

November 2011



Dear Family and Friends of WeCanRow-Boston,

2011 has been a year of innovation and growth, as you can read in the highlights below. The 35 members of WeCanRow-Boston thank you for supporting us throughout the year!

### **Community involvement:**

This year marked a number of “firsts” for WeCanRow-Boston. In January, members erged in the CRASH-B’s, the largest indoor rowing event in the world and in September we initiated the first-ever, Making Strokes Row to accompany the American Cancer Society’s Making Strides Walk. We received a lot of “love” as we rowed alongside thousands of walkers in our specially decorated barge.



As a result of our innovative idea, we began working with the American Cancer Society which quickly resulted in members of WeCanRow-Boston participating in the Awards Ceremony at the Head of the Charles Regatta. Please see our Facebook page for more details and pictures of both events. We continue to enjoy a generous relationship with Charles River Apparel, whose donation of raincoats and shirts has improved team spirit (and kept us dry!). As a thank you, it was our pleasure to host a special Learn to Row for Charles River Apparel employees.

### **Programming:**

The Winter of 2011 found us working out in the Boston University indoor tanks and enjoying the new opportunity to train with Vic Brown, Boston University’s strength and conditioning trainer. In addition, at our annual Healers’ Row, Dr. Julie Silver from Oncology Rehab Partners, spoke about advocating for cancer rehab treatment programs. As we begin our winter season rowing in the tanks, we have started working with Annette Goldberg, a graduate student in nutrition at BU. Finally, a gigantic “Thank you” to Dr. Nancy Roberge, our physical therapist, who kept us limber and healthy throughout the year.



### **Finances:**

Rowing is an expensive sport and a diagnosis of breast cancer has many financial implications for women and their families. We are firmly committed to maintaining scholarships for new members and a sliding fee scale. Thus, we are continually working to secure a more stable financial base for our program. In 2011, we were fortunate to receive a substantial donation of \$ 7,000 from the soccer-playing men and women of Score for A Cure in Plymouth, MA. Our members have also taken on new fundraising initiatives: The combined efforts of 3 members raised over \$ 3,700 through securing pledges to run a half-marathon, organizing an amazing Halloween fundraiser and seeking matching corporate funds. While we no longer have to rely on bake sales and bracelets to fund the program, our growing roster and new initiatives require more resources. In the coming year we are seeking donations to help us with the following:

### **Equipment:**

We would like to purchase a set of 14 used oars from Boston University. They will be lovingly refurbished and customized for our needs by the BU Boatman, Russ Cone.



### **Uniforms:**

It's a great feeling to be part of a team, particularly for WCR-B members who experience a unique sense of team unity. We find that having team uniforms and gear really boosts everyone's spirit while providing a visible sense of belonging.



### **Programming:**

We plan to schedule a series of speakers and other opportunities during the year to address issues relevant to breast cancer survivors and wellness.

Please be assured that your contributions to WeCanRow-Boston are greatly appreciated. We treasure your support and confidence as we continue to “grow” the program to meet the needs of breast cancer survivors who derive wellness from rowing.

*The Women of WeCanRow-Boston*

Please visit us on Facebook and Twitter

**[www.wecanrowboston.org](http://www.wecanrowboston.org)**

Look for the **Paypal** button on our home page

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WeCanRow-Boston, Inc. is a non-profit 501c3 organization.