



2nd Beasts Invitational Dragon Boat Funestival (Sept 10th, 2023)



Congratulations to our Bosom Buddies crew on winning this year's Funestival Gold Cup !!!

Another enthusiastic breast cancer survivor team from New Glasgow joined us on Lake Banook for 6 races of 200m, 125m and 200m distances followed by a Carnation Ceremony and lunch. Thank you to all the volunteers and supporters who were able to attend this special occasion. The Bosom Buddies would also like to thank recent Dragon Boat Hall of Fame inductee, Albert MacDonald and Master coach Tim Shaus, for putting on such an excellent **training clinic** for the Bosom Buddies and visiting New Glasgow team before race day helping everyone, especially us newbies, sharpen our racing skills.

Upcoming Events:

Sunday, Oct 1st (am)

Run for the Cure at the Halifax Wanderers Grounds. This year, team member and fundraiser extraordinaire, **Nancy Flynn of “Nancy’s Bosom Buddies”** will once again be running. For those wishing to contribute to this cause, donations can be made directly to Nancy’s team.

Sunday, Oct 1st (1 to 4pm)

Pink Picnic in the Park

Tickets for this year’s major fundraiser ARE SOLD OUT! **Pink Picnic in the Park** will be held at the Owl’s Club on Lake Banook. Proceeds come directly from ticket sales (only 100 advanced tickets were available) as well as the silent auction. Donations are needed for the silent auction and can include things such as gift cards, gift baskets, jewelry, quality handmade crafts, kitchen items, gloves, scarves, framed prints, purse or wallet, afghan, or a new, regifted item in its original packaging (no scented products please). The picnic will be outside while inside, there will be tables set up for the silent auction. Volunteers are needed to help set up of the event. Bosom Buddies participating in Run for the Cure will join us for lunch following that morning event. Please bring your own chair to the picnic and be sure to **wear a touch of pink**.



Additional Items of Interest:

***Sport 50/50 Split Lottery (NS residents only)**

Our Bosom Buddies team is also fundraising through Sport Split 50/50 Lottery, a province wide 50/50 raffle to help raise money for teams, clubs and organizations across Nova Scotia. To support us go to www.sportsplit.ca and select **Bosom Buddies of Nova Scotia**. Tickets can be purchased each month in denominations from \$5 to \$50 and will help us both be winners.



*Supporting Our Buddies

If you are aware of a Buddy that may need our support including with a health issue or a death in the family, please reach out directly to our Members Support Coordinator, Debbie Kennedy at dddkenedy1@gmail.com. Out of respect for privacy and our Buddy's comfort level, Debbie will first contact our Buddy before information is shared with the whole membership. Debbie will also send a card to let our Buddy know that we are thinking about her. Currently, card donations are needed so please consider giving to this very worthy cause. Thank you.

What's Ahead...

Sadly, now that it's fall and the sun sets much earlier, evening paddling has come to an end. The good news is that **Saturday paddling** will continue weather permitting.

Calinda has been working on a **Winter Exercise survey** for our members to find out preferences for types of winter exercise and training as well as how Buddies can train together affordably. Keep a watchful eye out for a future link!

Upcoming Meeting Dates:

October 21st @ Owl's Club (1100AM)

January 27th, 2024 Annual General Meeting @ Owl's Club

FRANCE 2026



The next **International Breast Cancer Paddling Championship** will be held in France in 2026. The details will be released in September around timing and specific location. A special committee will be formed to work on details for attending this festival. Please let Calinda know before the next meeting in October if you are interested in being a member of the France Committee.

calindabrown@gmail.com

October is Breast Cancer Awareness Month



Help Needed!!! Buddies... I'm looking for ideas and items of interest to include in our newsletter. If you have photos, writing, activities or special events you would like to share with us, please contact me so I can add it to our newsletter. Also, if I've made a mistake or left something out, I'd like to know. I can be reached at carriage2@hotmail.com (Lisa LeLacheur) Thank you. 😊

In the meantime,

Paddles Up!



Pink Picnic in the Park

"A picnic is more than eating a meal, it is a pleasurable state of mind."

DeeDee Stovel

An Affair For Everyone of All Ages

Sunday, October 1, 2023

1:00 to 4:00 pm

Casual dress with an added touch of pink

Bring your partner, family or a friend and chairs

Austenville Owl's Club
34 Oakdale Crescent, Dartmouth
On Lake Banook

Tickets \$35.00
Advanced sales only
email ticketsales@bosombuddies.ca
or call Marilyn 902-423-2346

Support Breast Cancer Survivors
while enjoying an afternoon outing
with box lunch, door prizes, a silent
auction, 50/50 and a cash bar.



Net proceeds to Bosom Buddies of Nova Scotia, a breast cancer survivor dragon boat team, a registered non-profit association.

www.bosombuddies.ca, FB Page [BosomBuddiesofNS.ca](https://www.facebook.com/BosomBuddiesofNS.ca)

Sold Out