

**Letters Patent: The objects for which this corporation is incorporated:**

**WHAT DOES THIS MEAN TO YOU? WHAT SHOULD THE SURVIVOR  
THRIVERS SHOULD BE DOING?**

- (a) To undertake public education, family support services, dissemination and publication of information about breast cancer awareness**

**Support Group, information Sessions, Peer Support**  
Continue to promote our group  
Use free advertisement sources (newspapers, cogeco, doctor's offices,  
Make financial resources that are available know to group  
(Benevolent fund)

**Delphine's movie created for team 10<sup>th</sup> anniversary**

**More public awareness as a team...not enough info in the community, Participate more in local activities**  
**More info from hospital, more connection, communication, liaison with NHH**

**Support group            Information Sessions**  
**Public Relations to increase awareness**  
**Support other cancer initiatives**  
**Website**

**Sandy's support group**  
**Pamphlets**  
**Website contact information**

**Benevolent fund**  
**Charitable donations**  
**Racing coverage**  
**Canada Day Parade Awareness**

**Public Education:**  
**Film: Delphine's movie**  
**Event: There is life after Breast Cancer (info session at Cobourg Public Library)**  
**Support Group free lending library, special guests who talk about health and breast cancer**  
**Info at hospital, doctors' offices**  
**Waterfront tent**  
**Website Men's breast Cancer**  
**Ads in paper, interviews on radio, ads on board outside courthouse, Cogeco TV**  
**Football in Clarington**

**We the Survivor Thrivers are the number 1 public education, support etc forum because we are the breast cancer survivor and we show (prove) to the community that breast cancer is not a death sentence...it can make you an athlete.**

## **(b) To provide funds for research into the cause, control, and cure of breast cancer**

**We as a charitable organization must show that we are making donations**  
**Research other areas for donations**  
**Local charities related to above mandate**

**Giving to NHH CIBC Candlelight walk, United Way, Relay for Life**

**Support other cancer organizations**  
**More information on prevention and after cancer**

**Peterborough Entrey fee to PRHC diagnostics  
Camp Oochegas, Camp Trillium (children's camps)  
Cobourg Hospital Cancer division**

**Donations to NHH, Lakeridge, Relay for Life, CandleLight Walk, Walk for the Cure, Walk to End Cancers  
Our presence at an NHH event in October  
60 Km walk (Vera, Denise, Lisa) team donation to support them**

**IMPROVE PHYSICAL AND EMOTIONAL HEALTH OF OUR TEAM MEMBERS BY EXERCISE AND  
SUPPORTIVE CAMARADERIE  
AT EVERY PRACTICE, RACE AND GROUP MEETING**

**Captain's / Coach's pep talk  
Focus in the boat  
Encouragement to new members  
Free paddling sessions  
Support "outside the boat"  
Emails, cards, visits,  
HUGS**

**Boot camp**  
**Paddling tank**  
**Exercise classes**  
**Top level coach**  
**Team (other) interaction**

**Camaraderie with other survivor groups**  
**Carpooling and sharing to reduce costs**  
**Carnation ceremonies**

## **SUPPORT TEAM MEMBERS AND THEIR FAMILIES WHO EXPERIENCE PROBLEMS RELATED TO CANCER**

**Flowers, Food, Visit, email, phone**  
**Visit past members who are sick**  
**Offer help**  
**Dropped food for Vera, Carolyn Fundraiser of Carolyn ... we supported and ran the silent auction**

**Provided donation to children's cancer camp**

**Carpooling ....especially for members that are single car families ( or members without families)**

**Website**

**Support Group Information Sessions Following up after meeting to see if they are okay**

**Humour**

**Regular meetings**

**Financial assistance to those in need for festivals, Christmas food**

**Vera...helping with her yard, calls to assist emotional healing**

**Following up with Sharyn**

**Treat breast cancer as a family issue ...inclusive, Mom's, kids, spouses, others**

**Regattas**

**Outreach to non-members who engage up at the harbour, at regattas**

**Sometimes we just give HUGS**

**INCREASE LOCAL PUBLIC AWARENESS OF BREAST CANCER THROUGH  
OUR ACTIVITIES: DRAGON BOAT RACING, SUPPORT GROUP,  
TALKS AND PRESENTATIONS, AND INVOLVEMENT IN LOCAL COMMUNITY EVENTS**

**Participated in Girls' Night Out**

**Hosting support Group**

**Fundraisers: Golf tournament, yard slae, east coast Dinner, Candle Light walk, spaghetti dinner,**

**Exercise program at CCC**

**Canada Day Parade Water front booth**

**United Way DB races**  
**NHH Beyond Breast Cancer**  
**Racing at Festivals**  
**Winning medals as top athletes**  
**Special needs kids on Dragon Boat (not about breast cancer but gives us positive and community exposure)**  
**Special health talks Support group**  
**Donation boxes**  
**Corporate Sponsors**  
**Bingo**  
**Newspaper articles**  
**Fashion show**  
**Boob Tour**  
**Store front**  
**Info Booths**  
**Media releases**  
**Articles we sell: pins, head bands, rocks**  
**Raffles**  
**Christmas pot luck at K of C hall**  
**Info night at library**

**Need to plan for a 20<sup>th</sup> anniversary celebration (fundraising)**

## **INCREASE NATIONAL PUBLIC AWARENESS OF BREAST CANCER SURVIVORS' NEEDS BY COMMUNICATING AND COMBINING EFFORTS**

**Attendance at festivals with other teams**  
**National**  
**Picture for June Cadwell, Wounded Warrior book**  
**Both at waterfront festival**  
**Pink in the Rink**  
**Candle Light Walk**  
**Football in Clarrington**

**Breast Cancer**

**Getting in the boat with another team**

**Support Group**

**CCC exercise group**

**Support for other cancers**

**Parade Canada Day**

**Keeping the press abreast (newspaper and radio)**

**Interviews with "Snap"**

**Bingo exposure**

**Bowling league**

**Mall display**

**CAA bbq**

**FUNDRAISE TO SUPPORT OUR BREAST CANCER DRAGON BOAT TEAM AND TO GIVE BACK TO  
RELEVANT ORGANIZATIONS  
THAT MEET THE MANDATE OF THE SURVIVOR THRIVERS**

**Yes, if we didn't fundraise we couldn't have a venue to BE the example and support to the community that our stated letters paten objectives  
require**

**No regattas, no boat, no ads**

**Kitchen party, Carlisle dinner, spaghetti dinner, luggage raffle, kayak/paddle raffle, golf tournament, dances, cookbook, 10t Anniversary Celebration**

**Donate to: hospitals, Camp Ooch, candlelight walk, Relay for life, Run for the Cure, Camp Trillium, Walk to End Cancers**

**Sponsorship**

**New Ideas: Euchre, poker, Sadi Hawkins**

## **Why do we fund raise?**

- **So we can dragon boat**
- **Travel**
- **Costs for Italy**



- **Donate to other charities**
- **Attend festivals**
- **Awareness**
- **Best of coaching**
- **Fulfill our mandate**
- **So we can exist and cover cost of operating the club**