



Achievements, Membership & Upcoming Events!

In 2024, we stayed busy planning 7 Dragonheart Vermont fundraisers, 8 DHVT Gives Back events, 5 cancer specific events, and many committee and membership meetings on top of countless fitness classes, practices, and races! I am so grateful for our active membership that helps coordinate all of these events and the sponsors and donors that keep us focused on a better life for breast cancer survivors and their family of supporters.

THE DHVT YEAR IN REVIEW
2024

The 20th year of Dragonheart Vermont brought excitement, travel, volunteerism, and camaraderie. Check out this highlight reel made by Shannon Cunniff

Annual Membership

We hope you will join us for another year of dragon boat racing, training, volunteerism, community giving, teamwork, and friendship. Our membership rate is now \$300 annually, which includes practices on Lake Champlain and access to participate in the Off Season Training (OST) fitness program designed by Coach Brett. [Renew your membership here.](#)

[Breast Cancer Membership](#)

Currently, 30% of our members have been diagnosed with Breast Cancer. Our goal is to recruit more people that are survivors, and one way we are doing that is to offer an introductory rate of \$100 for new members that are breast cancer survivors. If you joined for \$25 after the festival, you could take advantage of this introductory rate because it's your first full year of membership. We are continuing to provide free membership for those with Stage 4 Metastatic Breast Cancer. If you do not qualify for either of these programs, and still would like financial assistance to participate in Dragonheart Vermont membership, you can apply for the Sunshine fund by filling out this form:

Upcoming Meetings

- Board of Directors Meeting: January 28th
- [Mentor Meeting](#): February 4th Virtual meeting at 5:30pm- 6:30pm.
- This is open to seasons Dragonhearters that will get paired with a new member and show them the ropes. [RSVP in the calendar](#). To sign up to be a mentor, please email info@dragonheartvermont.org.
- [New members meeting](#): February 4th Virtual meeting at 6:30pm-7:30pm
- Immediately following the Mentor Meeting, we will welcome new members to get an introduction to Dragonheart and its many events, races, and volunteer opportunities. [RSVP in the calendar](#) if you are a new member and would like to learn more about what it means to be a Dragonheart member.
- [Festival Planners Meetings](#): February 18th This is your chance to get involved with Dragonheart Vermont members to help plan this year's Lake Champlain Dragon Boat Festival (LCDBF). This festival could not happen without you, our members, so please sign up to help plan! Meetings occur on the third Tuesday of every month. February 18, March 18, and April 15 will be via Teams. Meeting link is in the calendar event.
 - May 20, June 17, and July 15 will be held in-person at FUMC.
- Save the Date: [Membership meeting March 11th](#) at 6pm at Brand Hall in the Faith United Methodist Church

Events

January 18th: [Paddle Tank Training](#)

March 15th: [Save your Shamrocks](#) 8am-6pm

July 19th-20th: Practice Weekend

August 2nd: Community Cancer Survivor Paddle Day

August 3rd: Lake Champlain Dragon Boat Festival

A Call for Mentors

More experienced paddlers and Dragonheart Members- we need you! Participating as a Mentor is a great way to get to know new people by showing them all things Dragonheart. Email info@dragonheartvermont.org to learn more!

With gratitude,

Kyle Opuszynski



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