



Pink Bits & Tit Bits Quarterly Newsletter

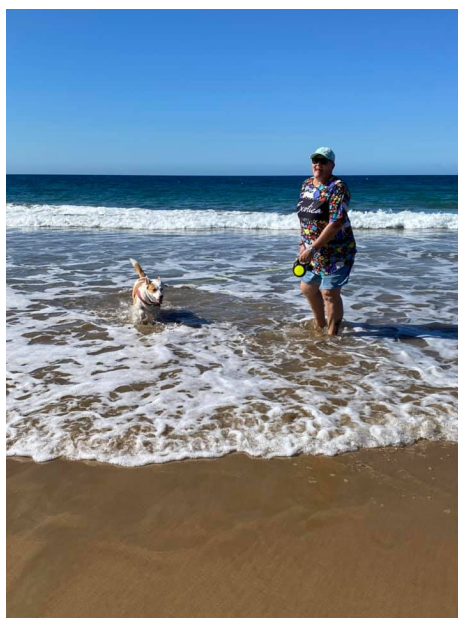
July Edition 2020

A note from the President

As many of you know, Helen and I have sold our home and are now living in the coastal paradise of Bargara (Bundaberg). Unfortunately, we didn't get to see everyone before we left, because of the continuing restrictions in place due to Covid-19. Our move means that my time as President is up and Helen will no longer be a Committee member, although we will continue to be members with a view to joining you all in NZ in 2022. Preparations are commencing to send a team to the IBCPC in NZ in 2022. It should be noted that many of our successes in 2019 focused on activities that were outside of paddling. It is important we remember that what our Club is about is dragon boating for breast cancer survivors and supporters. We should not lose sight of that and I strongly encourage people to return to paddling as soon as we are able and really focus on building our fitness ahead of the IBCPC Festival in NZ in 2022. Finally, thank you to everyone who has given me encouragement, advice, support, and friendship. Both Helen and I are forever grateful we met you all. We've had amazing experiences, including paddling in Florence, and developed friendships to last a lifetime. Good luck for the future and hope to see you on the water sometime, or at Bargara if you're coming up that way. Yours in Pink Christine Johnston Club President Redcliffe Pink Snapdragons.



Christine and Helen's new home



Getting out on the water



Enjoying the pristine beaches.



Paddle Presentations



On the 16th June, at the last Pinks Committee meeting for the 2019/20 year at the Paddlers Den, Arthur Heales, our former Pinks coach, made special gifts for outgoing President Christine Johnston and Committee member and new member liaison officer Helen Foster and Team Manager Lyn Grigg. Presented to us by Fran Heales. Thank you so much for such thoughtful gifts.

Naming our new boat

A bit of positivity in these challenging times - our lovely new pink dragon boat was recently emblazoned with her name - 'Silver Linings'. The name was suggested by Pink Snapdragon member Ann Matthysen and voted for by club members.

The meaning of the name comes from the common expression 'every cloud has a silver lining' meaning that even the worst events or situations have some positive aspect (particularly relevant now). Getting out on the water is our way of momentarily escaping and forgetting whatever bad things have happened in our lives. From adversity we have found a supportive, like-minded group of people who work together as a team for a common goal, whilst keeping physically and mentally fit.

While we're not currently training we'll be back on the water as soon as we can.





REDCLIFFE PINK

Snapdragons

*Breast Cancer Dragon Boat Club Inc.
Redcliffe, Queensland, Australia*

So what did we do during the Covid Lockdown

Our Pink Snapdragon members have been keeping busy with gardening, catching up on reading, arts and crafts, a bit of dress ups for taking the bin out and most importantly, exercising.

While each of us are dealing with the restrictions in different ways, some better than others, we need to continue to stay safe and well and look out for each other. This too will pass, and we will be back to paddling and socialising with renewed vigor as soon as we can. No doubt with a greater appreciation of living a 'normal' life.

We are certainly missing those Snapdragon hugs. By Christine Johnston





When this is over,
May we never again take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theater
Friday night out
The taste of communion
A routine checkup
A school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends,
May we find
That we have become
More like the people
We wanted to be
We were called to be
We hoped to be
And may we stay
That way - better
For each other
Because of the worst.

Laura Kelly Fanucci



University of Queensland Breast Cancer Research By Debra Hall

The Pink Snapdragons Club adopted the Brisbane Breast Bank/UQ Cancer Research Team as our targeted charity for 2019/2020 so as to support our Club's aim to always be searching for a cure for breast cancer.

It was the generosity of the family of Rosie Bozzi, one of our Pink Snapdragon Angels, that was the catalyst for the Club's association with the University of Queensland's Breast Cancer Research team.

Mid-2018, after hosting another successful Kalbar Sausage Festival to raise funds in the memory of Rosie, Joe Bozzi and Nonna contacted the Club to ask our advice about where could they allocate the proceeds of \$13,500.00 so that it directly supported the fight against breast cancer, particularly to find a cure for this disease. By an incredible coincidence, one of our Life Members, Donna Stein, had learnt about the amazing work being done by researchers at UQ's Centre for Clinical Research and the Faculty of Medicine's Brisbane Breast Bank.

Donna made contact with one of their researchers, Dr Jodi Saunus, who was studying the clinical management of aggressive breast cancer with a focus on metastatic brain disease. Whilst mortality from breast cancer has decreased over the last few decades, unfortunately around 10% of patients still succumb to their disease within 5 years - with most of these early breast cancer deaths involving the spread of metastasis to the brain. The development of brain metastases is a very serious complication that affects more than 2000 Australian breast cancer patients each year. Unfortunately, these statistics included some of our own Pink Snapdragon Angels.

The Bozzi family and the Club members were in agreement that Dr Jodi Saunus' project should receive the total of Rosie's legacy funding and a cheque was presented by representatives of the Pink Snapdragons to the Research Team at the Brisbane Breast Bank Community Representatives Annual Showcase on 4th October 2018.

Our association with the UQ Breast Cancer Team has continued through Club member visits to the Herston Medical Research Facility; afternoon tea information sessions with researchers including Professor Sunil Lakhani, Head of Women's Cancer, Discipline of Pathology and Dr Jodi Saunus; attendance at the 2019 Annual Community Research Showcase to learn about their progress in finding better ways to treat this disease - from which one in seven women die every day in Australia.





Vale Christine Law

It is with sadness in our hearts that we announce the passing of our Pink Sister, Christine Law on Thursday 2nd July.

Christine was a much loved member of our club, a dedicated fundraiser, former club President and social butterfly always with a smile and excited to be out on the water with her Pink Sisters.

We send our heartfelt condolences to her husband Ivan and sons Matthew and Stuart. She will be greatly missed.



Christine's time with the Snapdragons

Hello everyone. I would like to thank Ivan, Matthew & Stuart for allowing us to share our memories of Christine with you.

My name is Wendy. My friends and I are from the Redcliffe Pink Snapdragons dragon boat club. We are a breast cancer dragon boat team and were very lucky to have Christine as a member these past 5 years which included her taking on the roles of vice President and President of the club.

When Christine joined in 2015, she immediately became a treasured member of our Pink Family. She was like a ray of sunshine, always laughing and smiling, and it did not matter where she was sitting in the boat you could always hear her laughing.

In 2016 we initiated Christine into competitive dragon boat racing at the annual Tin Can Bay Regatta. Honestly, the huge smile on her face when she came off the boat said it all, she was absolutely hooked. She went on to paddle in many regattas including States where she came away with some Silver bling.

In 2018 the Pink Snapdragons attended the International Breast Cancer Dragon Boat Festival in Florence Italy. 121 Teams, 18 countries and more than 4000 paddlers and supporters. It was an exhilarating experience and we are so blessed to have shared it with Christine and Ivan.

We Pinkies, love to socialise as much as we love to paddle – any excuse to be together, have some fun and of course, Pink it Up!

Christine was no exception and will be remembered for her outrageous fashion sense! Wearing Pink shimmering dragon-scale print tights, Pink tutu, Pink feather Boa, accessorised with Hot Pink Ugg Boots and Dame Edna Style Pink Glasses.

While Christine was not be able to paddle over the last 18 months, she was still very active as a social member of the club, catching up with her Pinkies whenever she could.

The Pinkies bond is born from a journey that none of us choose, but comes with the blessings of understanding, acceptance and unconditional love and support. A bond that lasts a lifetime and beyond. As Christine became a member of our family so did her family become our family. Ivan, Matthew, and Stuart we will always be here for you.

Christine's warmth, generosity and wonderful sense of fun is well and truly embedded into the DNA of the Pink Snapdragons. Not to mention those legendary hugs.

Every time we pick up a paddle, don a tutu, a feather boa, welcome a new Pink Paddler into the fold or sing our Snapdragons song, Christine's warmth and laughter will be with us.

Read by Wendy Weekes at Christine's Funeral



Best Wishes to those celebrating upcoming Birthdays.

July

Joan Sommerfeld 6th
Fran Heales 15th

August

Lisa Dunne 3rd
Barb Flynn 4th
Donna Stein 17th

September

Sam Serginson 2nd
Karin Wagner 6th
Ann Matthysen 14th
Debra Hall 18th
Christine Johnston 26th
Lyn Grigg 27th
Maureen Hyde 28th

Calendar of Events

N.B. Yellow Highlighted Events have been Cancelled Due to Covid-19

DATE	TIME	DETAILS	LOCATION
August 2020			
Saturday 1st	9.30am	Snapdragons AGM	Clubhouse, Talobilla Park
Sunday 2nd	7.30am	Bunnings BBQ	North Lakes
September 2020			
Sunday 5th		Social Paddle/Come and Try	Clubhouse, Talobilla Park
October 2020			
TBA			
November 2020			
Saturday 28 th	TBA	Plant Sale Fundraiser	Ashmole Road, Newport
December 2020			