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Breast Cancer Awareness Month This newsletter is dedicated to all of the Dragonheart Vermont Sisters who have been diagnosed with breast cancer, those who have passed and to their families and friends who are caretakers and supporters, and to the health care professionals who took the journey to survivorship with them. Breast Cancer Awareness Month is the time for all of us to acknowledge and empower these individuals, and their families whose lives have been affected by breast cancer. For Dragonheart Vermont, every month is Breast Cancer Awareness Month! Sisters you are LOVED ❤️

As we paddle into the crisp autumn air, I'm thrilled to join you as the new Executive Director of Dragonheart Vermont. With a lifelong love of the water and a passion for community, I'm eager to contribute to this vibrant organization. I've been so impressed by the dedication and talent of our members, from the seasoned paddlers to the enthusiastic volunteers.

Together, we'll build upon our 20th anniversary momentum and explore new ways to grow Dragonheart Vermont. I'm excited to hear your ideas on how we can enhance our programs, strengthen our community, and continue making a positive impact on our region. Please don't hesitate to reach out with your thoughts or to simply say hello. You can reach me at KyleO@dragonheartvermont.org

Your hardworking Board is also preparing for their annual Board Retreat on Saturday October 19th! This is a yearly event when your dedicated Board members and staff reflect on our past accomplishments and plan for the future. Feel free to also send any comments, recommendations or suggestions to the board via info@dragonheartvermont.org. We would love to hear from you.

Dragonheart Vermont was featured in Backyard Burlington's October Video. Big Shout out and thank

you to Vicky, Ruth, Nancy and Lisa for their time working with Backyard Burlington to do this great video. Check it out here: <https://youtu.be/B91eqEtxxw0?si=A-bBUjajtuj6pMD>

Lake Champlain Dragon Boat Festival Wrap Up!

We held one festival debrief meeting on Oct. 1 but will be meeting again on Oct. 15 at 6 PM at FUMC. Please plan to join us if you have feedback on how to improve the festival for next year or just to learn more about how to get involved.

Did you plan to buy a festival t-shirt but missed your opportunity? Don't worry as you can now purchase both the teal-colored knit t-shirt and the black tech shirt online. Help us reach our festival fundraising goals by ordering shirts for friends and family for the holidays! Sizes are limited, and please note that the women's teal shirts run 1-2 sizes small.

<https://dragonheartvermont.org/product/lcddf-2024-non-tech-short-sleeve-shirts/>

<https://dragonheartvermont.org/product/lcddf-2024-t-shirts-post-festival-sales/>



Festival Thank You Party! October 23rd., 530pm-730pm at Osher Integrative Health Center on the UVM campus located at 184 South Prospect St, Burlington. All members are invited to attend the Festival Thank You Party to both thank our sponsors and our amazing volunteers for their support. Space is limited, so sign up soon on the calendar to secure your spot. DHVT members in attendance are asked to bring a dish, dessert, or drinks to share.

Membership Moments: Welcome new members we are having a New Members Meeting for anyone who joined in 2024 PLEASE COME **October 17th 5:30 to 6:30pm** at Faith United Methodist Church (FUMC 899 Dorset St So. Burlington) in the lower classroom. We would like to share a bit about who we are, how we got started, our community involvement, our volunteer commitment, paddling and fitness programs, how great it is to be a member and most importantly, how paddling together in a dragon boat is good for breast cancer survivors. Please Sign up on Calendar here: <https://dragonheartvermont.org/event/new-members-meeting/>

Dragonheart ends our season with gusto!

5 Teams participated in the Crew Club World Championships in Revanna Italy! What an experience and Dragonheart left it all out on the water.



Dragonheart Vermont Gives Back:

On September 28th, DHVT Dragons on Dry Land participated in the annual Outright Vermont's Fire Truck Pull to build hope, equity and power for Vermont LGBTQ+ Youth! They raised \$9,115 to help Outright Vermont to exceed their fundraising goal of \$200,000. Together all teams raised \$216,079 for LGBTQ+ Youth. A special thank you goes out to Nicole Schubert for organizing the team, Jess Rodrigues and Courtney Fleisher for organizing costumes. They won the golden firetruck for FASTEST PULL 12.5 Seconds! Way to ROCK it Team! It is so wonderful to see DHVT show up for our community the way they show up for us.

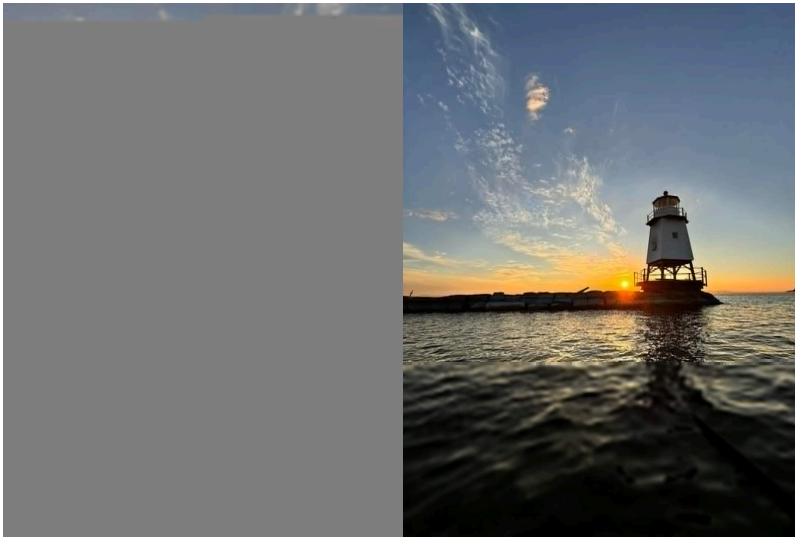


Essex Food Pantry received the last food donation items. Thank you, June, for delivering to Aunt Dots. This was part of celebrating our 20th Anniversary over 20 weeks of practice dragonhearters continued to shine and to give back to our communities with donations of non-perishable food items which yielded food for area food banks and pantry's. Dragon Hearts never stop giving ever!!!

Power Dragons hit the Olympic Basin for the Quebec Cup! Congratulations Power Dragons on your first Festival of 2024. Way to ROCK the Basin! Paddles UP!!!!



Last season paddle 9.30.2024 did not disappoint. Thank you, mother nature, for such a beautiful evening. For those of you that missed it. Here's why we are so lucky to call Lake Champlain home to Dragonheart Vermont.



Good night, Boats! See you in May. On Saturday, October 5th many Dragonhearters came out on another beautiful Fall Day to our docks with their waterproof boots, muscles, their buckets, sponges and scrub brushes to partake in the annual end of the season event of taking boats out of the water. The boats were power washed, (some of us were too) scrubbed, washed again and put on the trailers ready to make their way to their winter home at the Allard farm. Thank you to Neal Hayes for organizing such a big undertaking. Jim Cross and Brenda Howley were chief cooks and rewarded us all with Dragon Dogs! You can see more photos of this day on Dragonheart's Facebook page.

Coach's Corner: WOW! What a great season Dragonhearters! Now we take a little time for family and recharge before Off Season Training (OST) starts. OST planning is in the works so watch your email for the details and sign ups coming soon.

Fundraising for Dragonheart Vermont Opportunities!!!!

Solmate Socks Fundraiser -- Is Back. Have you missed it?

We are so happy to be able to once again offer the opportunity to support Dragonheart Vermont through the purchase of your favorite Solmate socks!

The image is a promotional graphic for a Solmate Socks fundraiser. It features a close-up of several pairs of feet wearing various colorful and patterned socks, set against a background of green grass. In the top left corner, the 'Solmate SOCKS' logo is visible. A purple banner at the bottom left contains the text 'Dragonheart Vermont Sock Fundraiser' and a circular logo with a dragon. A red banner at the bottom right contains the text: 'In October and November, Solmate Socks will donate 50% of all sales that come through this special link: https://solmatesocks.com/dhvt'.

To celebrate our 20th Anniversary, Solmate socks is donating 50% of the sales when you shop during the months of October and November back to Dragonheart Vermont. Share..Share..Share this link with family, friends and on social media. <https://solmatesocks.com/dhvt> Once on this landing page you can browse and shop the entire Solmate Socks website. Solmate Sock with pack and ship the order directly to the shipping address you enter when checking out. How cool is that??? Thank you for supporting DHVT with selling socks.

Cycling for Charity 100% of proceeds go to DHVT! - Saturday, November 2nd, Looking for an OST warm up? Want some variety in your cross training? Want to help raise some dollars for Dragonheart? Look no further! Align Cycling (spinning) studio in Williston is very generously holding a Ride-A-Thon with proceeds going to support DragonHeart Vermont. Yahoo! See the addended poster for details. To Register scan the QR code below or register online for the Nov. 2nd event by clicking The Align hyperlink here <https://aligncycling.com/buy?t=%2Fbuy%2F48717> You can form your own 3-person team or ride solo. Invite friends, family or people from your boat! A team "captain" can do it, or you can do it in your own. Once online it involves 2 steps: buying Charity Ride credit & signing up for the actual slot(s)/time. See you November 2nd! **DH related questions? Email Chris Carpenter at cscarp150@gmail.com**

Save-the-Date:

- **Tuesday, October 15th - Festival wrap up at FUMC 6pm**
- **Thursday, October 17th - 2024 New Members Meeting at FUMC 530pm - 630pm**
- **Tuesday, October 23rd - Festival Thank You Party at Osher Integrative therapy 184 South Prospect St., Burlington Please sign up on the calendar space is limited.**
- **Saturday, November 2nd - Cycle for Charity Align Cycling - More info above and on the members calendar or DH related questions? Email Chris Carpenter at cscarp150@gmail.com**

Courtesy Posts: Joy Boat Next Adventure: France/Germany May 18-26, 2025. Want to know more? Just click on this link <https://pages.qwilr.com/TRS-Joy-Boat-France-and-Germany-2025-O5Znj4hASqCW> or feel free to reach out to Linda Dyer directly. Ldyer7@gmail.com or 802.238.7625

**With Gratitude,
Paddles Up!**

Kyle

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899 Dorset St
S Burlington, VT 05403-7501
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