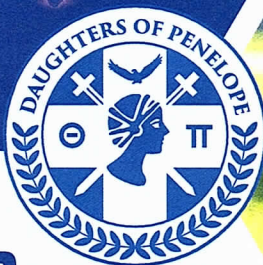


# DAUGHTERS OF PENELOPE

*Charity Walk*

**"The Power of We...  
Moving Forward  
Together"**



## CHOOSE YOUR CHALLENGE



### **WALK AS A DISTRICT OR WALK AS A CHAPTER**

Each District or Chapter organizes their own walk-a-thon. The sponsoring District/Chapter of the event sends 25% of the proceeds raised to HQ towards the DOP Charitable Foundation. The other 75% of the funds will remain with the sponsoring District/Chapter to support local charities.



### **BENEFITS OF WALKING**

Maintain a healthy weight and lose body fat.  
Prevent and manage various conditions including heart disease, stroke, high blood pressure, cancer, and diabetes.





# DAUGHTERS OF PENELOPE



## Charity Walk

# INSTRUCTIONS



Dear Sisters,

"Let's come together and put our best foot forward!" This year on November 19th the Daughters of Penelope will celebrate our 93rd anniversary. Our Grand President, Georgette Boulegeris, has challenged us to sponsor a charity walk to be completed as a district or chapter. Invite your family, friends, and members to join the event. There are many benefits to moving your body as you're raising funds for your charity.

This Charity Walk is open to all chapters nationally and internationally. The organizing district or chapter will keep 75% of the proceeds to support local charities, and the remaining 25% will be sent to DOP Headquarters towards the Daughters of Penelope Charitable Foundation. The following pages include a registration form, different ideas on ways to host your walk, and a walk report. Take note of your DOP Charity Walk Committee Liaison on the following page. You'll want to send them a copy of your registration form, your walk report, and any pictures from your event.

Now, how will you participate? It's time to choose your challenge and register for the Daughters of Penelope Charity Walk to be active, stay healthy, and celebrate 93 years of sisterhood! We are the Daughters of Penelope, "The Power of We... Moving Forward Together!"

Much Love, in Theta Pi,

*Fotini Caragiannis*

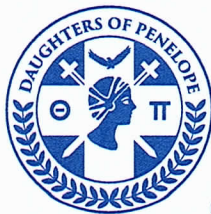
Charity Walk Committee Chair

PS. Don't forget to tag us on social media with  
#DOP93 #DOPStrong #TooInspiredToBeTired

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**"LET'S COME TOGETHER AND  
PUT OUR BEST FOOT FORWARD"**

# DAUGHTERS OF PENELOPE



# Charity Walk

## COMMITTEE



Grand President

Georgette Boulegeris

Tethys #229, New Brunswick, NJ

Grand Advisor to the Maids of Athena

Effie Kirkiles

Narcissus #289, Fort Lauderdale, FL

### Charity Walk Committee Chair

Fotini Caragiannis

Meandros #168, Montreal, QC

f\_caragiannis@hotmail.com

Districts 6, 7, 8, 9

Eleni Alexandridou

Eleni #440, London, UK

eleni.alex1981@gmail.com

District 27, Greece, Europe

Linda Belba

Daphne #29, San Jose, CA

ljbelba@yahoo.com

Districts 16, 17, 20, 21

Sevasti Tachtsidis

Meandros #168, Montreal, QC

sevyst@gmail.com

Districts 23, 26

Heidi Andrews

Boreas #268, Edmonton AB

heidi.andrews@shaw.ca

Districts 22, 24

Jacquelyn Marousis-Bush

Aulis #195, Ocean, NJ

jmarousisbush.dop@gmail.com

Districts 10, 11, 12, 13, 14

Dorothy Xanos

Pelias #186, Clearwater, FL

4koukla2@gmail.com

Districts 1, 2, 3, 4, 5

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**"LET'S COME TOGETHER AND  
PUT OUR BEST FOOT FORWARD"**



# DAUGHTERS OF PENELOPE



## Charity Walk

# REGISTRATION



Calling all Sisters! We are asking you to channel your "Power of We" and "Move Forward Together" as we put our BEST foot forward for charity! The premise is each District or Chapter organizes their own walk-a-thon. The sponsoring District/Chapter of the event sends 25% of the proceeds raised to DOP Headquarters towards the DOP Charitable Foundation. The other 75% of the funds will remain with the sponsoring District/Chapter to support local charities.

## Yes! COUNT US IN!

*Instructions:*

Please complete this registration form and email to your designated district Committee Liaison.

*We will participate as a:* ☐ District *or* ☐ Chapter

District #

Chapter Name & Number

*District or Chapter Contact Representative:*

First & Last Name

Phone

E-Mail

## "LET'S COME TOGETHER AND PUT OUR BEST FOOT FORWARD"

# DAUGHTERS OF PENELOPE



## Charity Walk

# HOST A WALK



**YOU'VE COMMITTED TO THE CHALLENGE! IT'S TIME TO PLAN YOUR WALK!  
AS YOU PLAN, ASK THESE QUESTIONS:**

- ☒ *Will your event be...*  
in person, virtual, or a combination of the two?
- ☒ *Will you ask them to...*  
safely walk, run, bike, or even use the treadmill?
- ☒ *Will you have a "93" challenge where...*  
participants walk for 93 steps, 9300 steps, 9.3-minutes or a 9.3K?
- ☒ *Will you ask for....*  
an entrance fee, donations, or both?

**There's no wrong way to host, it's up to YOU! Our main goal is for people to get their bodies in motion for charity.**

Still stuck or need help with a flyer? We've got you covered! Input the following link into your browser. <https://bit.ly/DOPwalk> Once opened, click "home". Go to the document and click "..." on the top right of the document. Click "save a copy". Open YOUR copy and edit. Have a smart phone? Use the QR code and do the same thing!



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**"LET'S COME TOGETHER AND  
PUT OUR BEST FOOT FORWARD"**

# DAUGHTERS OF PENELOPE



## Charity Walk

# WALK REPORT



*We participated as a:* ☐ District ☐ Chapter

District #

Chapter Name & Number

Mailing Address

*District or Chapter Contact Representative:*

First & Last Name

Phone

E-Mail

*Charity Walk Information:*

Our Charity Walk took place on

Number of Participants

25% sent to HQ towards the DOP Charitable Foundation

75% retained by District/Chapter to be used for  
District/Local Charities

Please email a copy of your completed form to your Committee Liaison and  
send the original form with a check by November 30, 2022 to:

DOP Headquarters  
1909 Q Street NW, Suite 500  
Washington, DC 20009  
\*Earmark check: DOP Charity Walk