calendar for 2015!

Be sure to check out any of the Festivals listed below when you are traveling through, or vacationing in, the area!

DATE	PLACE	CONTACT
March 28 & 29	Phoenix, AZ	www.azdba.com
April 25 & 26	Austin, TX	www.atxdragonboat.com
May 2	Downtown Houston, TX	www.houstondragonboat.com
May 2	Shreveport, LA	www.louisianadragonboat.com
May 3	Burlington, IA	Contact Samantha Howe at showe17@gapps.bcsds.org
May 17	Dallas / Fort Worth, TX	www.dfwdragonboatfestival.com
June 6	Evansville, IN	www.midwestdragonboatracing.com
June 13	Grand Prairie, TX	www.gpdragonboat.com
June 13 & 14	St. Charles, IL	www.prideofthefox.com
June 20	Kansas City, KS	www.kansasdragonboatchallenge.com
June 20	Madison, WI	www.capitallakesdragonfest.com
June 27	Chicago, IL	www.chicagochinatown.org
June 27	St. Louis, MO	www.gatewaydragonboat.org
July 11	Milwaukee, WI	www.milwaukeekeedragonboatfest.org
July 11 & 12	St. Paul, MN	www.dragonfestival.org
July 18	La Crosse, WI	www.mayoclinichealthsystem.org/locations/la-crosse/about-us/dragon-boat-race
July 18 & 19	Denver, CO	www.cdbf.org
July 25	Chicago, IL	www.gwndragonboat.com
July 26	Sheboygan, WI	www.lakeshoreweekendsheboygan.com
August 1	Bemidji, MN	www.bemidjdragonboat.com
August 1	Kenosha, WI	www.kenoshadragonboat.com
August 1	Manitowoc, WI	www.lakeshoreweekend.org
August 8	Eau Claire, WI	www.mayoclinichealthsystem.org/locations/eau-claire/about-us/half-moon-dragon-boat-festival
August 8	Fort Dodge, IA	www.badgerlakedragonboating.com
August 8	Starbuck, MN	www.starbuckdragonboat.com
August 22	Superior, WI	www.lakesuperiordragons.com
August 30	COE College	Laura Van Buer at 319-399-8609 or e-mail at lvnbuer@coe.edu
September 12	Laporte, IN	www.dunebrook.org/?attachment_id=4130
September 12	Shreveport, LA	www.rotaryclubofshreveport.org
September 12	St. Louis, MO	www.louisvilledragonboat.com
September 12 & 13	Dubuque, IA	www.dubuquedragonboat.org
September 19	Oshkosh, WI	www.uwosh.edu/dragonboat
September 24 to 27	The Woodlands, TX	Roxanne Davis at 281-367-9622 x223 or via e-mail at rdavis@ymcahouston.org
October 17 & 18	Sugar Land, TX	www.houstondragonboat.com

(Schedule provided by the ADBA as of 26 March 2015)

**The Central Region
(ADBA) Breast Cancer
Survivors/Supporters**

The BCS Dragon Boaters Newsletter

E-MAIL:
bcsdistrict@yahoo.com

View the Newsletter on
the ADBA Website!

Check out the site at:
www.americandragonboat.com
BCS News

USDBF Website:
www.usdbf.org

About Our Newsletter...

It's for you, the Breast Cancer Survivors and Supporters, to keep up with what is happening in the Midwest. It will also allow the Newsletter to pass along information from the American Dragon Boat Association (ADBA), the United States Dragon Boat Federation (USDBF) and the International Breast Cancer Paddlers' Commission (IBCPC) to the Central Region (Midwest Region ADBA) Breast Cancer Teams!

If you have friends you'd like to encourage to join the sport of Dragon Boating, feel free to mail this newsletter to them. You can include a note on your experiences

and what fun it is to paddle with a great group of Survivors and Supporters! Simply fold the newsletter in half for easy mailing or 'handing off' and address it to your friends!

If you meet a new BCS team at a Midwest festival, tell them about your newsletter. We don't want to miss anyone!

We welcome all the Midwest BCS Teams to join our newsletter group and be recognized.

I know each Team has some pretty heart-warming and interesting stories that unfold during racing events or breast cancer awareness activities. Some will make

us laugh, some will make us stare in amazement and some will make us cry. But you're important! Be sure to save those special stories and pictures as you go through the summer/fall with your dragon boat adventures. Your Team Captain, or designated team member, can send pictures and a brief description of your team. Whether it be racing or helping at a fundraiser, submit them via e-mail to bcsdistrict@yahoo.com.

To keep the Midwest BCS team members informed, please consider the position of Midwest ADBA BCS Representative. Contact Ron Hau or Sue Miller (ADBA website). **Thank you!**

