

# 2023 ANNUAL REPORT

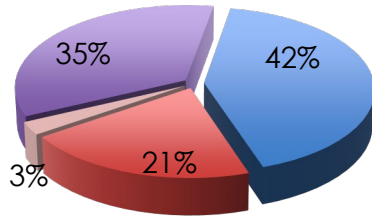
## Dragon Divas of St Paul, Minnesota



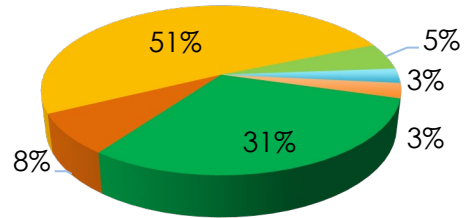
The mission of the Dragon Divas is to demonstrate that a full and active life is possible following the diagnosis of breast cancer. The organization provides an opportunity for members to connect with other breast cancer survivors in a supportive environment while enhancing their physical, emotional,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

# 2023 Financial Overview

Expenses \$63,280



Revenue \$58,633



- Member programs
- Organization support
- Donations
- Dues
- Depreciation
- IBCPC Festival\*
- Fundraising
- IBCPC Festival\*
- Interest Income
- Restricted donations

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

## Statement of Financial Position 12/31/2023

<b>Assets</b>	<b>US Dollars</b>
Accumulated Depreciation	(35,580)
Boat Cover	2,963
Cash & CDs	106,897
Clothing and Apparel	1,606
Dock	5,628
Dragon Boat 1	20,366
Dragon Boat 2	11,254
<b>Total</b>	<b>113,134</b>
<b>Liabilities and Equity</b>	
Total Liabilities	0
Temporary Restricted Net Assets	7,175
Unrestricted Net Assets	105,059
Net Income	900
<b>Total</b>	<b>113,134</b>



# 2023 Year in Review

The Dragon Divas experienced an exciting 2023. A focal point in the first quarter was participation in the International Breast Cancer Paddlers Commission (IBCPC) Dragon Boat Festival. Throughout the year, on and off the dragon boats, we presented multiple and diverse opportunities to build and maintain member strength and endurance, prepare for the paddling season, and promote community and healing. The Dragon Divas continued to grow in number, ending the year with over 90 members! Let's take a closer look at the highlights of 2023.

**Off-season Training:** To promote survivorship and prepare us to be a fierce dragon boat team on the water, the Dragon Divas offered a variety of strength training options, including TRX and HIIT coached gym workouts, Pilates, water aerobics, yoga and Tai Chi in the off-season.

**On-water Paddling Practice:** The Dragon Divas held paddling practice three times weekly: twice weekly led by Coach Michael Lee, supported by our assistant Coaches and Steers, and once weekly for Social/Skills practice. Several new steers and drummers were trained this season. The organization also hired Connie Flesuras, Dragon Boat Training, Inc., to coach the 3rd annual two-day paddling clinic for members in June. Thirty-eight Dragon Divas participated.

## **Festival Participation:**

**IBCPC Dragon Boat Festival** (Lake Karapiro, New Zealand): Twenty-five members participated in the IBCPC Dragon Boat Festival held in March. "Team Kiwi" took on extra fundraising efforts in 2022 and 2023 to help fund our participation, raising \$9300 which covered 44% of total team expenses. It was the trip of a lifetime for participants. The festival enhanced our understanding of how universal the struggle against breast cancer truly is. We met over 80 teams of survivors from 37 countries around the globe, found joy in competing in the sport that has given us back our strength, energy and spirit and gathered as a global survivor community.

**Lake Bemidji Dragon Boat Festival** (Bemidji, MN): Thirty-nine Dragon Divas came out in force, racing in 2 boats in the 200 M sprints and 400 M races. Dragon Divas "One Heart" took 1<sup>st</sup> and Dragon Divas "One Beat" placed 3<sup>rd</sup> in the 400 M races in the Breast Cancer Survivor (BCS) division. Overall, One Heart placed 21<sup>st</sup> and One Beat 22<sup>nd</sup> of 38 teams competing.

**Minocqua Dragon Boat Festival** (Minocqua, WI): GOLD in the BCS division 300 M races.

**Lake Superior Dragon Boat Festival** (Superior, WI): BRONZE in the Women's division 350 M races and 39<sup>th</sup> of 51 teams overall.

**Dubuque Dragon Boat Races** (Dubuque, IA): GOLD, winning all 8 of the BCS division 300 M races in Taiwanese boats.

**Nevada International Dragon Boat Festival** (Lake Las Vegas, NV): BRONZE of 5 teams in the BCS division 200 M races; placed 5<sup>th</sup> of 6 teams in the Women's division 200 M and 6<sup>th</sup> of 6 in Women's 500 M races.

**Social and Support Activities/Community Involvement:** We enjoyed comradery and outdoor winter activities at a Member Retreat in February. Other events included Music Night/New Zealand Team Send Off, Spring Boat Blessing, Book Club, Off the Boat discussion groups, bonfire, walking groups, and Friends and Family event. The Dragon Divas worked to build awareness of options for increasing emotional and physical health and well-being after breast cancer by staffing exhibits at the University of Minnesota Survivorship Conference and Breast Cancer Education Association. The Dragon Divas also launched a new website to improve our community connection and enhance organizational access.

# Thank you to our supporters!

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

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## Donors less than \$1000

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*\*in kind donations*

Only through the support of our generous donors and the fundraising efforts and contributions of members, volunteers, family, and friends are Dragon Divas able to continue their mission. Tax deductible financial contributions augment member dues to help fund land and water-based training, supportive activities, and educational programming. We are tremendously grateful to all our donors and volunteers.

Propel our mission forward! 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.

