

the guide

MORETON BAY REGION



Pink Snapdragons

If staying active is an important part of your recovery yet you still want to meet other women who've experienced breast cancer then The Pink Snapdragons could be the support you need



One of the two Dragons Abreast groups in the Moreton Bay region is The Pink Snapdragons Breast Cancer Survivor team. It was founded by Jayne Coe in May 2005, who joined the Redcliffe Dragon Boat Club after reading a magazine article about Dragons Abreast Australia whilst undergoing chemotherapy sessions. Seeing an opportunity to create a new Survivor team she set up the Pink Snapdragons to provide support, friendship, compassion and inspiration to other survivors and supporters (Bosom Buddies).

One of the main objectives of the Pink Snapdragons is to seek to promote and encourage breast cancer awareness and education and show people that in spite of their illness and the limitations resulting from the breast cancer treatment, they can regain a full and dynamic life.

AIMS

The aims of the Pink Snapdragons are to:

- Encourage a full and active life.
- Participate in regattas.
- Increase awareness and educate people.
- Promote wellness, fitness, fun and friendship.
- Maintain links with other breast cancer dragon boat teams internationally.

- Promote early detection.
- Encourage and support the search for a cure.

MEETINGS

In addition to their General Meetings a number of social and fundraising events are organised including, most notably, the Bunnings BBQ Fundraising 2010 and the DAA Qld Inaugural Regatta - Kawana 28 Nov 2009.

The Pink Snapdragons meet twice a week, Saturday and Monday, at Talobilla Park, Klingner Road, Redcliffe for training in the Newport Waterways' canals. Visit the Pink Snapdragons website for further information on the training whereupon you can find out what to expect and more importantly what to wear. And not forgetting the ultimate Pink Dragon recommendation "don't forget to bring your sense of humour!"



CONTACTS

For more information about
Dragons Abreast Redcliffe Pink
Snapdragons contact:

New Members Co-ordinator: Donna - 0416 170 128

Or email: secretary@pinksnapdragons.com

Or visit the website: www.pinksnapdragons.com



Advertorial

There is life after breast cancer



My name is Wendy Stokes and I am a breast cancer survivor. I am 51 years old and I was diagnosed with breast cancer in August 2005. With a family history of breast cancer - my mother

and her twin sister had breast cancer 10 years ago - yearly checkups were the go. It was not the case of if I get it but when I get it.

With 10 years to think about it when it happened there was no thought involved. My choice was chop it off and live. The people at Breastscreen Queensland Chermside were absolutely wonderful. They did all the testing there for me and were able to recommend a great breast surgeon. The diagnosis was given on the Wednesday and the breast removal was done on the Monday.

Four weeks after the operation I started chemotherapy. That was the absolute pits. The thought of having that poison going through my body was terrible. There were lots of tears. My husband was the best support and put up with the tears and tantrums. I was one of the lucky ones and only had to have four doses of chemotherapy.

Three months after chemotherapy I was able to start back exercising. I was not sure what I wanted to do. Cancer Council Queensland had the local breast cancer support person give me a call. This wonderful lady was Rosemary White

who is a 15 year survivor. She suggested talking to the local breast cancer group of dragon boat paddlers.

The Redcliffe Pink Snap Dragons are a group of ladies who do dragon boating. They are part of Dragons Abreast Australia which started in the Northern Territory and has spread throughout Australia. It is a worldwide community of ladies who have had breast cancer and get together to celebrate that they are still alive.

Dragon boating is good for people who have had breast cancer in that it assists the draining of the remaining lymph nodes under your arm when you extend your arm to paddle. For more information on the Pink Snapdragons or Bribie Island Dragons Abreast team see pages 51 and 52 of this guide.

After a while I decided that I needed more exercise than just dragon boating could give me. What I needed was to go to a gym. I saw a display at Mueller College for Fernwood at Rothwell and have not looked back.

I have been a member of Fernwood Women's Health Club at Rothwell for just over 12 months. After having breast cancer you cannot do all the same gym work as before. The ladies there were able to format a programme especially for me and to assist me along the way. There have been ups and downs but I appreciate the support that they have given me.

To be alive is great, but always remember that I think of myself as a survivor.

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