

Cooking Up Your Breast Life

DRAGON BOATING, FRIENDSHIP,
FUN AND FOOD













About CanSurvive

Breast Friends Paddling for Life

Back in the summer of 2002/2003 a team of 20 enthusiastic people gathered at the lagoon at Wellington's Frank Kitts Park for the first time. All except one were novices to the sport of dragon boating. However, there was one common thread – a diagnosis of cancer had touched their lives.

The team trained in all weathers – wind, rain and cold. There were capsizes, bruised and aching bodies, but it was such fun! A fantastic bond developed, and the team members learnt to help and encourage each other. What they lacked in finesse, they made up for with tenacity and soon became known as 'paddlers with attitude'.

At the National Dragon Boat Championships in March 2003, CanSurvive won the Petite Final in a special cancer survivor division. This win was against eight other teams, six of whom were from overseas and had considerably more paddling experience.

Fibreglass boats and carbon fibre paddles arrived. Along with lighter boats, and being able to paddle faster, the spirit of the team led to a collection of medals and trophies. In 2007, CanSurvive attended the Abreast in Australia Dragon Boat regatta.





From its initial beginnings as a team of paddlers who had been affected by cancer of all types, CanSurvive changed in the late 2000s to be made up of breast cancer survivors (BC) only, as this became a formal division in many dragon boating regattas.

After several seasons of 'near misses' with plenty of silver and bronze medals, the 2014 season saw CanSurvive finally achieve their goal to become National Champions.

It didn't stop there. After two years of hard training, the team travelled to the 2014 International Breast Cancer Paddlers Commission (IBCPC) Participatory Dragon Boat Festival in Sarasota, Florida. Up against 101 teams from around the world, CanSurvive came third in a stunning final. Having experienced this significant international success CanSurvive was voted Team of the Year at the 2015 Wellington Sports Awards.

In 2018, CanSurvive went one better in the same regatta in Florence, finishing second in the final out of 128 teams. The IBCPC event will be hosted by New Zealand at Lake Karapiro in 2023.

CanSurvive was joined by Can2 in the 2015/2016 season – our sister team made up of both BC and non-BC paddlers, daughters, supporters and friends. Can2 has achieved their own unique bond and attended the National Championships for the first time in 2019.

Can2 is now a competitive team competing in the Women's division.











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Breast Friends Paddling for Life

We are an enthusiastic group of breast cancer survivors and supporters who thrive on the positive outcome that being involved in a dragon boating team provides. As well as gaining support within the team, we hope to show that there is a positive outcome from such a challenging journey.



Lemon Cake

Iona Elwood-Smith

"The easiest, yummiest cake to make on the planet, just throw everything in the food processor and you are good to go."

Ingredients

1 1/4 cups of sugar

Rind of 2 lemons

2 eggs

1 cup of salad oil

1/2 tsp salt

1 cup fruit yoghurt

2 cups self-raising flour

3 tbsp lemon juice









Directions

This is a throw everything in the food processor recipe but you can mix it by hand if you must...

Preheat the oven to 180° C.

Peel lemons with a potato peeler and put the rind in the processor with the sugar until finely shredded.

Add eggs, oil, and salt, and whizz.

Add yoghurt, flour, lemon juice, and whizz.

Pour into ring tin and bake for 35-40 minutes.

Serve with cream, yoghurt, ice cream or all of the above!



Thai Pumpkin Soup

Pauline Mallard

"I have served this family favourite soup for a long time, it is a nice twist on plain pumpkin soup and never fails to please."







Directions

In a large pot heat the oil, add the finely chopped onion and cook over a medium heat till onion is transparent but not browned.

Add curry paste and cook 1-2 minutes until it is nice and fragrant, stir often. Add in chicken stock.

Peel and cut vegetables into cubes. Add to the pot with the carrots first as they take a little longer to cook, then the kumara, and finally the pumpkin.

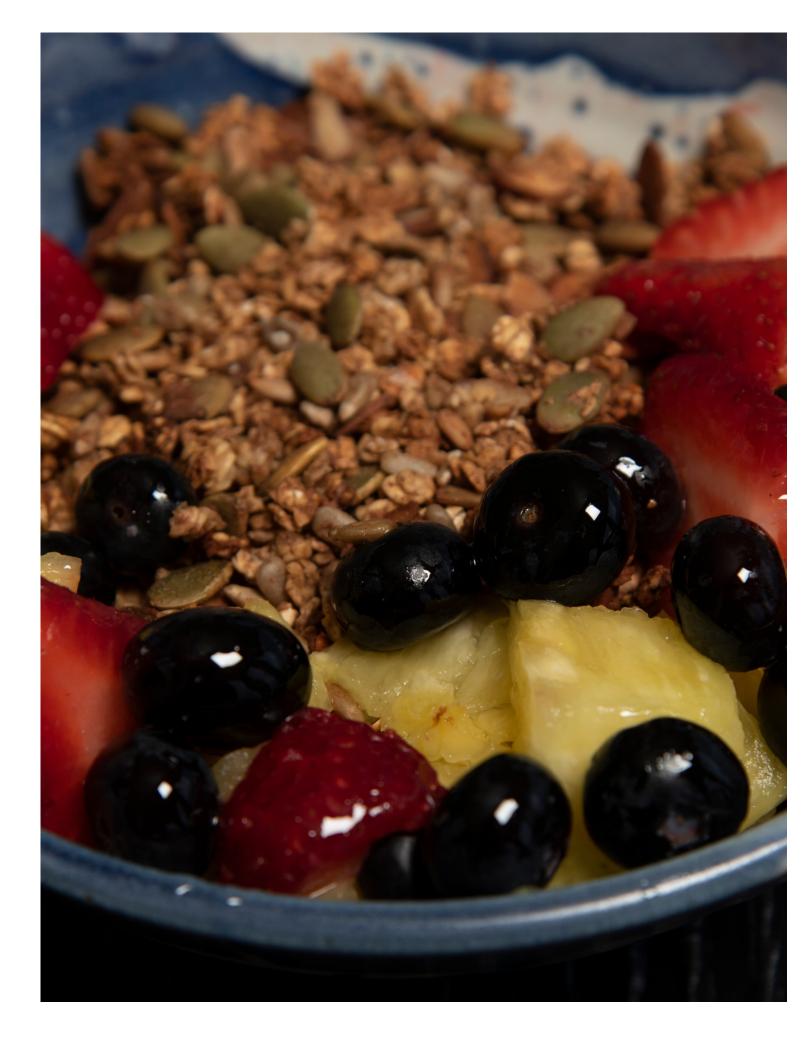
Cook for 10-12 minutes or until the vegetables are tender. For the best flavour and colour, do not cook longer than necessary.

Blend till smooth with a stick blender or in small batches in a food processor. To ensure it is super smooth, pour through a sieve into a clean pot.

Add the coconut cream and fish sauce and bring to the boil. Season to taste.

Ingredients

2 tbsp olive oil
1 lge brown onion,
finely chopped
1 tbsp green curry
paste
4 cups chicken stock
2 medium carrots
2 medium kumara
1kg pumpkin, peeled
and seeded
400ml coconut cream
2 tbsp fish sauce
Fresh coriander to
garnish



Low Fat Easy Crunchy Muesli

Glenys Evans

"Love starting my day with this muesli. Easy to make and it's a low fat, healthy option. If the rest of your day is full of treats, at least you have got off to a good start."







Directions

Preheat oven to 150° C.

Mix all the oats, seeds, nuts and cinnamon in a bowl.

Heat the coconut water and honey until dissolved.

Stir through the dry ingredients until combined.

Spread out in a large roasting dish and bake for 1 hour until crisp and golden. Stir a couple of times during cooking.

Cool and then mix in the dried fruit if you wish.

You can, of course, add fresh fruit before you eat! Dress with either milk or natural yoghurt.

Ingredients

4 cups rolled oats
1 cup sunflower seeds
1/2 cup pumpkin
seeds
1 cup almonds,
sliced or whole
2 heaped tsp
cinnamon
1/3 cup honey
1 cup coconut water
(or apple juice)
Optional additions:
chopped dried fruit of
your choice

Decadent Chocolate Chip Cookies

Jess Elwood-Smith

Ingredients

1 cup softened butter

1 cup brown sugar

1 cup white sugar

2 eggs

2 tbsp hot water

2 tsp vanilla essence

3 1/4 cups flour

1 tsp salt

1 tsp baking soda

2 cups chocolate chips

(Nestlé Milk Chocolate

Drops are the best)

"My mum used to make them for our school lunches and we'd always try to eat the cookie dough before it made it to the tray. Now, we still make them and they're usually gone within a few hours..."









Directions

Preheat the oven to 180° C.

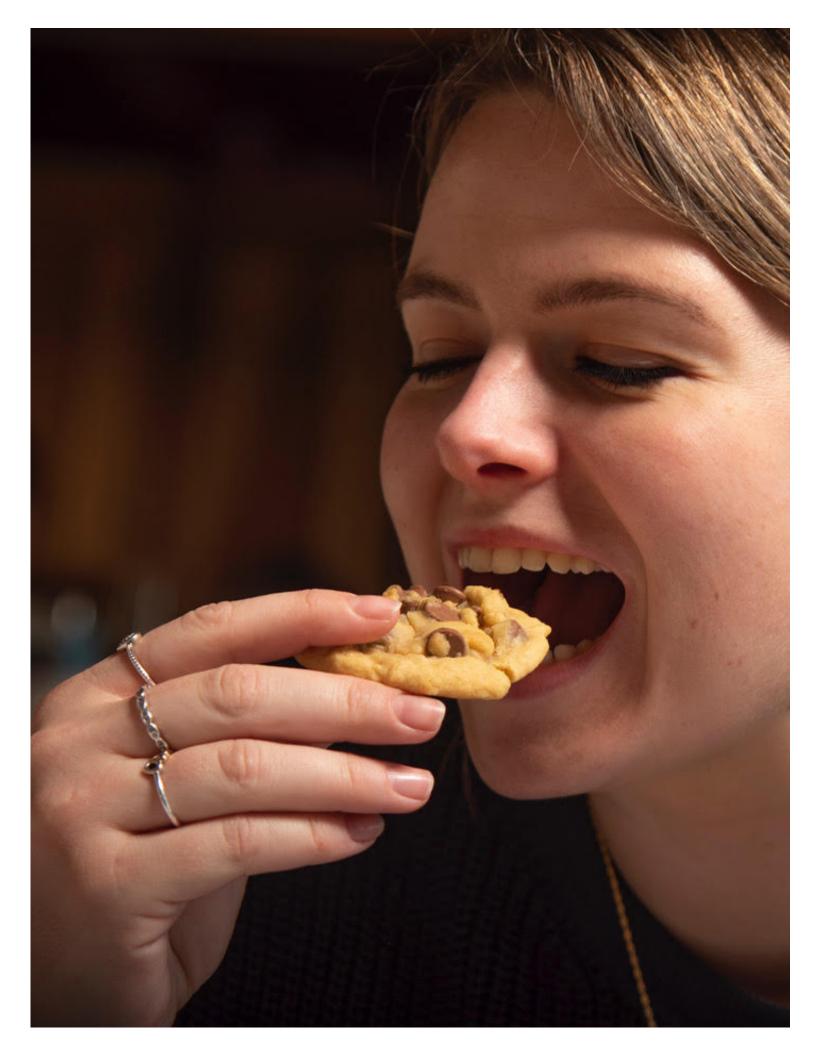
Into the processor put the butter and brown and white sugar. Make sure to soften it a little (not melt) so that it mixes easily.

Process until pale and creamy, then add the eggs, hot water and vanilla.

Process until fluffy and scrape into a large bowl.

Sift together and stir in the flour, salt and baking soda.

Stir in the chocolate chips. Drop 3/4 of a tablespoonful on greased baking paper and bake for 9 minutes or until golden brown.





Lots of super yummy recipes...

Beautifully photographed









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iona.cansurvive@gmail.com

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