



An invitation to you to join Rowbust!

If you have been diagnosed and treated for breast cancer, you may be interested in moving on with your life, by joining our breast cancer survivor dragon boat racing team "Rowbust". **We encourage new members to join our team, as they are the lifeblood of our organization.** It is exhilarating to actually participate in a dragon boat festival. Some of our members thrive on the improved well being and improved fitness level that you will achieve as part of this team. Others enjoy the social aspects of the team and like the fact that they have contact with 40-50 other breast cancer survivors that are literally "all in the same boat" after a cancer diagnosis. We also have several members who are very active in promoting our message to the community as participants in various committees and activities such as Run for the Cure, etc.



Dragon boat racing is a team sport that consists of 20 paddlers in one boat, a stern at the back and a drummer at the front. We train on the water as members of Fanshawe Yacht Club at Fanshawe Lake during May to October (Tuesday and Thursday evenings and Saturday mornings). The Athletic Club South has sponsored our team and provides all of our paddling members with a free gym membership during our off-season. We train as a team twice a week from November to the end of April at The Athletic Club South. During our off-season, we meet on Wednesday evenings as a team to practice aerobics, cardio and lightweights. Saturday mornings, we train to perfect our paddling technique poolside and then complete the session with core-strengthening exercises. The majority of team members use the

Athletic Club membership, additional times during the week, to further improve their physical fitness level.

You are welcome to join as an associate member (not yet training, not yet paddling) for \$20 at any time during the year. We will add you to our e-mail mailing list and you will be kept abreast of all our activities. You are encouraged to join a Rowbust committee of your interest and get involved in our team. Best of all, you get to attend all of our fantastic "pot luck gatherings" and have contact with all of our members.

If you are interested in becoming a paddling member, we encourage you to contact us at dsanders@fanshawec.ca. We can make sure you get an invitation, to join us in the boat for several weeks of fall paddling for "free". We can also let you know which local festivals we will be participating in, so that you can come out to meet our team.

We accept all new paddling members starting in November, with the deadline to join at the end of January. This ensures that members get several months of land training before training on the water. To help ensure the health and well being of all of our new members, we require that all new paddling members be out of active cancer treatment for three months before working out with our team. The cost is presently \$150.00 for full paddling membership. However, Rowbust has a confidential bursary fund available for breast cancer survivors, who have met our criteria, but may be experiencing financial burden.

We encourage you to consider becoming a member of our team. The team is empowering, will give you some great contacts with others who have been through the same cancer journey as you and can encourage you to make some major changes in your life with regards to physical fitness and positive thinking.

Daphne Sanders, Registrar