



Spring 2024 Newsletter April 4th, 2024

DRAGON BOATING FOR SURVIVORS

Pick a session: April 11 or April 25, 2024 at 6 pm
Owl's Club, 34 Oakdale, Dartmouth


Are you a breast cancer survivor looking for a fun physical activity with other survivors?

Come to our information night to hear about the benefits of paddling, and check out our team.

This session is open to new members, returning Buddies, and supporters.

Refreshments provided

Questions or RSVP contact@bosombuddies.ca



We may still have a few more blasts of winter this month but the ice is off the lake, and we are only a few weeks away from getting on the water. A big thank you to everyone who organized and participated in our winter exercise options, our last class will be Sunday April 7 at 1 pm.

General Meeting, April 20 at 11 am at the Owl's Club All members welcome.

Paddling Days and Times for 2024

This year, we will be paddling on **Tuesday and Thursday nights and Saturday mornings** at Lake Banook. The **South Shore team** will be paddling Wednesday nights at Mader's Cove. Lake Banook times are 6 pm for the evening practices and 9 am for Saturday.

New dock at the Owl's Club

The Club informed us that they will be replacing the old, decrepit dock this spring. Timing for that is unknown and it could affect the start of our paddling, but we will share details via email as soon as we know their plans.

Bridge Exercise

No, not the yoga pose. We are planning six exercise classes from the end of April to the middle of May. These will be chair exercises provided by Cathy Bearisto that will help prepare folks for paddling, using rubber exercise bands to target the right muscles. All classes will be held at the



Kiwanis Community Room at Graham's Grove, on Tuesday and Thursday nights at 6 pm and will last just under one hour.

<https://maps.app.goo.gl/77hHYNjY3WDGK44z9>. Our first exercise night will be **April 30 and finish on May 16**. If we get on the water before May 16, the remaining classes will be cancelled.

Volunteers for Orientation Nights

Our orientation nights for new Buddies and supporters are happening **April 11 and 25**. We will need some volunteers to help that night as we get new Buddies to try on life jackets and do a pretend paddle in the room. If you can help email calindabrown@gmail.com, let her know what night you can volunteer, and you will be added to the list. Please wear your blue race shirt and what you would normally wear to paddle so we can give new Buddies and supporters an idea of what to wear on the water.

Celebration of Life for Karen LaVigne

The celebration of life for Karen LaVigne will take place on **Saturday, April 13th from 1:00-3:00** at the Eastern Passage Lions Club, 65 Horns Rd. Please wear your white shirt with dragon embroidery, or a white shirt with a pop of pink, either a scarf, or piece of jewellery. We will look like the team that Karen loved.



Family, friends, and colleagues of Karen LaVigne are invited to a Celebration of Life on April 13, 2024

When: Saturday, April 13

Time: 1-3pm

Where: Eastern Passage Cow Bay Lions Club

65 Hornes Road

Eastern Passage, NS

Formal program will begin at 1:15

Refreshments to follow the formal program.

In memory donations
Camp Lion Maxwell





Old Brochures or History folders

We are looking for any copies of the old Bosom Buddies brochures and the History of Bosom Buddies that we used to give out to new members. If you have any, please let Laurie Ehler know at L_ehler@hotmail.com or bring them to the Lake.

Bylaws Revision Committee

As passed at our AGM in January, we will do a thorough review and revision of our bylaws this year. Debbie Pottie has graciously agreed to guide this work, and Calinda Brown will assist. Anyone else interested in helping out with the review work can either email Debbie at dfpottie953@gmail.com or Calinda at calindabrown@gmail.com

Benevity and Sport Split

We have two ongoing fundraising activities. Our team is part of the monthly 50/50 draw organized by Sport Nova Scotia, the **Sport Split**. We get a modest portion of every ticket sold under our name and you can buy your tickets at this link or share it with friends and family: [Bosom Buddies Sport Split](#). We are also registered with **Benevity**, a corporate fundraising platform that allows employees to give directly from their paycheques. We do not have a direct link but to learn more, you can go to [Benevity — Powering Purpose-Driven Business](#)



France 2026



Some folks are interested in getting a group together for France that would visit for a shorter time and not include any paid sightseeing or tour guidance (buses) as part of the trip. More details will follow but if you are interested in helping with that shorter, more economical tour, see the Committees section below.

Everyone interested in going to France must let Julie Banks keldonb2016@gmail.com know as soon as possible, even if you won't be travelling with the tour group or haven't fully made up your mind.

Committee Signup

As mentioned at the AGM in January, every Buddy who has finished their introductory paddling season is asked to volunteer with one of our committees to help with the business and logistics of keeping our boats on the water.

Here is a list of the committees, what they do, and the contact information for the chair. Please think about what roles you would like to help with and when we start the season, you can join the appropriate committee.

New members are not expected to join a committee until they have had a full season to learn about paddling. We want them to concentrate on having fun and learning technique.

Supporters don't join our committees but usually work with the Team Operations committee on their tasks.



Here are our Bosom Buddies Committees:

Team Operations

- This is the committee that make sure we can do what we love – get on the water for a paddle.
- Members arrive early to each practice to prepare the boats and stay later to safely moor the boats and stow gear after each practice.
- They also maintain our assets, the life jackets, paddles, and other gear including the dragon boats and arrange a roster for cleaning the club house each week.
- Our safety procedures, including waivers and health forms, are managed by this committee. Team Ops will arrange training clinics for safety and for intensive training.
- The Festival Committee is a sub-committee of this one, and gathers the list of festivals, polls the members to see which ones we would like to attend, and arranges the logistics for festivals including booking hotel rooms, paying registration, bringing along the tent and more.
- This committee tracks attendance to inform the coaches of how many people we will have at practice so the coaches can plan how to organize the boats for festivals.
- The committee also plans winter fitness activities.
- Sandy Bona is chair, sbona006@gmail.com

Public Relations

- People need to know who we are and what we do, so this committee prepares all the public-facing materials for the team.
- They maintain our social media channels and take pictures at events.
- They organize team participation in public events like Run for the Cure.
- Laurie Ehler is chair, L_ehler@hotmail.com

Membership

- Our members are our team, and this committee helps maintain our membership lists, ensure new Buddies know what to expect, and set up a membership table at public events like the Run for the Cure.
- This committee also runs social events, like getting together for coffee after practice or planning retreats.
- A member of this committee provides backup for our regular email coordinator, Diana Fox, a position currently being backstopped by Calinda.
- Bev Sullivan is chair, tinker.bev.17@gmail.com
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Fundraising

- We keep our membership fees low to encourage all people undergoing treatment and survivors to join. But that means we have a gap each year between fees and the costs of running the team. The fundraising committee works to fill that gap.
- This committee will organize small fundraisers, like the monthly Sports Split draw, or larger fundraising events like the annual Pink Picnic in the Park. They may also do direct ask fundraising from businesses or other sponsors.
- They also solicit fundraising ideas from the membership.
- They are always looking for potential support options like Benevity.
- Crystal MacArthur is chair, crystalmacarthur8@hotmail.com

Member Support

- This committee provides backup to the Member Support Coordinator in providing cards and communication with Buddies who may need support because of treatment, surgery, illness or accident, a death in the family of a Buddy, or to the family of a Buddy who has passed away.
- They also help with preparations for a carnation ceremony in honour a Buddy who has passed.
- We currently do not have a member support chair; however, Monica Warriner is sending out cards as needed and would help anyone willing to take on the role monwarriner@gmail.com

Paddles Up For France (PUFF)

- The PUFF committee is organizing our participation in the IBCPC France 2026 race.
- Cheryl Coffin clcoffin@live.ca is our liaison with the France 2026 organizing committee. She needs at least one other person to join her sub-committee who will be attending the festival.
- Crystal MacArthur crystalmacarthur8@hotmail.com will be organizing fundraising events and sponsorships for France 2026. If you are interested in fundraising for France, please reach out to her.
- Janice Bowie bowiejx@gmail.com is organizing travel and logistics with the tour company.
- Julie Banks keldonb2016@gmail.com is tracking participation for France 2026.
- Bahia Askri bahia@writeme.com is looking for 1 or 2 people to help organize a shorter budget tour for those Buddies who have limited time to visit France or who want a more economical travel option.



“Forget horsepower. We’ve got dragon power.” Paddles Up!!!

Help Needed!!! Buddies... I’m looking for photos from Bosom Buddies gatherings, practices, special events or just chillin’ out to include in future newsletters. If you would like to share, please send your photos to me at carriage2@hotmail.com

Thank you. ~ Lisa LeLacheur
