



November 28/29/30, 2022  
City Council Public Hearing-Budget  
Panel 4  
C. Hemsley



# Today's Presentation

1. Opening remarks – Maureen Murphy-Black

2. Member Highlights:

1. Joyce – as told by Colleen

2. Heather

3. Val – as told by Colleen

4. Jasmin

3. Video testimonial

4. Closing remarks – President Shannon Turgeon

Hi, I'm Val and this is part of my story



Hi, my name is Jasmin and I am a 2-time breast cancer warrior.



Breast Friends  
Dragon Boat Racing Team



# Highlights of Survey Feedback from Breast Friends Members

- Support ... to work hard and achieve physical goals while making personal connections. To know that within our group, someone will have your back
- with practice and encouragement, you can almost see a light start to shine in new member's eyes as they realize: "I can do this!"
- discovering BFs was the most powerful and life-improving experience. The feeling of self-worth, self power, self confidence and self awareness, which was strengthened by being a BF member has truly improved my life.
- Being a Breast Friend Member has challenged me in so many ways.
- Breast friends provides a new network of amazing women to share life's journey, with all it's bumps and bruises

# Supporters' highlights

- As their strength and conditioning coach, it's been amazing watching their struggles become their strength. They inspire me to be a better coach, to be resilient and to enjoy everything I am doing. I am super grateful for them.
- being part of a TEAM, not only for the physical and skills aspects, but the very important social component. No one was more proud of your boat when I stood on the shore of the Glenmore Reservoir in Calgary the day my BF participated in her first Dragon Boat race!
- The pre-paddle sessions in the gym are instrumental to start both the strength and mindset for paddling in upcoming festivals. From a mental health perspective, a sense of belonging and teammanship!