

Waves of Hope 2024 Year at a Glance

The 2024-2025 Board:

Manager: Dianne Michaluk

Past Manager: Evelyn Clegg

Assistant Manager: Barb Barrie

Secretary: Annette Beatty

Treasurer: Dawn Thatcher-Darr

Team Captain: Annette Beatty

Trainer: Evelyn Clegg

Committee Chairs:

Fund Raising: Dorinda Stamford

Team Attire:

Joyce Johnson/Barb Barrie

Website: Evelyn Clegg

Social: Sherrie Mollard

Festivals: Gloria Pasiuk

Communications: Pam Harrigan

Membership/PR/Recruitment/

Team Spirit: Lynda Giannotti

Boat/ Equipment: Evelyn Clegg



WAVES OF HOPE CELEBRATE 25 YEARS

2024 was a special year for the Waves of Hope!

Twenty-five years ago, Sharon Young had a vision that over time has grown into a proud and forceful dragon boat team. Our mission remains "To celebrate life through dragon boat paddling, raising awareness and promoting early detection of cancer".





Beautiful night for paddling.

PADDLING AND PADDLERS

Our paddling season was full of success stories, personal accomplishments, team building and learning experiences. A summary is as follows:

May 22:
first practise on
Minnedosa Lake

September 3:
last practise on
Minnedosa Lake

Total of 12 Wed. night practices
with 1 cancellation due to weather.

July 16 and August 20:
all day Steering Clinics on
Minnedosa Lake

Dedication

This year's 2024 Year at a Glance is dedicated to our current members who have paddled 20 plus years. Betty Stewart and Joyce Johnson were members of the original 1999 Waves of Hope team. Helen Lewandoski, Kathy Cameron, Annette Beatty, Gaileen Kingdon joined soon after adding their strengths to the team. These 6 members have shared their many skills and talents over the years to make the team what it is today. Their huge contributions to Waves of Hope helped create our amazing team. We "Thank You".

THANK YOU

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Michelle Gerrard at the Steer guiding us into quieter waters after a windy paddle.

Capsized Courage

Weather was a factor for many Wednesday night practices. On May 29, we capsized. Hitting the cold water was a shock but members coped and stayed with the boat. Initially, the Rivers High School Outdoor Education staff and students came to our rescue. They alerted 911 and the Minnedosa Fire and Rescue plus First Responders came to our aid. The care and attention received helped us deal with the situation. We will never forget the feel of the dry warm blankets, the fires shared and the high school students bailing out our boat. The accident made us revisit our safety protocols. Everyone learnt from the experience.



Warming up thanks to the blankets shared.



What a wonderful fire made for us by the Rivers High School students and staff.

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New Recruits

The team was blessed with 11 new paddlers who brought their enthusiasm, abilities, and their zest for life to our membership. We welcomed:

- Barbara Farough
- Elizabeth Glasman
- Lori Harrison
- Debbie Haywood
- Angela Inkster
- Lisa Oliver
- Gloria Pertson
- Naomi Russell
- Faye Simpson
- Yvonne Smith

Marleena Coull was a guest paddler who offered her steering experience and strong paddling skills. Sheri Laine didn't renew her membership.



Back Row: left to right: Lisa Oliver, Yvonne Smith, Gloria Pertson, Faye Simpson, Debbie Haywood, Lori Harrison.

Front Row: left to right: Barbara Farough, Elizabeth Glasman, Naomi Russell

All wearing their glitter glasses!



What a pair!



Back Row: left to right: Elizabeth Glasman, Yvonne Smith, Naomi Russell

Front Row: left to right: Gloria Pertson, Barbara Farough, Angela Inkster, Faye Simpson



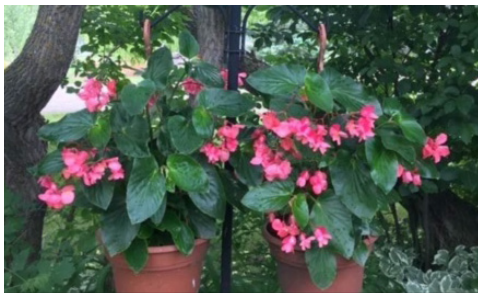
Two special Steering Clinics were organized to train new steers persons and to give team members more paddling time. Yvonne Beaudin and Kathy Prusak, members of Chemo Savvy Dragon Boat Team shared their steering expertise with Yvonne Smith, Dawn Darr, Elizabeth Glaseman, and Michelle Gerrard. We appreciated our team mates volunteering to learn steering techniques. Without them keeping us going in the right directions and landing safely at the dock, we wouldn't be able to paddle. Our long time and expert steersperson, Kathy Cameron was on hand to offer lots of support and guidance. She moved to the front of the boat and added her drumming skills to her repertoire.

Dawn Darr received a special presentation adding to her steering attire. We look forward to seeing her at the back of her boat wearing her pink crinoline!



Do you really expect me to wear this when I'm steering?

TEAM FUND RAISERS

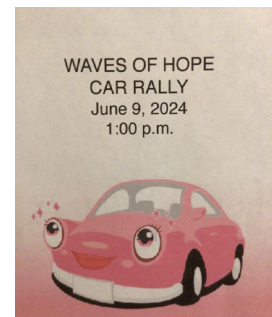


Begonia Sales

Four hundred and thirty two Dragon Begonias were sold in May. These hanging baskets added beauty to many yards and patios. Members collected the plants from Alternative Landscaping and delivered them to their customers far and wide. A profit of \$5,440.71 was made. We are grateful for all the return customers and all who support this fundraiser.

First Ever Waves of Hope Car Rally

Deb Lee organized an amazing and fun Car Rally on June 9. She had all participants cruising the streets and country roads around Minnedosa with her clever clues. Participants learnt all kinds of important facts about Minnedosa and area. After we found the horse count, bin name, cat tails, and many more answers, chili and buns were served back at the pavilion. Deb presented the cash prizes to the winners. Four hundred fifty dollars was made through the lunch and donations. A great time was had by all and everyone is looking forward to another rally in 2025.



Kayak Raffle

A bright yellow kayak was purchased thanks to a donation from Dawn Darr and Tara Patterson. Six hundred tickets were sold at various events and by members personally. Kelli McKay from Shoal Lake was the lucky winner. The raffle was a good fundraiser with \$5,751.32 as our profit.

Bev Lumax selling many tickets at Minnedosa after the parade.

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TEAM OUTREACH

Parades

Yvonne Smith and Gloria Pasiuk jumped in a decorated golf cart as part of the Gilbert Plains Parade. Their very bright splash of pink balloons and pink fringe plus their beautiful smiles, won a prize for their efforts.

The pink golf carts also visited the **Sandy Lake Western Days Parade, Aug. 10..** Thanks again to Yvonne Smith with the help from her friend, Gloria Campbell carts were accumulated, decorated and ready for the parade. Our team's presence at the parade was visible with 4 pink carts and team members driving/walking the route.



Gloria Pasiuk and Yvonne Smith in their blaze of pink.



Waves gathering at the parade Marshalling area.



Kathy Cameron and Little Kathy who is dressed for the parade.



Selling more tickets. L to r Evelyn Clegg, Barb Barrie, Bev Lumax, Lynda Giannotti, and Joyce Johnson.

On **Aug. 21**, 4 team members attended a special celebration in Russell. Gloria Pertson, invited us to attend the Grand Opening of the Community Cancer Care Center. The impact of this new facility will be enormous in the area. The community and area are very proud of this accomplishment as enormous funds were raised.



Kindred Spirit dressed in pink with Waves walking and riding.

Kindred Spirit once again was part of the Minnedosa Parade Aug. 17. Members walked or rode the parade route. People along the parade route are always amazed at the size of our boat. Also, Debbie Haywood and Lori Harrison set up a tent for **Minnedosa Heritage Days on Aug. 18**. Kindred Spirit was again part of the display.

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PUBIC AWARENESS

To promote Breast Cancer Awareness, some of our members attended a **Brandon University Volleyball Game Jan. 8**. A display was set up and conversations were promoted.



L to R, Bev Lumax, Laura Cluett, Barbara Barrie, Joyce Johnson, Annette Beatty

On a hot summer day, some Waves and their families attended the **River Tractor Trek**. The event planners raised over \$4,000 which was donated to the Hamiota Chemo Unit. We supported the event with our presence wearing our team attire and circulating with the public.

Sept. 10, four Waves attended the **Health and Wellness Expo at Brandon University**. A table was provided by the Wheat City Lions Club. Information was provided and it was particularly interesting to talk with ACC Nursing students who showed an interest in learning more about our team.

Waves of Hope shared a table with Terry Fox Run Committee at the Paddlefest held at the Discovery Center in Brandon. It was the first time such an event was organized in September. The Paddlefest may provide more opportunities in the future.

Movers and Shakers???? I ro r Lynda Giannotti, Dianne Michaluk, Barb Barrie, Bev Lumax and missing from picture Annette Beatty.

Legislation is Passed

On Oct. 10, the Waves of Hope members were invited to a legislative session. Michelle Gerrard, was contracted by Jodie Byram, MLA for Agassiz. On that day, Ms. Byram was introducing Bill 221 lowering the age to 40 for mammogram screening. The Waves of Hope members were part of the gallery and were acknowledged when Ms. Byram introduced the bill. Michelle was presented with a framed commemorative picture/letter which congratulated her on her positive cancer journey. What an opportunity for our team members to experience and be given a tour of the Legislative Building which included a lovely luncheon.



L to R Lisa Oliver, Gloria Pasiuk, Jody Parsonage, Dianne Michaluk, Michelle Gerrard, Jodi Byram MLA for Agassiz, Annette Beatty, Yvonne Smith, Evelyn Clegg, Cindy Monson.

Moving Day



June 17 was moving day from our storage locker. Our team's treasurers were removed from the Brandon Locker and relocated to one in Minnedosa. Like all moving days, there was packing, lifting, arranging, and discarding. A team of Wave movers

learnt all the skills of space management, dismantling shelves and reconstruction. Luckily, all the contents were moved in a van and trucks. "Ruby" was the "engine that could".

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October Was a Special Breast Cancer Month

Marna Van Wyk, coordinated our participation at the **Run for the Cure, Oct. 6**. Our team raised 7008.30 and won the Family and Friends Team Challenge Award. Waves of Hope have supported this event for many years. Everyone who participated enjoyed the day and felt that their support was an important step in finding treatments/cures for breast cancer.



Annette Beatty,
Team Captain
receives our award.



10 Waves wearing pink at the Run for the Cure



Angela Inkster and friend Barb McIvor walking the walk.



What a wonderful award to receive. Well Done! Back Row l to r: Laura Cluett, Yvonne Smith, Annette Beatty, Angela Inkster, Kathy Cameron, Betty Stewart. Front Row l to r: Lisa Oliver, Barb Barrie, Bev Lumax, Naomi Russell, Barbara Farough

"Random Acts of Kindness" were done by members to celebrate October being Breast Cancer Month. The acts included: visiting Chemo units to support workers, sharing baking with others, cleaning church windows, sending cards and letters, and making those phone calls that are so important. It doesn't take a lot to make a difference.

Faye Simpson and Kathy Cameron showing off their new handmade head gear!



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FUN DAY AT KILLARNEY

Three Dragon Boat teams converged on Killarney Lake on June 8 for a fun day of paddling. When we arrived, members from Brandon Blaze, Turtle Mountain Torrents, and Waves of Hope were divided between 2 dragon boats. As we pushed away from the dock out into the lake, Tanya Joyce, from Brandon Blaze organized and led us in fun activities and drills. It was a pleasure paddling for fun with other teams at a different location. Social time was enjoyed over lunch which was provided by the Turtle Mountain Torrents team members. Unfortunately, the wind rose and afternoon paddling consisted of getting the boats back to the docks safely so they could be reloaded. The Turtle Mountain Torrent members were excellent hosts and we hope the event will continue another year.



3 Musketeers hiding from the wind! Lynda Giannotti, Evelyn Clegg, Annette Beatty. Bev Lumas took our picture.



Welcome to the 25th Anniversary

The evening began with our regular team practice. After practice, a Rose Ceremony was held at the waterside. Alumni and members joined together for this solemn moment in time. With each flower tossed into the lake, we remember those Waves who have died and we cherish the days we are alive.





The Waves of Hope 25th Anniversary Celebration was a night for remembering our beginnings, acknowledging members, celebrating accomplishments, thanking those who have contributed in so many ways, and looking to the team's future.

Wonderful organizing committee. l to r Bev Lumax, Deborah Calvert, Norma Gill, Dianne Michaluk, Sherri Mollard and Joyce Johnson

The Evening Celebrations

Our social committee transformed the Pavilion into a glittering banquet hall. Guests, alumni and members were treated to a delicious supper. Michelle Gerrard, the master of ceremonies introduced the program which included guest speakers. Betty Stewart shared the history of the team and drew many laughs at some of the past events and antics. She acknowledged Ron and Gaileen Kingdon for their many years of storing and transporting Kindred Spirit to and from practice. Gail Smith, an alumni member, gave an very respectful tribute to Sharon Young, our founding member who died prior to the celebration.



Betty Stewart, one of the original members, sharing our Waves of Hope story



Kathy Cameron added to Betty's speech by sharing what being a Wave of Hope member meant to her.



Carl Collister reciting his poem "Waves of Hope". A wonderful tribute to Joday Parsonage and our Waves of Hope team.

Everyone left having a sense of pride and accomplishment. The Waves of Hope started from a need and was part of the Breast Cancer Dragon Boat movement. We celebrate the fact that we formed the 12th team in Canada and we have 2 of the original members still paddling in 2024. Yes, there have been changes and growth in the last 25 years. A solid Mission Statement backed by a strong Constitution plus future changes will sustain the Waves of Hope in decades to come. The Waves of Hope has a bright future because we are **"Stronger Together".**



Waves of Hope alumni and members celebrate together

FESTIVALS

Once again, the Waves of Hope participated in festivals in Manitoba and out of province. Each festival challenges our team to rise up and show our best efforts. Having fun is also on the festival agenda!

On **June 2**, Annette Beatty, Evelyn Clegg, and Yvonne Smith participated with the Kenora Dragon Tamers team at the **River City Dragon Boat Festival, Winnipeg**.

Waves of Hope travelled to **Lethbridge June 21-23** and **Penticton Sept. 7-8**. It should be noted that Gloria Pasiuk does a fabulous job of organizing our attendance at festivals.

2024 was the second year that the Waves of Hope attended the Lethbridge Festival. We had paddlers from Chemo Savvy including Kathy Prusak, a Chemo Savvy steersperson. Kathy Cameron kept us in time by sharing her excellent drumming skills. Awesome that she can be both a steersperson and drummer. Some of the races were cancelled due to high winds. Our team enjoyed staying at a university dorm which was complete with a party room. Many husbands travelled with us and we appreciated their support.



Race to the finish. Waves are #3.



Time out for relaxation and shopping. l to r Deb Lee, Annette Beatty, Dianne Michaluk, and Cindy Monson.



Great 2some. Kathy Prusak (steersperson) and Kathy Cameron (drummer).



Chilling after a day of paddling. Back Row l to r: Lynda Giannotti, Yvonne Smith, Dianne Michaluk, Annette Beatty, Kathy Cameron, Cindy Monson, Michelle Gerard, Jody Parsonage, Deb Lee, Norma Gill Front Row l to r: Bev Lumax, Sherrie Mollard, Deborah Calvert, Barb B arrive, Evelyn Clegg, and Dawn Darr



After a dance on the beach, we pose by beautiful Shaka Lake.



Penticton Festival on the Shaka Lake. was a first for the team. The venue was on a beautiful lake tucked in the Okanagan Valley. Members from the Vernon Buoyant Buddies joined us. They not only added to our boat but provided all the tables/ chairs and snacks for our tent. What wonderful paddling sisters they were. Each of us received a special key tag from them as a memento. One race that we will remember is the slalom course where we wove around markers. Another memory will be us loading the boat while standing in water. On the last day of the festival, all the dragon boat teams were invited to dance on the beach plus a party at the end of the day. We packed our suitcases to head home with amazing memories.

Composite team Waves of Hope and Vernon's Buoyant Buddies paddling the Slalom Course

TEAM MEETINGS

Our team continues to build thanks to the agenda items discussed at our team meetings that were held: Spring AGM and Fall Retreat Oct. The Spring AGM is the time where new executive and board members take on their responsibilities while the fall retreat is a time for planning. The AGM was held in Minnedosa while the retreat was at the lovely Honeycomb Bed and Breakfast venue. Faye Simpson had many activities and surprises up her sleeve. We enjoyed one of her fund raisers which generated \$180. These funds were donated to the Murray House in Brandon. Our new paddlers gave back with their talents and gifts. For example, Naomi Russell shared her lovely voice in song. All were appreciated and we look forward to more sharing in the future. Team members took time to appreciate all the beautiful fall colors in the area. It truly was a retreat.



New Paddlers Giving Back



Naomi Russell sharing her amazing vocal talents



Will this keep the sun out of Angela's eyes. Well done.

Waves Helping Hands

Dianne Michaluk once again filled her suitcases with supplies to share at the January "Cancer De Marna" event held in Mexico. Women from various parts of North America volunteer at the event giving Mexican women diagnosed with breast cancer a helping hand.

Shout Out

This year's "Sombrero Award" was presented to Ange Inkster. Deborah Calvert presented the award of the pink sombrero at the Fall Retreat. In her presentation, Deborah acknowledged Ange's determination and desire to paddle with strength and confidence. Everyone celebrated Ange's accomplishments.

WAVES WOULD BE LOST WITHOUT...

Minnedosa Lions Club who haul Kindred Spirit to and from the dock every Wednesday night. Harvey Wedgwood, Gordon Kingdon, and Dennis Pearson use their skills to launch our boat for practice and pull it out again at the end of our practice. Their patience is appreciated as sometimes we have to wait for the wind conditions to settle down and sometimes we take a few more minutes to practise.

Our Waves of Hope Board includes the Executive and Committee. This group steers our team during the paddling and off seasons. Each

member plays an important role in the governance and operations of our team.

Evelyn Clegg, our coach who is more than just a coach. She is the glue that holds us together. During this season, she trained and successfully integrated new paddlers while challenging the seasoned ones. Our practices were focused on making our team as strong as possible. At festivals, Evelyn created a paddling team which often consisted of members from Waves of Hope and guest paddlers. Balancing the boat is

an art and Evelyn has mastered that very important step. All team members appreciate Evelyn's athletic drive, her caring, her organization, and her sense of humor! She wants each of us to be the best we can be.

Dedicated members who show up for practises and do their best. Our membership makes commitments and follows through to the finish line. Each practice ends with visiting and laughter around the picnic table loaded with a vast array of "calorie wise" snacks!!!



Evelyn giving team final instructions before we push off.



Quiet in the boat.'

FINAL HURRAH FOR 2024

What better time to gather for a Christmas celebration at Shady Lane complete with a delicious luncheon. On Nov.23., members and alumni enjoyed "catching up" and remembering paddling days. Donations were given for those needing to know that we care.

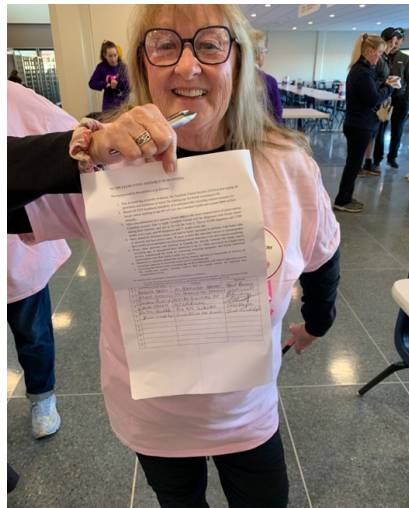
There is nothing more special than a gathering which is based on a "common bond". Everyone attending the luncheon knows the sensation of dipping a paddle in the water, hearing the beat of the drum , and the joy of being on the water to soak in a beautiful summer evening.



We never know what wonderful team spirit activity Fayye has planned for the group!



Waves of Hope Alumni and Members chilling after a delicious Christmas lunch.





To all who gave the Waves of Hope team a helping hand in many different ways, our sincerest gratitude. See you all in 2025!

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