



**Sunshine Dragons Abreast** is a group, of 32 women living with breast cancer, on the Sunshine Coast who love to paddle a dragon boat.

**Our mission statement:**

- To promote breast cancer awareness and encourage work to eradicate this disease.
- To demonstrate that there is fun-filled and abundant life after a breast cancer diagnosis.
- To offer women living with breast cancer on the Sunshine Coast the opportunity to be active participants in the now worldwide breast cancer dragon boat paddling movement.
- To have "outrageous pink fun".

Four dedicated women who traveled twice weekly to paddle with the 'Abreast in A Boat' team in Vancouver conceived this incredible opportunity. They decided to see if the coast would support such an activity. The interest was overwhelming, and with help from the Gibsons Paddle Club, we were able to purchase a dragon boat. Currently there are approximately 150 paddlers on the coast paddling with a variety of different teams including, women, mixed men and women, competitive, recreational, and the **Sunshine Dragons Abreast**.

In June 2005 Sunshine Dragons Abreast participated in the "10 Years Abreast" Breast Cancer Dragon Boat Festival in Vancouver with 64 teams from all over the globe. At that time the venue was announced for the 2007 Breast Cancer Dragon Boat festival to be located in **Caloundra, Australia**, amazingly enough on the Sunshine Coast of Australia. There are now 22 fully committed members of Sunshine Dragons Abreast who will be competing in the "Abreast in Australia 2007" regatta.



**Sunshine Dragons Abreast** team members are working very hard to fundraise for our "Quest for Australia 2007". This is a fabulous opportunity to represent our town, community, province and our country at this spectacular, world-class event.

**Torso Project:**

This idea was brought to us by **Bluff Hollow Cement Works** owners, Rick and Ann Harmer of Garden Bay, BC [www.bluffhollow.ca](http://www.bluffhollow.ca). Rick, who is an amazing "friend to paddlers", donated twelve torsos cast in cement. Twelve to represent the number of years since Dr. Don MacKenzie, a sports medicine physician at UBC, started the first dragon boating team of women living with breast cancer. Dr. MacKenzie wanted to test the myth that repetitive upper-body exercise in women treated for breast cancer encourages lymphedema. Dr McKenzie believed that by following a special exercise and training program, women could avoid lymphedema and enjoy active, full lives. Since that first team was formed, the sport has reached every corner of the world for these women.

Through the unbelievable generosity and artistic ability of twelve women artists from the Sunshine Coast, the torsos have been decorated and embellished, their secrecy well guarded until all are complete. These 12 pieces will be auctioned as part of our "Quest for Australia 2007" fundraising event

*'Think Pink Gala'*

*Saturday, March 24, 2007 at the Senior's Centre, Sechelt*

*A wonderful evening of Pink emceed by Pia Shandal with auctions conducted by Ed Hill*

*Preview of torsos to be held at*

*La Cabana Gallery located at 5679 Cowrie St., Sechelt*

*March 13-17 and 20-23 from 11:00am - 6:00pm*

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**\*\*\* 25% of the funds raised will benefit the Sunshine Coast Hospice\*\*\***