



For Members only

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28th Penang International Dragon Boat Race – Teluk Bahang Dam: 8-10 June 2007

I arrived in Penang on Saturday afternoon. The rest of the team had arrived a day earlier by Air Asia. Since I was not supposed to paddle (I was a reserve paddler due to health reasons and also it was my first time with the **Pink Challengers** so it was best that I got a feel of the event first).

The **Pink Challengers** paddled in the Breast Cancer Survivors race competing with other teams from Dubai, Queensland and Penang. We were placed third, with Queensland team being the first and Dubai team in the second place. We shouted jubilantly because the team had won the race and had done it in high spirits.

There was another race for survivors, in which teams combined their members to make up a boat of paddlers. I was chosen to join the Queensland team together with two paddlers from the Pink Challenger and Penang Pink Victory. I was excited yet worried. The Queensland Dragons' Abreast team was a strong team. I had been praying hard that I would be able to paddle with them, although of course I did not want to be the one spoiling the team's chance to win. To race 500 metres in the water would not be an easy task for a first-timer like myself.

They taught us in the shortest time, how to be ready, give our attention and focus and to paddle. They taught us how to paddle with our heart beats and to always use the deep breathing technique while paddling. Imagine, that was the shortest lesson I ever had about paddling. Yet it was fact and knowledge-laden.

My heartbeat raced faster than normal as the whistle was blown to indicate the race was on. I paddled hard



and looking at all of them, my spirits went high up. I shouted 'arrgghhs' and 'waaarrghhs' until tears came from my eyes. I felt like all the cancer cells in my body were jumping out of my body and going into the splashing waters. I felt like the fluid in my lungs was drying out. Soon I heard we were already at the finishing line. We had left the other teams far behind. In 2 minutes 51 seconds, we championed the race.

I trembled in disbelief that we had won! That we did it! Everyone close to me, Francis, Glenda, Lorraine, hugged me and kissed me on the cheek. We gave a loud jubilant shout. It was a feeling of pure victory. It was like beating the odds. I couldn't believe it! But I did it! It was indeed an extraordinary feeling on that day!



22nd Sabah International Dragon Boat Race - Likas Bay: 17th June 2007

A week after the Penang race, I flew together with the rest of **Pink Challengers** team to Kota Kinabalu for another race. This time, I had a better idea of what to expect after my first experience in Penang. The trip to Kota Kinabalu was not just merely for the race. It was also to conduct some breast cancer awareness sessions and to provide support to other breast cancer survivors in Kota Kinabalu and the neighbouring areas. It would be my first experience doing such activities in East Malaysia.

We visited the Queen Elizabeth Hospital that Friday afternoon and were greeted by a few nurses. We were shown to a room for a group-sharing session. It was a session full of hope and enthusiasm where every survivor



continue on pg 4 ...

27 June –

Ms Haruko Nagayama (**Walk Around the World for Breast Cancer 2007, Ambassador of Hope from Japan**) together with her companion, Ms Motoe Yamaguchi visited BCWA office and had fellowship with our members.



Haruko & Motoe



Haruko receiving souvenirs from Vice President, Kanaheswari



28 June –

“Saving Lives Thru Early Detection” – Charity Hi-tea at Shangri-La Hotel, organized by BCWA and Avon Malaysia.

“Proceeds from the charity hi-tea will be used by BCWA to conduct hands on training workshops for women in local communities in Malaysia to enable them to practice early detection of breast cancer” – Souvenir Program book.

Guest of Honor was Datuk Ng Yen Yen. High light of the day was fun time with Chef Wan. Datuk Ng Yen Yen assisted Chef Wan in baking a cake which was later auctioned to the guests.



Total sum raised from the Charity Hi-tea was RM127,212.25

Ms Haruko Nagayama (Ambassador of Hope from Japan) handed over the Walk Around the World for Breast Cancer Pink Ribbon to our member Tammy Tam, who will be take the pink ribbon to Sendai, Japan from 11-13 October 2007.



Datuk Ng Yen Yen helping Chef Wan prepare the ingredients for the cake.



Haruko handing over the pink ribbon to Tammy

BCWA volunteers were busy with breast cancer awareness campaign, conducting workshops and giving talks on breast self examination in various locations:



◀ **11 May –**
In conjunction with Mother's Day at Jaeger-LeCoultre Boutique, Starhill



13 May –▶
Hari Ibu organized by LPPKN at KL Convention Centre



◀ **20 May –**
For women from Pertubuhan Kebajikan Sosio Ekonomi Masyarakat India at Wisma SCA, Sg Besi KL



25 May –▶
Panasonic Staff at Shah Alam



◀ **27-29 July –**
At Midvalley in conjunction with Body Perfect's promotional package. Part of the proceeds of the promotion goes to BCWA.



19 Aug –▶
“Saving Lives Thru Early Detection” BSE workshop at Kampong Bukit Kuching, Jeram, Kuala Selangor for 39 women from 7 kampongs

NOTE:

If you are interested in volunteering in Breast Cancer Awareness and Public Education Activities and teaching Breast Self Examination, please contact
Marion @ BCWA office — Tel: 03-79540133 (Mon-Friday)



Social Activity:

7 July — Visit to Rimba Ilmu Botanic Garden, Institute of Biological Sciences, University Malaya. 13 members attended

Mr Sugu took them on a guided tour with informative explanation along the way.

Mr Sugu explaining about the plants

INTERNATIONAL CONFERENCE ON SURVIVORSHIP AND SUPPORTIVE CARE IN CANCER

– 10 to 12 August 2007, at Crowne Plaza Mutiara Kuala Lumpur organized by BCWA. International speakers were from India, Australia, Austria, Ireland, New Zealand and Singapore. 339 participants attended the conference.



Some of the conference speakers



Delegates taking part in a workshop on "Peer support for the patient".

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shared and exchanged stories and experiences of their battle with breast cancer. I personally made connection with a few survivors from Sabah. I believe our coming had boosted their spirit to continue leading an active life in spite of fighting the cancer.

The next day we boarded the bus to the Sutera Harbour Marina for our training. Other teams were there for a similar purpose too. It was my first experience paddling in the open sea. I underestimated the power of the water and failed to maintain my stamina during the paddling. The splashing waves washed away one of my contact lenses and my hearing aid was getting a disturbance because it was wet. I couldn't focus on my paddling. The sea was rough and it was tough for me. By the end of the training session, I was feeling slightly giddy and had mild seasickness.

Then we visited the Sabah Family Planning for another group sharing session in the afternoon. Some of the Sabahans who were at the Queen Elizabeth's session came again too. This time we had a bigger group and we shared a vision of forming another Dragon Boat team for survivors in Sabah. Puan Hajah Dayang Ruhani Ibrahim, the chairperson of the Sabah Family Planning Centre was very enthusiastic about the idea.

After the session, we rushed to the Tanjung Aru Country Club for the Opening Ceremony of the 22nd Sabah International Dragon Boat Race. The session was officiated by Datuk Seri Tengku Zainal Abidin, Chairman of the Sabah Tourism Board. The teams were entertained by traditional dances and traditional musical instruments. Some of our team members were hand-picked to participate in the 'Bamboo Dance', Sumazau Dance, and in using the blowing pipe. While enjoying the entertainment, we were served with light refreshments. We left the session to get enough rest for the next day and the big race.

The next morning was the big race and we were full of high spirits. We distributed some pamphlets about BCWA and BSE to some spectators. I was not selected to paddle in the team so I became part of the cheering squad and we shouted our lungs out whenever we saw the Pink Challengers Team in the race. The Pink Challenger's participation in the race attracted a lot of attention as we were special because we are all breast cancer survivors; everyone seeing us on that day was amazed with our spirit. Also we stood out in our bright pink outfits! Even though we did not win the race, we gained a lot of experience paddling in the open sea. Again, being in Likas Bay on that day brought a wonderful feeling to me as a dragon boat paddler. I wish to thank the Pink Challenger's team for giving me the opportunity to experience both races.

... By Dalilah Tamrin

October 2007 – Breast Cancer Awareness Month

There will be breast health awareness campaign at the following shopping malls:

01-05 Oct (Mon – Fri) –
KLCC

12 – 15 Oct (Fri – Mon) –
One Utama 1st floor in front of Watson

18-21 Oct (Thurs – Sun) –
Mid Valley Mega Mall

25 – 27 Oct (Thurs – Sat) -
SOGO