

Nov 1 - Nov 3

FALL TEAM MEETING 2013

TEAM RETREAT

### Summary of the Retreat Elkhorn Weekend

The weekend started with many arriving on Friday late afternoon at the "Big House". Dianne M. had attached balloon on trees and had the garage doors open. Supper under the direction of Joyce M. and committee was "pot luck" with a great variety of food and desserts. We discovered that Gloria P. is allergic to mushrooms and Kathleen to nuts. However it was a great feast with lots of leftovers for the following day.

Following supper we went down to the big room downstairs and Evelyn with her partners of Sandra and Gloria P. assisting led us in a variety of fun activities to help us get to know each other better, build strong team relationships and share laughter together. Before we knew it was late and time to think of bed. Two rooms were also used in the main lodge and after some going into the hot tub, some who lived nearby going home everyone hit the "sack".

Looking out the window on Saturday morning was a beautiful sight with a bit of fog and horses in the meadow. Breakfast was under Joyce's direction followed by clean up and getting down to work. The itinerary, which had been sent out, was put on a big sheet and Kathleen led the meeting. Manuals are almost complete with a few additions to be made. They will be available on DVD's or paper. It was noted that the essentials of the team are: promote awareness of breast cancer, celebrate our survival and spread hope, each team member will uphold the mission statement of the team, kindred spirit is very much a part of our team, we take care of our physical, spiritual and emotional well being, the steersperson is the captain of the boat and we always drink plenty of water.

Following we broke into four groups to review the Action Plan, reviewing the relevance of each of the sections and adding new ideas. People were allowed to go with the area that interested them the most. Evelyn and Annette led the Physical Health, Mary and Diane H. led the Public Awareness, Kathy and Arlene led the Communications and Michelle led the Financial. Each group selected a reporter who reported back following a short coffee break.

Presentation / Discussion from each group:

1. Improving Physical Health of our Members:

Working on technique of each position in the boat - video / laptop of practices, this will be a priority in the up-coming season. Chemo Savvy has offered to help train steers.

It was decided that we would delegate members to look after specific festival duties.

We are registered for FMG 2014 with a free tent space (Sept. 13/14, 2014)

Annette passed around a roster for possibility of attending MPA in June, 2014 and 10 man boat races, Sept. 5 & 6, 2014. CCS festivals: River City - June 6 / 7 is a go as 19 already signed up. Cost is: 950.00 early bird by April 30th.

Sept. 5/6th Sept Challenge: at Manitoba Canoe/Kayak club is tentative. Cost is: 350.00 early bird by July 4th. 10 have signed up and we need 12 to sign up. Only 2 people are interested in the Feb. indoor race so it is a no-go.

We would explore demo locations in 2014.



On Land training will take place at the Sportsplex, starting Mar. 5, 2014 with everyone looking after their personal training during the winter.

Evelyn and Annette will attend Level 11 training if it comes along.

Advertising of Come 'n' Try for 2014 will not be put into the Brandon Sun or Journal.

There was a challenge to "lighten the boat" and everyone work on losing 5 lbs.

## 2. Raising Public Awareness:

At the present time nobody knows what is happening with Healthy Choices, Healthy Women due to the fact the network has changed and at the present time there is not a contact person. This has been our "Open House" so it is "wait and see".

Relay for Life is an individual situation as well as CIBC Run for the Cure but Diane H. will register us as a team for 2014.

A new banner was discussed and it was decided that we do need one that is cloth and foldable and would identify us as Manitoba for Sarasota. The display board had been updated by Gloria P. and looks great. We do need to update our Rack Cards to be placed in health care places. All members are responsible for team breast cancer promotion.

Althia will be our new contact person as Helena has resigned.

## 3. Enhancing Communications

Membership fees should stay the same unless needed for operating costs.

Need to strengthen our mentor system. Assign a buddy immediately upon joining. Use phone calls or face to face. Re: team emails: make sure your email address is up to date to receive messages.

Website: info should be current with up-coming dates. We need to look at creating a new, user-friendly website. Kathleen suggested checking at ACC at their technology dept.

AGM would be held at Elton Collegiate, possibly Apr. 2014.

Spring Team meeting is unnecessary and we will have a Sarasota meeting instead.

Fall Meeting, 2014 - not elaborate, evaluate the past season and date TBA.

An up-dated Action Plan will be circulated to present the whole picture.

Social: Chemo Savvy would be every second year and other events as planned.

## 4. Maintaining Financial and Organizational Responsibility

Suggested that the incoming Treasurer should shadow the Treasurer for a few months. This would be beneficial for other board members to do the same as well.

Fund-raising: The Annual Yard sale would not be taking place as we are "running out of junk". People could have small sales in their yards and funds could go to the Waves of Hope.

Fashion show is planned for May 7, 2014, Keystone Centre and Darlene Y. is in charge with Susan and Doreen L. shadowing. Chuck-a-puck is headed by Jody, in Feb. 22, 2014. She will be calling for helpers.

Merchandise: Dianne will check into possibility of new order, we are just selling to ourselves really or immediate family members. New pins for Sarasota was discussed.

Dragon Wing Begonias: Dianne will check this week with Patmores and Gloria was looking into a supplier for the "north" in Dauphin. More info will be coming.




Hot Dog sale: Susan is looking at another venue and date. For the amount of work and hours put in, it was not the best profit.

We do need a Review of guide lines prior to AGM to update roles, etc.

Decided to take out of the Action Plan the insurance as it is a required item.

With the end of the presentations we had a break for lunch and tried on Jackets, fleece hoodies, t-shirts that Evelyn had available. We do wear our jackets as a promotion of our team was decided. Following lunch a lovely walk around the area kept us in physical shape for the afternoon and on our way to the challenge.

 SARASOTA: Annette and committee: Kathleen (hotels), Evelyn (team captain), Marg R. (registrations) and Betty (flight information)

PLEASE check website for Sarasota: IBCPC Please let Annette know if you can't open attachments.

Date is: October 24 - 26, 2014. Note letter that was sent to the team re: registration / travel re: shuttles from airport, etc. At the present time registered are 97 teams from 6 countries. We have 30 members register. We are allowed 26 on team roster and unlimited supporters. We have 26 on the roster and 5 may have to sit out each race. They are: 1 non-paddling survivor, 1 supporter, 2 extra paddlers who will join a composite team. We have not sent out any individual registration invites yet until we are sure who is on the roster of 26, non-paddling survivors, extras paddlers and supporter categories. Please let Annette, Evelyn or Marg know if you have any questions or concerns. They are also waiting until some of the kinks are out of the registration process according to Marg. PLEASE check re: medical insurance for USA and also passports. Our team insurance does not cover us outside Canada. Everyone is responsible for their own cancellation insurance as well as medical.

We discussed sending our paddles together and the team would pay for the extra baggage. Everyone would be responsible for their own lifejacket.

Our final payment is due Dec. 15, 2013. Time Line for Crew Roster is no later than May 1, 2014 and also date of individual crew member registration. Substitutions permitted to Sept. 1, 2014 and after an admin charge will be applied. Hotel bookings require a 50 % deposit by April 30.

Flights: Are not available at the present time but will be available approx. Dec. 1/13. However the following suggestions were given for Sept/ 2014:

1. Flight via: Delta Airlines: Wpg. / Minneapolis/ Atlanta / Sarasota Return: 701.00

According to Sheri Kines at CAA: Westjet does put on a direct flight to Tampa from Winnipeg in October usually. It is approx. a 1 1/2 hour drive from Tampa to Sarasota. A couple of people have indicated that they may drive but nothing finalized at this time.

Following a break and more trying on of jackets, etc. we had a question / answer time from the veteran panel and anyone else. We discussed time sheets (email to the team as needed and possibly it should be revised). The question came up re: lunches after practice. It was felt that this was a very valuable social time and a vote was taken:



It was decided that we would continue with the lunches minus juice as we all bring water to the practice.

Practise starts at the Sportsplex on Mar. 6, 2014. We would also practice for a longer period in Sept. next year due to going to Sarasota. If the weather is nice on the lake, if not at the Sportsplex.

We need to bring back singing! Flowers for next year's festival in Wpg - we would purchase our own. We also discussed the possibility of putting names of members who have passed away on a paddle which could be taken to festivals with us. Kathleen is going to check if this could be done at Shilo. Only 1 white flower + rest pink.

The note from Helena was read regarding the question regarding Judy Morningstar's quilts for Murray House and it was decided that individual members would write their own letters if they wanted to do so. The email from Helena will be forwarded to team members by Betty S. The question regarding the team picture that had been given to RHA which had never been hung in Brandon came up. It will be looked into and Sandra would love to hang it in her office at Ethelbert.

Gloria brought up the fact that through her sister in Winnipeg there is a group of gals who would make paddle bags from heavy duck material. More info will follow.

Joyce Mc. asked if we would be willing to help out at Roseanne's Christmas "House" Nov. 30 / 31 (located just south of Brandon) and proceeds would go to the Waves of Hope. People did sign up but if Joyce needs more she will send an email. It would be from 10-4:30.

She had Christmas Party tickets - Dec. 7, at Seniors for Seniors. (20.00 each)

Betty S. did collect some membership fees (50.00 for 2014). Lynda Desrochers (Baldur) who had come out to a couple of practises with Jody had joined the team.

More trying on of jackets, etc and some people headed for the hot tub, a walk on a lovely fall day in a beautiful setting and supper was great left-overs.

The evening was spent with laughter, friendship, discussion of books, and a relaxing time following a very productive meeting. Thanks to Wally for helping with the hot-tub cover!

Sunday morning was breakfast, clean up, hugs and departure. Special thanks to a great bunch of cooks for a fantastic variety of food, great organization of food by Joyce Mc. and company, Dianne for securing the location, Sandy for the suggestion and Kathleen for conducting the meeting and everyone for a wonderful time of TEAM building. Thanks to Gloria P. for the wonderful "picture book" of the Wpg. festival. Great memories. We are going to have a great time next year and in Sarasota, October 2014!