

nosis of breast cancer. From its beginnings with the Vancouver Abreast In A Boat team, to the present participation of over 1000 paddlers living with breast cancer from coast to coast, dragon boating has captured the imagination and spirit of breast cancer survivors across Canada. Further research is required to test the hypothesis that dragon boating as a team sport provides a powerful communal context to engage in adult play while enhancing the physical and emotional health of breast cancer survivors as they race individually and together against breast cancer.

This study would not have been possible without the support and active involvement of the Dragon Boat Advisory Group made up of members from the Toronto and Thunder Bay dragon boat teams, Dragons Abreast and Dragons of Hope, and the breast cancer survivors who gave so willingly of their time and life experience. We also wish to acknowledge the support of Dr. Margaret Fitch and Dr. Ross Gray and funding from the Canadian Breast Cancer Research Foundation Community Research Initiative.

Terry Mitchell has a Ph.D. in Community Psychology from the University of Toronto. She is a registered psychologist with a clinical practice who has been teaching and conducting community-based participatory active research in women's health, Aboriginal health, chronic disease prevention, and disaster research for the last ten years. She is currently a psychosocial researcher with the Canadian Breast Cancer Foundation Community Research Initiative and holds an adjunct appointment at Dalhousie University in the Department of Community Health and Epidemiology.

Eleanor Nielsen is a nurse who spent the first half of her working life in hospital management. For the past ten years she worked in a variety of positions at the national office of the Canadian Cancer Society. She retired from this position in June 2001. Eleanor

was diagnosed with stage 2 breast cancer in 1989. She is a Reach to Recovery peer support volunteer and has conducted volunteer training for the Canadian Cancer Society for three years. She is the co-founder of the Toronto breast cancer dragon boat team, Dragons Abreast.

References

- Canadian Cancer Society. "Cancer Facts 2001." Available online at http://www.cancer.ca/english/RS_CancerFacts2001.asp.
- Canadian Cancer Society. *Current Incidence and Mortality*. 2000. [On-line], Available: <http://www.cancer.ca/stats/currente.htm>.
- Classen, C. P., and L. Butler. Stress and Women's Health Services. "Supportive-Expressive Group Therapy and Distress in Patients With Metastatic Breast Cancer: A Randomized Clinical Intervention Trial." *Archives of General Psychiatry* 58 (2001): 494-501.
- Green, L. W., M. A. George, M. Daniel, C. J. Frankish, C. J. Herbert, W. R. Bowie, and M. O'Neill. *Study of Participatory Research in Health Promotion / Review and Recommendations for the Development of Participatory Research in Health Promotion in Canada*. Vancouver: Royal Society of Canada Research and Evaluation Unit, University of British Columbia, 1995.
- MacVicar, M. G., M. L. Winningham, and J. L. Nickel. "Effects of Aerobic Interval Training on Cancer Patients' Functional Capacity." *Nursing Research* 38 (1989): 348-351.
- McKenzie, D. C. "Abreast in a Boat—A Race Against Breast Cancer." *Canadian Medical Association Journal* 159 (1998): 376-378.
- Mock, V., M. B. Burke, P. Sheehan, E. M. Creaton, M. L. Winningham, S. McKenney-Tedder, L. P. Schwager and M. Liebman. "A Nursing Rehabilitation Program for Women with Breast Cancer Receiving Adjuvant Chemotherapy." *Oncology Nursing Fo-*

rum 21 (1994): 899-907.

- Oktay, J. S. "Psychosocial Aspects of Breast Cancer." [Review]. *Lippincott's Primary Care Practice* 2 (1998): 149-159.
- Patton, M. Q. *Qualitative Evaluation and Research Methods*. (Second ed.) Newbury Park, California: Sage Publications, 1990.
- Spiegel, D., S. E. Sephton, A. I. Terr, and D. P. Stites. "Effects of Psychosocial Treatment in Prolonging Cancer Survival May Be Mediated by Neuroimmune Pathways." *Annals of the New York Academy of Sciences* 840 (1998): 674-683.
- Young-McCaughan, S. and D. L. Sexton. "A Retrospective Investigation of the Relationship Between Aerobic Exercise and Quality of Life in Women With Breast Cancer." *Oncology Nursing Forum* 18 (1991): 751-757.

PATIENCE WHEATLEY

Kissing Under a Winter Sky

You expect nothing
and the surprise of it tips
you into the thought

Why was *this* so enjoyable?

like the mild shock sometimes
encountered at New Year's Eve
parties
meaningless yet intriguing that
can fit you under the bow of Orion
shove you under the kilt of
Perseus, and the square belly of his
horse.

Cassiopeia weeps, Andromeda
laughs.

And you think perhaps
you're as young as they are

*Patience Wheatley's poetry appears earlier
in this volume.*