

# 2022 ANNUAL REPORT

## Dragon Divas of St Paul, Minnesota

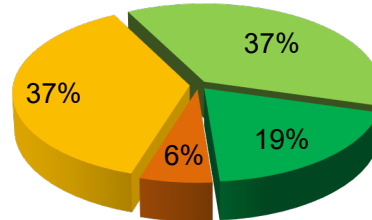
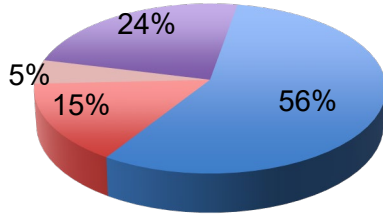


The mission of the Dragon Divas is to demonstrate that a full and active life is possible following the diagnosis of breast cancer. The organization provides an opportunity for members to connect with other breast cancer survivors in a supportive environment while enhancing their physical, emotional, and spiritual health.

# 2022 Financial Overview

Expenses \$42,413

Revenue \$72,081



- Member programs
- Organization support
- Donations
- Dues
- Depreciation
- IBCPC Festival \*
- Fundraising
- IBCPC Festival \*

\*Separate expenses and revenues for 2023 International Breast Cancer Paddling Commission (IBCPC) Festival

## Statement of Financial Position 12/31/2022

Assets	US Dollars
Accumulated Depreciation	(33,961)
Boat Cover	2,963
Cash	109,632
Clothing and Apparel	999
Dock	5,628
Dragon Boat 1	20,366
Dragon Boat 2	11,254
<b>Total</b>	<b>116,881</b>
<b>Liabilities and Equity</b>	
Total Liabilities	0
Temporary Restricted Net Assets	500
Unrestricted Net Assets	86,712
Net Income	29,669
<b>Total</b>	<b>116,881</b>

# 2022 Year in Review

**The Dragon Divas demonstrated that a full and active life is indeed achievable after a diagnosis of breast cancer through the sport of dragon boating and with activities to connect in supportive and fun environments.**

On and off the dragon boats, we presented multiple and diverse opportunities to **build and maintain member strength and endurance, as well as prepare for the paddling season.** In 2022, training options were offered in more locations than ever before. Off-season, members participated in a variety of weekly strength and fitness training online or in-person.

Every paddling season opens with a traditional **Blessing of the Boats.** In 2022, we gathered on a bright day with a singing bowl meditation, readings, and a flower ceremony to remember those we paddle for and those still challenged by breast cancer.

During the season we put our muscles in action and built our best rhythm: one heart, one beat, one boat! Coach Michael Lee guided **twice weekly dragon boat training,** supported by our assistant coaches and steers. We also hosted a **weekly social paddle** for those focused on the recreational and support aspects of paddling together. We hosted our second annual 2-day **paddling camp** in mid-June to further develop our individual and team skills. We introduced the **19 new members** to the excitement and techniques of dragon boating, including a "new members" practice at the start of the season and 1:1 technique training before weekly practices. There was strong commitment to the season among the Dragon Divas, evidenced by two boats of 20 paddlers each for nearly every practice.

The Dragon Divas traveled across the state and nation to showcase our paddling skills, share our thriving survivorship, and celebrate each other. The Dragon Divas were **fierce competitors** at four dragon boat festivals, and brought home **gold** in San Diego (Breast Cancer Survivor Division), **silver** in San Diego (Women's Group B Division), and **bronze** at the Superior Festival (Women's Division). Just as important were the **relationships developed, enhanced, and extended** through our time on and off the boat.

**Social opportunities** in 2022 included a variety of online and in-person connections. Among them, members learned the art of clay sculpture, expanded their critical reading skills with a book club and gathered to socialize and support each other during coffee hours and bonfires.

**The Dragon Divas worked to increase awareness of options for increasing emotional and physical health and well-being after breast cancer.** Our community outreach efforts took us to the University of Minnesota Survivorship Conference, Breast Cancer Education Association, and a dozen health-care clinics. We also **collaborated with community organizations** to support breast cancer patients with particularly challenging personal situations.

**Dedicated team** members are essential for this volunteer-led organization. We thank them, their families, and friends for support. **Tax deductible financial contributions** augment member dues to help fund land and water-based training, supportive activities, and educational programming. An Oktoberfest is our main fundraiser. Members and sponsors also participate in flower sales, a BBQ drive-through among other events (see next page for contributors).



# Thank you to our supporters!

## Special thanks to our donors contributing \$1000+

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Forest Lake Masonic Lodge  
Mall of America Pond Fund  
Mark Migliori, MD  
MN Masonic Charities  
Paddle North  
Anonymous (2)

## Donors less than \$1000

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Yes, you can support us! Tax deductible donations and matching corporate gifts accepted at [dragondivasmn.org](http://dragondivasmn.org) or Dragon Divas, 305 Harbor Lane, Shoreview, Minnesota, 55126. We are a 501c3 organization.

