

# Waves of Hope 2022 Year at a Glance

## **The 2022-2023 Board:**

*Past Manager:* Sandy Robinson

*Manager:* Evelyn Clegg

*Assistant Manager:* Diane Michaluk

*Secretary:* Annette Beatty

*Treasurer:* Jody Parsonage

*Team Captain:* Annette Beatty

*Trainer:* Evelyn Clegg

## **Committees:**

*Fund Raising:* Diane Michaluk

*Team Attire:* Joyce Johnson

*Website:* Evelyn Clegg

*Social:* Sandy Robinson

*Team Spirit:* Gloria Pasiuk

*Recruitment/Membership/ PR:*

Lynda Giannotti, Dorinda Stamford,  
Gloria Pasiuk, Jen Luckay

*Communications/Team*

*Photographer:* Pam Harrigan



## **BACK ON THE WATER**

On May 27, the Waves of Hope team shared a "Hallelujah" as we zipped up our life jackets and boarded *Kindred Spirit* for the first time in 2 years. We celebrated being back on the water and relearning all our paddling skills. It was a pleasure to hear "Paddles Up, Take It Away, Left Side Draw, and Right Side Hold"! We were truly blessed with a lovely evening of paddling that started a fabulous 2022 for the Waves of Hope.





Betty Stewart, Joyce Johnson, Gloria Pasiuk, Dorinda Stamford, Annette Beatty, Marna Van Wyk, Laverne Uhl, Sherri Mollard, and Cindy Monson

## Dedication

2022 at a Glance is dedicated to Laverne Uhl, a tremendous supporter of our team. Laverne hasn't been able to paddle with us, but that hasn't stopped her ongoing support. Since her breast cancer diagnosis in 2012, she has raised funds for breast cancer research by participating in the annual Run for the Cure held in Brandon each fall. Her goal has been to raise \$2,000 annually through local donations. She has raised approximately \$10,000 for research. No small feat while living in the small community of Erickson.

Laverne continues to lead an active life on her family farm and enjoys rural living. She is often out in the paddocks offering a helping hand to her son. Her positive attitude, ready laugh, and bright smile inspire us all. We thank you, Laverne.

## OUR PADDLING

This year was a "get back in the groove and enjoy paddling" focus. We experienced nice weather and calm waters most Wednesdays. Our practices began May 27, with our last one being on Sept. 7, seventeen in total, all on Lake Minnedosa, with one practice in Shoal Lake. Hearing the drum, the dipping of paddles, and the sounds of laughter could describe our practices.

Twelve new members experienced the joys of dragon boating for the first time. Thanks to the efforts of cancer survivors Barb Barrie, Cindy Monson, Marna Van Wyk, Joan Tegg, Laura Cluett, and supporters Jennifer Luckay, Deb Lee, Dawn Thatcher-Darr, Melissa Houle, Mackenzie Houle, Paula Hrycak, our dragon boat could fill the 22 spots. Each paddler brought unique talents to the team. We are very proud that they are wearing team shirts and looking forward to another year of paddling.

Unfortunately, we said goodbye to some longtime members. The boat seemed empty without Diane Harrington, Gloria Hill, Edna Verhelst, Doreen Lipscomb, and Bev Roman. They are still in *Kindred Spirit* as alumni. We hope they have taken away many fond memories of their paddling years.



Jennifer Luckay, Madison Houle, Barb Barrie, Sherri Mollard

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## The **Annual Family and Friends Paddling Night** was a huge success.

Young and old enjoyed the fun of paddling a Dragon boat. The numbers dictated that *Kindred Spirit* made four trips out on the water. We even had Spider-Man as our special visitor to keep us entertained! All enjoyed a delicious potluck supper to end a wonderful evening together and celebrate dragon boating. On other Wednesdays, we had guest paddlers who added to the evening fun. Grandchildren had a chance to paddle with Grandma, Nana, and Baba. Joyce Johnson's three grandsons have picked up a paddle and life jacket each summer when they visit Joyce. They are strong rugby players, so they add lots of power. This year, Sasha and Vasyl volunteered to carry our banner in the Sandy



A **Special Fun Day** was held in early September. The *Waves of Hope* and *Brandon Blaze* teams joined and paddled very close races. It was a day to celebrate our love of dragon boating and socializing. The event created new friendships, and a repeat event has been requested for 2023.

## **Giving Back**

Local chemo units in Prairie Mountain Health Care Region offer special services to all cancer patients. Over the years and currently, *Waves of Hope* members have received and are receiving treatments at these centers. Staff members at the Brandon, Hamiota, Dauphin, and Russell Chemo Units were contacted by our team members asking if the unit had financial needs above their budgets. Based on the conversations and needs the team decided to donate \$1000 to each of the Chemo Units. Team members travelled to each unit and made the presentations adding a total of \$4000 to assist the communities. A positive outcome of the presentations was the networking and conversations that occurred.

## **RAISING FUNDS FOR PROJECTS**

Part of our team's responsibilities is to raise funds for various initiatives and to cover team expenses. Diane Michaluk, our fundraising chairperson, organized the Annual Begonia Sale held in May and the Heritage Co-op Hot Dog Sale held in June.

*Alternative Landscaping* grows the lovely begonias that the team members sell. Four hundred begonias were delivered, which totaled \$3,418.51. We thank the staff at *Alternative Landscaping* for their ongoing help and support. Another thank you to the *Lemon Tree Florist* in Dauphin for supplying the picks used to hold an appreciation card for each plant. The continued support for this fundraiser is appreciated.

In June, the smell of hot dogs & smokies cooking created a busy spot in front of the *Brandon Heritage Co-op*. Team members volunteered to serve, raised \$211.25 in sales, and received \$236.95 in donations. Thanks to the *Brandon Heritage Co-op* for this opportunity to raise funds and create visibility for our team.

The *Waves of Hope* team is also very grateful for donations from those where cancer has touched their lives and communities.

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## Social Media



Waves of Hope developed a presence on social media a few years ago. Team member Pam Harrigan jumped on board Facebook. She joins past, present, and future in her posts. Followers comment on how interesting and helpful the page is. Thanks to the posts and stories, we have recruited new members—a huge thanks to Pam for all the time and energy she shares. Also, Pam’s partner, George Foy, always has his camera in hand and continues to capture our many events.



### Waves of Hope concept



## A NEW LOOK AND FEEL

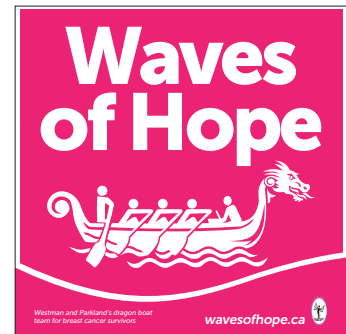
At the team’s General Meeting in April, a “New Brand” was presented. New team member Jennifer Luckay, a professional designer, developed the updated look for us. The brand integrated flowing colors of pink, yellow, and teal depicting water, sun, and breast cancer paddlers. Along the wave, there are 22 pink dots symbolizing the number of paddlers required for a dragon boat team. In addition, at the meeting, newly designed postcards, business cards, and thank you cards were distributed for members to hand out.

## aaaannnnd ACTION!

Steve Langston, of DirtyT Shirt Productions, from Onanole, created a 3-minute video and short clips about Waves of Hope. During practises in August, Steve used a drone and did video work to capture our team in full energy for the videos. Quite something for the team to see a drone chasing them; it made us paddle faster! Thanks to Ron and Aleena McInnes for providing and driving a pontoon boat so Steve could capture close-up material. The promotional video and clips will be shared in 2023.

## SIGNAGE

Diane Harrington, a Waves of Hope alumni, shared the idea of having a sign made and displayed at Lake Minnedosa. The Town of Minnedosa has agreed. At the entrance to the lake area, there will be a 10’ x 5’ sign added. And as well, there will be a 3’ x 3’ sign added to the Town of Minnedosa community advertising wall off Highway 16A. Repromap, from Dauphin, produced the signs, and late spring of 2023, the Town of Minnedosa maintenance personnel will put up the signs.

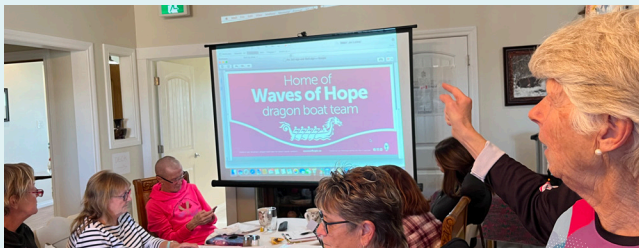


# FALL RETREAT

Our Fall Retreat was held at the Honeycomb Bed and Breakfast in Onanole. Members arrived Friday night and bonded in many activities organized by the Social Committee. Gloria Pasiuk's fortune cookies were a hit! Saturday was spent in a business meeting, including reports and plans for the future. We all left looking forward to the 2023 paddling season.



*Paula Hryszak, Joyce Johnson, Kathy Cameron, Diane Michaluk, Deb Lee, Dawn Thatcher-Darr*



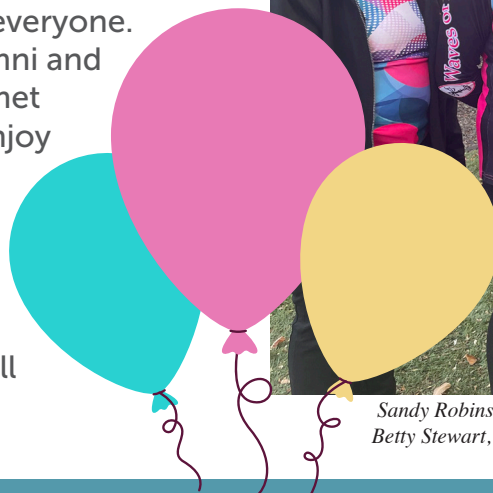
*Lynda discusses the new signs layout with the team*



*Kathy Cameron, Paula Hryszak, Joyce Johnson, Deb Lee, Dawn Thatcher-Darr, Barb Barrie*

# SHOUT OUT TO THE SOCIAL COMMITTEE

Thanks to our Social Committee, Sandy Robinson, Joyce Johnson, and Diane Michaluk, who organized functions to unite everyone. On October 5, alumni and current members met at Shady Lane to enjoy a lovely lunch and a chance to visit. Everyone walks away from these events with a smile and, of course, a full stomach!!!



*Sandy Robinson, Joyce Johnson, Prairie Mountain Health Representative, Betty Stewart, Diane Michaluk*

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# BITS AND BITES

## SUMMER FAIRS AND PARADES



Lynda Giannotti

### STRATHCLAIR, SHOAL LAKE AND HAMIOTA

Our team took to the road this summer along with the *Kindred Spirit* dragon boat. Thank you to Dorinda Stamford for coordinating and providing us with these opportunities. We attended the Strathclair, Shoal Lake, and Hamiota fairs in July. *Kindred Spirit* and team members riding and walking were an eye-catching float entry. Team members distributed materials and talked with parade watchers.

### SHOAL LAKE SUCCESS

After participating in the parade and enjoying a beautiful dinner provided by Dorinda, the team agreed to have our Wednesday practice on Shoal Lake for the night. Community members came out to see our 40 ft. boat being launched, and despite strong winds, the team put in an excellent practice. In addition, some locals took turns with the paddle in a dragon boat for the first time.

Dr. Brenneman and Abbey Clark, staff from the Hamiota Chemo Unit, grabbed a paddle and shared a spot in the boat that night. Everyone enjoyed a wonderful evening.

*It should be noted that Joyce Johnson provided excellent directions for us to get to the parades on time!*

*Also, a huge thank you to Wally Clegg for transporting Kindred Spirit to and from the parade sites and driving our boat in the parades. Not an easy task when you have team members walking beside the boat too.*



Barb Barrie, Evelyn Clegg, Dorinda Stamford

### CLOSER TO HOME

In August, members participated in Sandy Lake and Minnedosa Fairs. The parades had spectators lined up on both sides of the street, and it was a good turnout. Five of our team members are from these two communities. Helen Levandoski and Marlene Porteous did double duty in Sandy Lake as they participated in the parades and were very busy preparing homemade bread, borscht, and other goodies for visitors. Diane Michaluk, Gaileen Kingdon, and Joan Tegg are our Minnedosa members. A large number of teammates and family members showed support in Minnedosa, which we call "Home."

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# BITS AND BITES

## FESTIVALS

Our team didn't travel to any festival due to timing and the fact that we needed to recruit members to fill *Kindred Spirit*. However, team members who wanted to participate in festivals did so independently.



**June, 7** Waves of Hope paddlers joined breast cancer survivor paddlers from Prior Chest Nuts, Arnprior Ont., Breast Ahoy, Saint John, NB., and Tit Bateau, Moncton NB, to participate in the Concord Dragon Boat Festival in Vancouver. The compost team raced on a beautiful False Creek venue. We were very proud of our efforts and we each brought home a gold medal. This festival celebrated Dr. Don McKenzie and the beginning of breast cancer dragon boating. The flower ceremony was very moving to all participants and the bystanders, especially as it was dedicated to Jane Frost, who died shortly before the festival. She has been a driving force for Breast Cancer Dragon Boating throughout Canada.

**July 21-22**, 3 team members, Michelle Gerard, Barb Barrie, and Annette Beatty traveled to paddle in the FMG Saskatoon Dragon Boat Festival. They joined with Busting with Energy to form a composite team. It was the first festival that Barb Barrie, a new member, participated in, and she is very keen on more festivals. Awesome!

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# BITS AND BITES



Loading the boat with Harvey

## Minnedosa Lions Club

This year the Minnedosa Lions Club took responsibility for hauling *Kindred Spirit* to and from our practice site. *Kindred Spirit* and the trailer were stored in Minnedosa during the paddling season. Harvey Wedgwood was our key contact person who did most of the hauling. Gordon Kingdon helped when available, and Wally Clegg occasionally filled in and assisted Harvey. Huge thanks to the Lions Club and Wally for making it possible for *Kindred Spirit* to arrive at our launching spot for our practices.



Waves of Hope and Minnedosa UCT Council #926 members

## MINNEDOSA & AREA UCT

September 7 was our final team practise. After a lovely evening of paddling, our group enjoyed a tasty pulled pork supper provided by the Minnedosa and Area UCT. This fraternity established this supper tradition many years ago. Marlene Porteous, our team drummer, is also a UCT member. What a fantastic opportunity for our team and the UCT members to share time. A group picture was taken to record the lovely evening.

## THANK YOU

"We are Stronger Together," and it showed this year. Our team developed into a cohesive paddling group focused on bringing our talents to the boat and willing to go the extra mile for the team. Evelyn Clegg, our coach, is our glue and the force that keeps us together. Her leadership and personal commitment are key to being our best. Thank You, Evelyn, from the team.

Thank you to current and alums members for keeping our dreams alive. We are a hearty team with so many strengths and talents.

*And to all who gave the Waves of Hope team a helping hand in many different ways, our sincerest gratitude.*

Waves of Hope. Stronger together.

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# BITS AND BITES



*Helen and Chub Levandoski*



*Barb Barrie and Diane Michaluk*

## FINAL HURRAH FOR 2022

Our memorable year wrapped up with a delightful Christmas Party on December 2 at Shady Lane Tearoom. The party was enjoyed by all who could attend. While we ate our delicious supper, everyone visited and shared memories.



*Susan Klyn and Gloria Hill*



*Laverne Uhl, Kathy Cameron, Joyce Johnson, and Annette Beatty*



*Cindy Monson and husband, Ron*



*Joyce McTaggart, Betty Stewart, Darlene Yurchuk, Susan Klyn*

*See you all in 2023!*

*Waves of Hope. Stronger together.*

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# WE ARE WOMEN WHO PADDLE & THIS IS OUR MANIFESTO

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WE ARE CURIOUS, CREATIVE, WILD, AND STRONG. WE ARE INTROVERTS AND WE ARE EXTROVERTS. WE ARE BEGINNERS AND WE ARE EXPERTS. **WE'VE EACH HAD VICTORIES AND FAILURES.**

○ ————— ○  
OUR COMMON THREAD IS THE WATER WHICH FLOWS THROUGH THE RIVERS, LAKES, OCEANS, AND EACH AND EVERY ONE OF US.

WE ARE POWERFUL BECAUSE WE SUPPORT EACH OTHER

○ ————— ○

**WE DRAW STRENGTH**

**FROM THE TREES. THE MOUNTAINS. THE SKY. THE WATER.** WE USE OUR PADDLES TO CHALLENGE, TO CONNECT, AND TO HEAL. WE BELIEVE GETTING LOST IN NATURE HELPS US FIND OURSELVES.

**AND ABOVE ALL, WE BELIEVE THAT ANY DAY ON THE WATER IS A GOOD DAY**

