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Table of Contents

The Start of Survivorship and Welcome to Survivorship	pg. 3
Coach's Message	pg. 4
Vision & Executive Commitment Statement	pg. 5
New Member's Commitment to Survivorship	pg. 6
Becoming a Dragonboater	pg. 7
Training Guide	pg. 8
Let's Get Started Paddling	pg. 11
Survivorship Guidelines	pg. 13
Coach, Captains & Steersperson	pg. 13
Drummer & Mentors	pg. 14
Seating & Festival Criteria	pg. 15
Team Snap	pg. 16
Spending Guidelines	pg. 17
Mary's Necklace	pg. 18
Conflict Resolution Policy	pg. 19
History of Dragon Boating	pg. 20
Annual Survivorship Event Calendar	pg. 23
New Member Quick Reference	pg. 24

The Start of Survivorship

“*Survivorship*” South Okanagan Breast Cancer Survivor's Dragon boat team was born through the great efforts of Cathie Lauer and Sue Butchart who were given an opportunity to participate with a survivor's team from Kelowna in 1999.

Over the course of the year many more key players came forward and donated tons of time and expertise to make this team happen: Barb Adams, Kevin and Kelly Lauer, Joan Landsell, Joan Kyler, Barb and Dennis Davis, Helen and Graham Wade, Dale Charles, Shirley Larose, Penny and Rob Hill to name but a few. Without their dedication and the dedication of the whole team and support staff the team would never have been able to get on the water.

We were extremely fortunate to land our esteemed Coach and Fearless Leader- Don Mulhall, without his knowledge of the sport and sense of humour we would not have achieved the level of success that we continue to have.

Welcome to Survivorship

It is with the greatest pride and pleasure that I welcome you to Survivorship.

During my treatment for breast cancer in 1996, I saw a video about the first Breast Cancer Survivor Dragon Boat Team: Abreast in a Boat. I thought that this would be an exciting thing to participate in.

In 1999, Sue Butchart and I had the opportunity to join Kelowna's first breast cancer team, Bustin' Loose and we participated in the Kelowna Dragon Boat Festival. This was one of the most inspiring and positive events in my life, so much so that I wanted to share this experience with other Survivors.

Survivorship was born in 2000 with the primary goal of increasing awareness about Breast Cancer and making the positive benefits of Dragon Boating available to South Okanagan Survivors. It was an incredibly successful first season finishing with a Silver medal at the Kelowna Festival, winning the Community Excellence Award for raising funds for the Run for the Cure and the incorporation of our team as a non-profit Society. Most important was the development of a true network of friends. Friendships were made and fun was had by all.

It is important to note that none of this would have been possible without the support of local businesses, organizations and most importantly our families and friends.

I would like to welcome everyone to the new season and I look forward to our continued success as a team dedicated to supporting women in developing an active lifestyle after Breast Cancer.

Cathie Lauer, founder and past President 2000/2001

Message from the Coach

I've coached and paddled on a lot of Dragon boat teams, but there's a difference between the general public and Breast Cancer Survivor Dragon Boat teams. I learned this in 2000.

After coaching Survivorship for a little more than a month I decided to really increase the workout one night to see where we'd go. I had been very gradually increasing the workouts but this night I introduced "the tire" which meant that I had the team paddle all evening pulling a spare tire behind the boat. It slowed the boat considerably, and when we stopped paddling the boat would sometimes even go backwards.

At the end of the practice, I prepared to sneak off before the women could organize a lynching party, but instead I was greeted with smiles from ear to ear and shouts of "that was incredible" and "we've got to do this more often, what an awesome workout"!

That's what I've come to learn from these women. They greet obstacles with a smile and a laugh, and then proceed to kick the crap out of whatever's in their way.

This sport of Dragon boating is a gas! It is a team sport in the truest sense. You can be as good or as bad as you want but you have to work as a team. I've tried many times to explain the lure of the sport to my non-paddling friends, and the closest I can come is that it's a team sport and a solo sport wrapped up in to one. When it comes right down to it, it's just you and a paddle, and you work as hard or as easy as you want. It's when you work with the team that everybody flies.

Don Mulhall, coach



Taking our new boat, Survivorship Too, on its maiden voyage. July 15, 2017.

Our Vision

- To give Survivors a renewed sense of self-esteem and a focus beyond survival.
- To send a positive message to other women living with breast cancer.
- To demonstrate that it is possible to have an exciting and challenging life after diagnosis and treatment.
- To raise awareness about Breast cancer.
- To improve the quality of life for women living with the disease while research is being done to find a cure.
- To promote an atmosphere of camaraderie and belonging for women living with breast cancer.

Executive Commitment Statement

The Executive's role is to inspire the team to be the most successful it can be.

As part of this role, we make the following commitments to each member of our team.

- We will work for **you.**
- We will represent **you.**
- We will foster respect of each and every member of our team.
- We will create an environment where all members feel valued and know that their wishes and ideas are heard.
- We recognize that fund raising and awareness activities are an essential part of the team, however we will ensure that these functions are kept to a manageable number.

Our primary goal for Survivorship team is to have FUN while

- Building team unity.
- Recruiting and supporting new members.
- Raising awareness in the community as per our mandate.

We are looking forward to an exciting year and welcome the input of each and every one of our members!

The Board of Directors/Team Executive is the legal authority of the Survivorship Dragon Boat Team Society.

(Society Act - Schedule B is available on our website or by request)



New Member's Commitment to Survivorship

As a member of this organization:

- I recognize that I am an advocate for our vision and message and will undertake to promote the objectives of our organization whenever possible.
- I recognize that this is a volunteer organization, and I am prepared to participate and to support the team in any way that I can.
- I understand that I will not solicit monies or goods or expend any funds on behalf of the Society without prior approval of the Executive.
- I will respond appropriately, and in a timely fashion, to communications from the organization.

As a team member:

- I understand that I am a part of a team. I have responsibilities to my teammates and will contribute to a positive environment in all situations.
- I understand that the wearing of a life jacket is mandatory.
- I will notify my Captain(s) or the Executive if I am unhappy with any aspect of the team or its organization, or if I can no longer paddle for whatever reason.
- When traveling with the team, I shall be particularly aware of my responsibilities as a member of the organization and will work actively to promote our message in whatever way I can.

Team Members:

- I understand that fitness is a lifetime commitment. To prepare for the paddling season, I will do a minimum of 3 workouts per week.
- I will commit to attending 2 to 3 of the practices on the water per week, 1 per week for recreational paddlers. I will notify my Captain(s) when I cannot attend by updating Team Snap.
- I understand I am entitled to the use of a full uniform, paddle, and life jacket.

Medical Considerations:

- I acknowledge that I am responsible for my own health and that the medical support personnel for my paddling experience are acting in an advisory role only.
- I have informed my doctor of the demands of this sport and have obtained consent from my doctor to participate in a dragon boat team.
- I will notify my boat coach and personal doctor if I experience any unusual medical problems.
- I will laminate and carry a copy of medical information and health card number in my life jacket pocket at all times.
- I agree to the sharing of my personal contact information including phone number and email account with all team members.

NAME (please print)

SIGNATURE: _____ **DATE (M/D/Y)** ____/____/202____

Becoming a Dragon Boater

Regular exercise has a beneficial effect on your health. In fact, it represents one of the most significant health factors that you can modify and control and one of the few that has been shown to have a direct effect on your chances of a re occurrence. Regular physical activity in women reduces overall mortality and the incidence of coronary heart disease, diabetes, stroke, osteoporosis, obesity, disability and lessens the impact of chronic problems such as arthritis and cognitive decline. The debates concerning whether to exercise is over, the only decisions are which exercise to do and how to get involved.

This manual is written to help paddlers prepare for Dragon Boat racing. It recognizes the unique characteristics of the team and provides specific instructions on how to prepare for this activity. Dragon boat paddling is a physically demanding activity that combines upper body and trunk exercises with the aesthetics of movement in a traditional boat. It is demanding and exhilarating work, but mostly it is FUN!!! The experience requires teamwork above all else (TIMING, TIMING, TIMING) and this leads to a floating support group.

Although this manual is written for paddlers, the training principles herein are easily adaptable for almost any sport. One of the goals of participation in Dragon Boating paddling is to instill the desire to make exercise a habitual and lifelong activity. It's wonderful to be STRONG!!!



Harrison Hot Springs Festival 2019

Training Guide

Objective

The objective to competing is to have fun and to demonstrate that people can participate fully in life after breast cancer. If you are present at a competition you are already a winner. Outcome does not matter.

Medical concerns

There are valid contraindications to strenuous exercise after breast cancer treatment, you should allow yourself time to heal, both physically and mentally before starting this program. The decision to participate must be a joint one between you and your doctor.

Hydration

The physical demands of participating in any sport increase the fluid requirements. It is necessary to consume adequate fluids prior to and during a workout. Have a water bottle in the boat during practice and drink frequently to maintain hydration. Water is fine for all of our hydration needs. If you prefer to use a commercial sports drink choose one with the LEAST amount of sugar, salt, mineral and vitamins (it will be absorbed faster) and avoid drinks that contain caffeine.

Training Principles

WHEN CAN I BEGIN?

It is necessary to recover both physically and mentally from the treatment phase of breast cancer. We recommend a minimum of three months of recovery after completion of therapy before beginning this program.

The Physical Training Program consists of a dry-land phase and a paddling phase; the purpose of the first phase being the preparation for the second. Ideally, the dry-land training should begin at least six weeks prior to getting on the water. It should be continued, albeit in a modified form, during the paddling season.

There are four objectives of the training program.

1. A Commitment to Exercise
2. Improved Flexibility
3. Improved Strength
4. Improved Aerobic Fitness

1. Commitment to Exercise: Involvement with this training program throughout the entire year will encourage the adoption of exercise into your lifestyle. ***This is very important to you;*** there are measurable benefits to improved levels of fitness and these include an improved immune system and maintenance of body weight.

2. Flexibility: To maintain or increase flexibility, stretching exercises are recommended and diagrams of suggested exercises are presented below for you to use in your workouts. Choose at least one stretch for each major body part.

3. Strength: It is important to increase upper body strength and endurance in preparation for the paddling phase of training. Weight training is advised begin with very light weights first.

Frequency = 3 workouts per week.

4. Aerobic Fitness: Cardio respiratory fitness is improved significantly by paddling but it is to your advantage to include aerobic training in your fitness program. Once again, you want to choose an activity that uses as much muscle mass as possible. Walk/jog, cycle, swim, cross country skiing, aerobic classes and Stairmaster are examples of suitable activities. Your aerobic program should start with a 10 minute warm up, followed by stretching exercises. You should be continuously active for 30-45 minutes in each session keeping your intensity in the comfort zone, i.e.: you should be able to carry on a conversation with a training partner. Follow each session with a 5-10 minute cool down and stretch. Remember that your warm up and cool down are in addition to your aerobic activity.

Frequency = 3 workouts per week

To get FIT think F.I.T.

Frequency- the number of workouts per week

Intensity-amount of weight used, (resistance)

Time – number of repetitions.

Form is very important. Make sure you stand up tall and that arms are not flailing about. Slow and methodical repetitions are the fastest way to build strength without injury. If you are not familiar with exercise principles, ask a fitness consultant at a gym. For example, Jim Clarke, B.P.E., is a Trainer at World Gym who has a program for paddling conditioning and has been a sponsor of ours since the inception of the team.

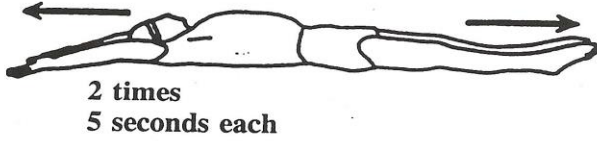
Try working out with a team mate. It's more fun and helps with compliance.

For a complete work-out manual for breast cancer survivors see

www.abreastinaboat.com/Downloads/TrainingManual.pdf

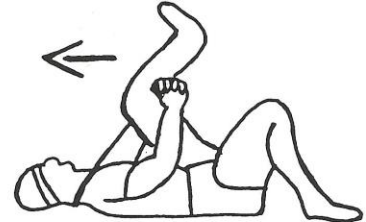
Stretches

① ABDOMINAL STRETCH



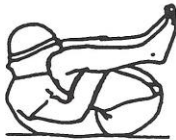
2 times
5 seconds each

② HAMSTRING STRETCH



10 seconds each leg

③ LOW BACK STRETCH



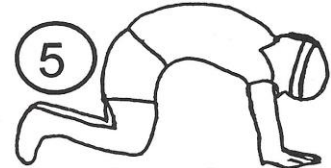
25 seconds

④ QUADRICEP STRETCH



10 seconds each leg

⑤ LOW BACK STRETCH



10 seconds

⑥ GLUTEUS BACK STRETCH

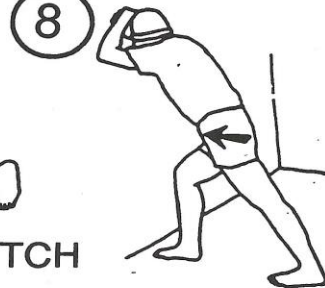


20 seconds



HIP FLEXOR STRETCH
20 seconds each leg

⑧ CALF STRETCH



30 seconds each leg



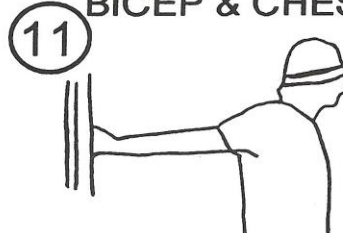
10 seconds each a
SHOULDER STRETCH

⑩ LOW BACK FLEXIBILITY



10 seconds each side

⑪ BICEP & CHEST STRETCH



TRICEP STRETCH

LET'S GET STARTED PADDLING

Learn the Dragon boat terms

"Paddles Up" - Raise your paddle up above the water and wait for the next command. Commonly used for starting the movement of the boat.

"GO" or "take it away" - Commands to start paddling. Look as far up the boat as you can see on the opposite side for timing.

"Let it run" - Stop paddling and take your paddle out of the water and allow the boat to coast to a stop on its own.

"Back Paddle" - Paddle backwards and always look forward to watch the timing of the paddle in front of you.

"Hold the Boat" - Bringing the boat to a full stop by digging your paddle into the water. Most commonly the whole crew would dig their paddles into the water until the boat stops. Keep holding till the steersperson or caller gives you another command.

"Brace the boat"-paddles flat on the water makes the boat more stable for seat changes

"Draw"-Reach out with the paddle and pull water underneath the boat

Equipment

Equipment Supplied by Survivorship:

When you officially join the team, the following equipment will be supplied by Survivorship:

- Paddle, PFD, paddle saddle/cushion for use during the paddling season. Equipment is to be returned at the end of each year.
- Team Jersey
- Team members also receive the following items when they are available: paddle pants, paddle shorts, event shirts (both pink short-sleeve and white long-sleeve), vest and jacket.

Suggested Equipment you would need to supply:

Waterproof Shoes

This is an essential item for safety and I would recommend this to be a crucial item for the shopping list. The most important aspect when choosing a pair is to look for shoes that provide cover over your foot, particularly your toes. (Nothing can be worse than having a dragon boat or paddle which has accidentally dropped on your foot and trust me I've seen it happen all too often!) Consider buying shoes that are *waterproof* with good tread and a sturdy sole. Steer clear of wearing sneakers as they become heavy when water gets in.

Wax or gloves

So why do you need these? Most the time you will be holding onto a paddle that is going to be wet 99% of the time when you are paddling. Therefore, making sure that your paddle doesn't slip out of your hands or get washed away into the water you will want to invest into getting some wax or gloves. The team also has tape to put on your paddle. It helps with the grip.

Hat / Cap and sunscreen

The last items I am recommending are for protection from the sun. As Dragon boating is an outdoor sport, you will be exposed to harmful UV rays and especially in the water, UV rays reflect much greater than being on land. This means that you can get burnt much quicker while paddling. So please consider buying a cap and a 30+ protection sunscreen. Before going out onto a Dragon boat please apply sunscreen protection to minimize risks of skin burning which leads to skin cancer.



SURVIVORSHIP GUIDELINES

Guidelines for Coach

- ONLY person to coach team members on technique unless (s)he enlists help.
- Responsible for team safety in the boat
- Liase with team captains on all matters relating to paddling, festivals, practices

Guidelines for Captain(s)

- Be present and participate in as many activities as possible
- Maintain Team Snap
- Assist with lining up the team prior to loading the boat
- Ensure the boats are loaded and unloaded in a safe manner
- Encourage Team Members
- Refer any paddling issues to coach
- Liaise with team manager and coach
- Be available at festivals for any issues or meetings requiring the captain's presence
- Make sure new paddlers feel welcomed and have the proper equipment
- Ensure new paddlers have a mentor

Guidelines For Steersperson

- Encouraged to attend steering clinic
- Encourage anyone who is interested in learning
- Work together with the drummer – echo calls
- Ensure paddlers at the back of the boat feel included with those at the front
- Steersperson is the first person to get in the boat –check the steering arm is secure in its bracket, that all water has been bailed and that everyone is seated before leaving the dock
- You need to remain standing while you are steering
- Keep to the right when moving out of or into a practice area
- Be aware of what is happening on the water – you are the eyes and ears of the crew – safety is paramount
- Be aware of changing weather patterns and be prepared to return to dock if water gets rough – safety at all times
- Always check over your shoulder to ensure course is clear before making a turn

Note; For further information please refer to the Alcan Dragon boat festival Steering Accreditation Booklet or www.pentictondragonboat.com

Guidelines for Drummer

- Pulse or drumbeat of the team
- Assists steerperson/coach communicate with the crew by relaying commands
- Experienced, confident and knowledgeable to elicit team trust, response, and focus
- Know racing regulations and understand technique

Guidelines for Survivorship Mentor

- Be a buddy, not a coach, invite to coffee
- Give tips on what to wear
- Introduce new members around
- Fill them in on festivals
- Ensure they know about accommodations and getting room-mates
- Ensure they have travel plans to festivals
- Ensure they are getting all team info
- Once they have paid their fees, ensure they have received all their equipment and have filled in a waiver, registration form and have a team handbook.

Seating and Festival Criteria Guidelines

Definition of Competitive Paddler

- Takes an active role in fitness and development as a paddler committing to an average of 3 fitness sessions per week year-round.
- Attends an average of 2 out of 3 team practices per week.
- In the event that there are too many paddlers arriving for a practice the Coach, Captain and Co-Captain will decide on whom and if any paddlers will be released from practice.
- Abides by all decisions of Coach, Captain, Co-Captain and Festival Manager.
- Is entitled to full team benefits, uniforms etc.

Definition of Recreational Paddler

- Attends up to 10 team practices for \$50.
- The fee will be reassessed if more practices are attended.
- May attend all team meetings, social functions and participate in fund raising activities if desired.
- Is not a voting member and is not generally eligible to participate in festivals (this may be reconsidered by executive, coach and team captains).
- Must indicate availability on Team Snap, can attend any practice if room is available (understanding Saturday practices are less strenuous).

Boat Seating During Practices

- to be decided by the coach after he checks in Team Snap to see who is attending.

Festival Selection Criteria

- Usually, 26 members can be on a Festival roster including the Steer Person and Drummer.
- Must be signed up a competitive paddler.
- To be decided by the coach along with the Team Captains and Team Manager.
- No substitution once the final Roster has been submitted
- In the event more than 26 paddlers wish to attend a festival, Team Snap Lake Practice attendance will be used to decide the 26 paddlers who will be on the roster.
- In the case of a tie with Lake Practice attendance, then attendance at the paddle machine may be used.
- In the event we are short paddlers for a festival, a Recreational Paddler may be on the roster or a paddler from another team if they meet the paddling criteria.

Boat Seating during a Festival

- to be decided by the coach.
- If there are more than 20 paddlers, the coach will devise a seating plan for each race. Some paddlers will be sitting out a race.
- Paddlers will not be asked to sit out more than 1 race in a Festival.
- If a paddler has concerns about the seating plan, they should discuss their concerns with the Team Manager and Captains.
- Seating Plan will be posted in the Team Tent at the beginning of a Festival.

Team Snap

We use a computer program called Team Snap to track attendance at practices. Once you have said you would like to join us for some practices, the Team Captain will set you up on Team Snap. We will need your name, e-mail address, phone number and a Head Shot picture if possible.

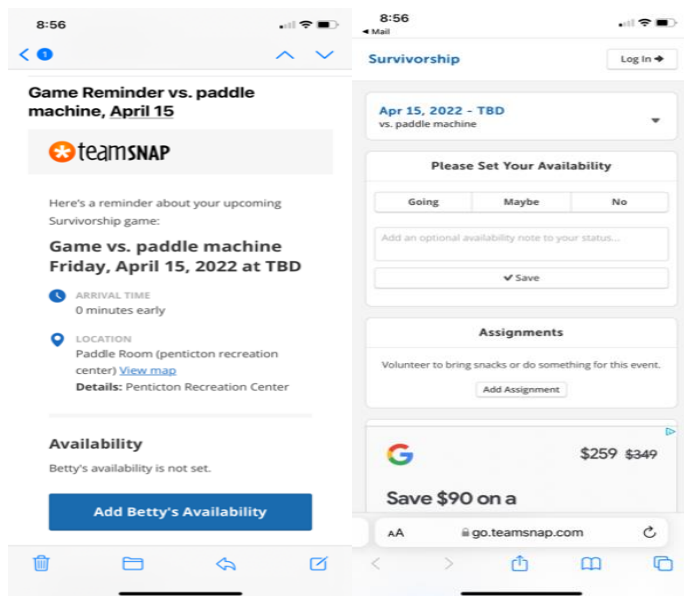
This program is used:

- by the coach to make a boat seating plan prior to practice.
- by the Team to plan for Festivals.

Once the Team Captain has set you up on Team Snap, you will receive an e-mail inviting you to join Team Snap. You will log on to the site and set up a password. Once that is done you can log-into the site and look around. There are three ways to indicate your attendance.

1. Two days prior to a practice you will receive an e-mail.

Click on **Add name Availability**. You can choose either **Going** to practice or **No**. Please don't use **Maybe**. Be sure to **save** at the end. This is the easiest way. You can change it later if something changes. See pictures below.



2. Go on the web site and choose the Availability Tab across the top of the screen. Click on the box under the date beside your name and indicate your availability. You don't have to save it.

3. Download the Team Snap App.

On Monday and Wednesday, please indicate your availability by 11:00 the morning of the practice so the coach has time to complete the seating plan prior to the practice. We realize emergencies can happen and you will have to change your plan. If this happens, please try to contact your Team Captain. Please contact your Mentor or Team Captain if you are having difficulty with Team Snap.

Survivorship Spending Guidelines

As a rule, no member of Survivorship is entitled to spend or commit Survivorship to a financial commitment without authorization by the Executive.

The majority of Survivorship activity is administered through operating committees. All committees have budgets which have been approved by the executive and the committees are empowered to expend monies within the guidelines of their budget.

Adhoc Expenditures

From time to time, there is a need to purchase or acquire something for team operations that do not fall within an operating committee. In these situations, the person(s) responsible are asked to research alternatives and prepare a brief outline of what is needed, including a minimum of two quotes and present this information to the executive for approval. If the expenditure is over \$200.00, after executive approval it will be brought forward at a team meeting where one quote will be approved by a majority vote. The deciding factor after discussion will be both suitability and price.

If a purchase is made without the appropriate approvals the individual making the purchase is responsible for the cost associated with the purchase.

Despite these restrictions the executive may make the decisions at a specially called team meeting but only if the item is required for a repair or replacement that is immediately required to ensure safety or to prevent significant loss or damage.

Normal rules of procedure to apply to this process and should be duly recorded in the minutes of Survivorship.

Mary's Necklace

Mary Auld was a founding member of Survivorship in 2000. She was our steersperson from the beginning and up until her third bout with cancer that took her from us in February 2006. She could read the waters, the currents, steer straight as an arrow, read the start and finish lines, and steered us to many a victory. We never gave our safety, placement at races or at practice a second thought when she had that oar in hand.

At a breast cancer Friday night party in Kelowna Mary won a gold pendant necklace that was made by the daughter of one of the Bustin' Loose team members (Kelowna breast cancer team). She treasured it and when she passed her family had a case engraved for it with the inscription "Survivorship Most Inspired Memory of Mary Auld" and asked that we keep the necklace with the team and pass it on a yearly basis to someone who emulated what Mary was all about. She was one of those very special people, unassuming, kind, generous, always there to help, a team player, an all-round wonderful lady.

Each year at the AGM we ask the team to nominate a person they think deserving of the honour of having and wearing Mary's Necklace, a very special honour. The necklace is presented to that person at the team Christmas party.



Survivorship Dragon Boat Team Society Conflict Resolution

- **It is the intent of the Society to encourage and facilitate informal resolution to member complaints, disagreements and conflicts.**
- There are two ways of resolving differences:
 - Informal discussion between membership
 - Formal record of conflict.

Informal discussion

- One or other of the parties initiates private discussion about the situation.
- Suggestions for success:
 - Calmly state your view of the situation
 - Give the other party the opportunity to state their view of the situation.
 - Both parties be prepared to listen to the other.
 - List the areas of agreement before discussing areas of disagreement.
 - **If a neutral third party can be persuaded to act as a mediator both parties can state their case and listen to the third party's feedback.**

Formal Record

- In the event that informal discussion cannot resolve the disagreement, both parties separately describe the situation in writing and submit these to the President.
- The President brings it forward to the Executive.
- The Executive deliberates and chooses one of the following options:
 - Calling both parties to an Executive meeting to present their views of the situation.
Requesting both parties to absent themselves from the meeting. Discussing and delivering their decisions immediately.
 - Revoking the membership of either or both parties.
- **There is no other recourse available in the Survivorship Dragon Boat Team Society**

History of Dragon boating

The use of dragon boats for racing and dragons are believed by scholars, sinologists and anthropologists - for example George Worcester, authoritative author of 'Junks and Sampans of the Yangtze River' - to have originated in southern central China more than 2,500 years ago, along the banks of such iconic rivers as the **Chang Jiang**, also known as [Yangtze](#) (that is, during the same era when the games of [ancient Greece](#) were being established at [Olympia](#)). Dragon boat racing as the basis for annual water rituals and festival celebrations, and for the traditional veneration of the Asian dragon water deity, has been practiced continuously since this period. The celebration is an important part of ancient agricultural Chinese society, celebrating the summer rice planting. Dragon boat racing activity historically was situated in the Chinese sub-continent's southern-central "rice bowl": where there were rice paddies, so were there dragon boats.

There are long paddled boats depicted on ancient [Dong Son drums](#) from the southern China (Yunnan Province) and Anam / Viet Nam region. Comparable watercraft are shown in bas relief carvings at the [Angkor Wat](#) a world heritage site in Cambodia.

Contemporary folk tradition commonly attributes dragon boating racings origins to the saving of a drowning folk hero in the 4th century BCE, Qu Yuan (formerly spelt Ch'u Yuan). But dragon boats are raced in some parts of China where this legendary figure is not venerated and revered, and the competitions predate the Qu Yuan legend itself, a tale introduced only in the Han Dynasty (200 CE) by Confucian scholars, such as [Sima Qian](#)'s, author of 'Record of the Grand Historian'. Qu Yuan and his 'resurrection' following his ritualistic, suicidal drowning in the Miluo River in present-day Hunan province to protest political corruption can be regarded on a sociological and anthropological level as a kind of fertility god for ensuring a good rice crop harvest, giving rise to annual re-enactments of his watery protest by the agrarian societies living in the rice-reaping regions of ancient China. Rice seedlings are seemingly annually 'drowned' underwater in the rice paddies, and this is annually symbolized by Qu Yuan's watery demise during the Duan Wu Jie.

Qu Yuan

The other main legend concerns the poignant saga of a Chinese court official named Qu Yuan, also phoneticised Ch'u Yuen. It is said that he lived in the pre-imperial [Warring States](#) period (475-221 BC). During this time the area today known as central China was divided into seven main states or kingdoms battling among themselves for supremacy with unprecedented heights of [military intrigue](#). This was at the conclusion of the [Zhou \(Chou\) Dynasty](#), which is regarded as China's classical age during which [Confucius](#) (Kongfuzi) lived. Also, the author [Sun Tzu](#) is said to have written his famous classic on military strategy [The Art of War](#) during this era.

Qu Yuan is popularly regarded as a [minister](#) in one of the Warring State governments, the southern [state of Chu](#) (present day Hunan and Hubei provinces), a champion of political loyalty and integrity, and eager to maintain the Chu state's autonomy and hegemony. Formerly, it was believed that the [Chu monarch](#) fell under the influence of other corrupt, jealous ministers who slandered Qu Yuan as 'a sting in flesh', and therefore the fooled king banished Qu, his most loyal counselor

In Qu's [exile](#), so goes the legend, he supposedly produced some of the greatest early [poetry](#) in [Chinese literature](#) expressing his fervent love for his state and his deepest concern for its future. The collection of odes are known as the *Chuci* or "Songs of the South (Chu)". His most well known verses are the rhapsodic *Li Sao* or "Lament" and the fantastic *Tien Wen* or "Heavenly Questions".

In the year 278 B.C., upon learning of the upcoming devastation of his state from invasion by a neighbouring Warring State (Qin in particular), Qu is said to have waded into the [Miluo river](#) which drains into Dongting Hu (lake) in today's [Hunan](#) Province—near the provincial capital city of Changsha and south of the city of Yueyang on Dongting Hu, site of the first IDBF World Dragon Boat Championship in 1996—holding a great rock in order to commit ritual suicide as a form of protest against the corruption of the era. The Qin or Chin kingdom eventually conquered all of the other states including Chu and unified them into the first Chinese empire. The word China derives from this first dynasty of empire, the [Qin \(or Chin\) Dynasty](#), under imperialist unifier [Qin Shi Huang](#).

The common people, upon learning of his suicide, rushed out on the water in their fishing boats to the middle of the river and tried desperately to save Qu Yuan. They beat drums and splashed the water with their paddles in order to keep the fish and evil spirits from his body. Later on, they scattered rice into the water to prevent him from suffering hunger. Another belief is that the people scattered rice to feed the fish, in order to prevent the fishes from devouring the poet's body.

However, late one night, the spirit of Qu Yuan appeared before his friends (that is, he resurrected from the dead) and told them that the rice meant for him was being intercepted by a huge river dragon. He asked his friends to wrap their rice into three-cornered silk packages to ward off the dragon. This has been a traditional food ever since known as [zongzi](#) or sticky rice wrapped in leaves, although they are wrapped in leaves instead of [silk](#). In commemoration of Qu Yuan it is said, people hold dragon boat races annually on the day of his death.



Today, dragon boat festivals continue to be celebrated around the world with dragon boat racing, although such events are still culturally associated with the traditional Chinese Duen Ng Festival in Hong Kong (Cantonese Chinese dialect) or DuanWu festival in south central mainland China (mandarin Chinese dialect)

Abreast in a Boat

Dr. Don McKenzie, a sports medicine physician at the University of British Columbia, launched Abreast In A Boat in 1996 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. As we followed his program, we were carefully monitored by a sports medicine physician, a physiotherapist and a nurse. Dr McKenzie's theory was proven correct. No new cases of lymphedema occurred and none of the existing cases became worse.

From a medical study involving one boat of 25 women in 1996, the organization has now grown to include five boats based in Vancouver and has inspired many other teams to form. Read articles about the medical history of Abreast In A Boat in the Canadian Medical Association Journal: August 1998

[October 1996](#)



The original Abreast in a Boat
team

www.abreastinaboat.com

SURVIVORSHIP DRAGON BOAT TEAM Annual Event Calendar

January	Monthly General Meeting		First Friday of the month Beer & Burger fundraiser at Lakeside Resort
February	Monthly General Meeting		First Friday of the month Beer & Burger fundraiser at Lakeside Resort
March	Monthly General Meeting		
April	paddling begins on Skaha Lake weather permitting		
May	Mon, Wed, Sat practices		
June	Penticton Sprint Festival Second Saturday in June		
July	one out of town festival		
August	one out of town festival	Peach Fest Parade	
September	Penticton Dragonboat Festival second weekend in September Survivorship runs the Beer Garden	Friday Night Party for visiting Breast Cancer Teams	Paddling season ends
October	decorate the Lakeside lobby for breast cancer awareness month	CIBC Run for the Cure	Moonlight paddle, clean boat and put in compound at end of season
November	last General Meeting	Yearly AGM and Executive Nominations	First Friday of the month Beer & Burger fundraiser at Lakeside Resort
December	Annual Team Christmas Party Mary's Necklace Award		First Friday of the month Beer & Burger fundraiser at Lakeside Resort

- Year round we volunteer during events at the Okanagan Event Centre on the suite level for a stipend. We take tickets, wrist band attendees and assist patrons to their suite. The coordinator sends out requests for help when an event is happening. Watch for e-mails.
- Seasonal Social Events are set out at the beginning of the paddling season. Some examples are: bowling, potluck, pool party, hockey games.
- We participate in the community by providing the Oncology Dept of PRH with lozenges and docettes.

NEW MEMBER QUICK REFERENCE

Team Information:

- *First and foremost, we are here to help keep you strong and healthy.
- *We have a website **www.survivorshipteam.ca** and you can also like us on **Facebook Survivorship Dragon Boat Team**.
- *We have two dragon boats, Survivorship and Survivorship Too, for practices, housed in the boathouse on the NE end of Skaha Lake in Penticton.
- *There are many volunteer committees you can be included in if interested, curious, or have a special talent. **Committees** include: Festival carnation ceremony, Friday night party, Beer garden, Member/mentorship, Parade, Fund raising / sponsorship SOEC concerts, Social, Uniforms, Website, Sunshine girl, Run for the cure, 50/50.
- *Get to know the sport and techniques by attending Try Dragon Boat sessions and/or booking an appointment with coach Don to use the Paddle machine room (seasonal fee) at the Penticton Rec Complex.
- * When you join our team, we keep track of practices and attendance by utilizing the **Team Snap** App. This information is used to determine participation & seat placement at festivals. To participate in festivals, please contact Team Manager or talk to your team captains. The Sprints and local festivals are great introductions to competitive paddling.
- *We have been blessed with a primary sponsor in David Prystay of the **Penticton Lakeside Resort**.
- *Your **mentor** will get to know you and greet you at each practice. They will:
 - * Introduce you to team members & Coach Don; you will not necessarily sit in the boat with your mentor.
 - *Make sure you are receiving emails and team info.
 - *Check in with you to answer your questions.
 - *Ensure you have signed a waiver, registration forms and received the Team Handbook.
 - *Fill you in on events and festivals.
 - *Show you how to navigate Team Snap!
- *Once you have joined the team and paid your fee, your mentor will ensure you have a paddle, life jacket, paddle seat, race shirt and uniform when needed.

Your Mentor is _____

Contact them by phone: _____

Email: _____



Top: Gill, Heather, Coach Don, Liz, Penny, Lynne, Donna W, Lois (mngn), Minnette, Maureen W, Betty, Rosemary, Donna R
 Middle: Maureen L, Dorthe, Margie, Cathi J, Dolores, Carol-Ann, Barb D, Cathie L, Shirley
 Front: Sharen D, Claire, Myrna, Barb L, Deb, Bev, Pati, Jennifer. Missing: Ann, Sandie, Linda, Sharon Ha. & Sharon Hi.

Current Survivorship Executive Positions

President: _____

Vice President: _____

Treasurer: _____

Secretary: _____

Internal Communications Director: _____

External Communications Director: _____

Director at Large: _____

Captains: _____

_____**NOTES**_____