



New Year News

UVM Hockey v. St. Lawrence



This coming Saturday, January 4th, at Gutterson Fieldhouse as the Catamounts take on the Saints, we will be running a 50/50 raffle to support Dragonheart Vermont. Discounted tickets are \$15 by [clicking on this link](#).

**Note: If you need to enter a password to access the tickets to the game, the password is dhvt, all lowercase.*

You can volunteer to help by signing up on our calendar. We are looking for a few more to sell tickets at 5:45pm that night.

Our goal is to have at least 25 tickets for DHVT members, our friends, and teammates from other sports. Please spread the word!!

Come out and have some fun, we would love to see you cheering for UVM!! If you have any questions, contact Neal Hayes: nealh@dragonheartvermont.org

2025 Annual Membership

We hope that you all join us for another year of dragon boating, fitness, and camaraderie! You can renew your membership through this link: <https://dragonheartvermont.org/2025-membership-form/>. You will notice that we now have an introductory rate of \$100 for Breast Cancer Survivors (BCS), who are new members. This special rate is only for **NEW** BCS members. We will be recruiting more members through our networks, we encourage you to share this special offer to get a BCS member on board with paddles up!

Off Season Training (OST): Session 2 signups

There's still time to sign up for Off Season Training: Session 2 on the [internal member's page](#). This session Coach Brett will guide members to continue to build strength and emphasize developing endurance on the kayak pros and improving anaerobic abilities.

Please note: if you participate in OST you are required to pay your annual membership dues now as well.



Getting in the spirit with Coach Brett

We are also happy to hear that the improvements that we made on the website made for a seamless transaction for most of you that have already signed up for OST Session 2. Shout out to super volunteer Michelle Miller for her diligence in making this happen! A vast improvement indeed.

Member Spotlight

Member **Ernest Greer** competed in the Dubai World Obstacle Championship and took home gold on December 5, 2024. Congrats Ernest!

Click on the image below to see his lightning fast course!



Mary “Cic” Cicaloni told her story of finding a better life after cancer and competing with Dragonheart Vermont as a part of UVM’s Mosaic series that profiles the people of the University of Vermont Health Network. Read about [Mary’s story here](#).



Breast Cancer Support Group

This gathering is held on the 3rd Tuesday of the month from 6:00 to 7:30 and is available to all Vermont and New York residents. This group was meeting on Zoom since COVID and has just started an in-person meeting at Hope Lodge in Burlington.

Stacy Burnett (she/they) is the facilitator and a clinical social worker who specializes in

supporting families and individuals who are dealing with trauma, mental health, eating disorders, gender related issues, and the emotional impacts of cancer survivorship. She navigated breast cancer in 2019 and currently in 2023 and hosts the breast cancer support community Fiercely Flat Vermont on Facebook. You can email her here:

stacy.m.burnett@gmail.com

Paddle Tank Training: January 18th



January 18th @ 3:00 - 6:00 p.m. in Montreal. \$25 per person.

We need 10 people to sign up by *January 8th* in order for this event to be held.

[Visit the member calendar to sign up](#)



New Year's is a time to reflect on the year(s) gone by and look forward to a new year as we turn the page of the calendar. We lit candles to make wishes for the year ahead, and I have high hopes for 2025! I am grateful for all of you and I am excited to get to know more of you through volunteering and other events.

Kyle Opuszynski



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