



Dragon Bytes

Race on the River News

Volume I, Issue 1

Editor: Sherry Cheek

April, 2017

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ANNOUNCING...SEAN FRASER AS OUR HONORARY CHAIR FOR 2017...

Sean Fraser is a devoted father and husband and has the pleasure to serve as the Liberal Member of Parliament for Central Nova. Sean was elected to office on October 19th, 2015 and shares his time between his home in the riding and Ottawa when the House of Commons is in session.

Sean is a Pictou County native with family throughout the Town and County of Antigonish. He graduated from East Pictou Rural High School and holds a law degree from Dalhousie University, a Masters degree in Public International Law from the Netherlands' Leiden University, and a Bachelor of Science from St. Francis Xavier University. Prior to running for office, Sean had a successful career with one of Canada's top-ranked law firms.

Sean is a long-time volunteer, having served as the Vice President of a local branch of the United Nations Association of Canada, acted as a Research Fellow with the Centre for International Sustainable Development Law, and provided pro bono legal services to the Boys and Girls Club and underprivileged community members. While attending StFX, Sean served as President of the St. Francis Xavier Student's Union in 2005 to 2006.

Sean is dedicated in his service to the constituents in Central Nova with priorities around economic development and job creation, social justice a healthy environment and ensuring that Canada does right by the world.

He is currently on the Standing Committees for Infrastructure, Transport and Communities as well as the committee for Status of Women.

Between his official duties, Sean enjoys spending time throughout the riding with his wife of seven years Sarah and their daughter Molly, keeping a keen eye on sports, playing the guitar and bagpipes, which he has been playing for the past 23 years.

New Glasgow Dragon Boat Society Board Of Directors 2017

President: Bob Rogers, **Vice President:** Chris Higdon, **Secretary:** Sherry Cheek, **Treasurer:** Lisa McGrath,
Directors: Roger Swarbrick, Shirley Murray, Phil Wyman, Terry Richardson, Kim MacLaren, Meghan Brophy, Nikki Parnell, Jillian Greene, Alisha Mombourquette, Dion Antle, Sandra DeGruchy, Emma Eagles and Amanda Chambers.



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2017 - Is a Fire Rooster Year



In Chinese astrology, each zodiac year is not just associated with an animal sign, but also one of five elements: Gold (Metal), Wood, Water, Fire, or Earth. Both the zodiac sign and the element shape the astrology of the year. For example, 2017 is a Fire Rooster year. Element-sign combinations recur every 60 years. Independent, honest and punctual, roosters are confident and competent but emotionally volatile. The general image of this zodiac sign is that they are hardworking, resourceful, confident and talented. In addition, their active, talkative and engaging ways make them popular with people. They are happiest when they are in company, enjoying the spotlight. Although they were born with enviable skills, they still have several shortcomings, such as being seen as vain and arrogant with a tendency to brag about their achievements.

Again this year...

We are running the races so teams are guaranteed 3 races each, so get your teams registered now . . . (see below) for early savings.

Register Your Team Now!

The Board of Directors for the Dragon Boat Society have once again decided to reduce the price of registration for the boat to \$600 (a savings of \$50). However, if your team is **registered and PAID IN FULL by May 31, 2017 you will save an additional \$100 (making your registration just \$500).**

So mark the following dates on your calendar - opening ceremonies **Friday, July 21, 2017** and races on **Saturday, July 22, 2017** **then get your teams registered and paid today by contacting:**

Roger Swarbrick at: roger.swarbrick@bellaliant.net
(902)755-1081 or (902)-759-8883
or Sherry Cheek at: Sherry.Cheek@ca.gt.com (902)752-7070.





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MARK YOUR CALENDARS

TBA (June)
July 17th – 19th
July 20th
July 21st
July 21st
July 22nd

Team Captains/Pledge Captains Meeting
Practices (sign up at above meeting)
Pledge Deadline/Turn-In at Scotiabank
Opening Ceremonies
Team Captain's meeting
RACE DAY!

Are you interested in volunteering?

We may have an opening for you. For more information, please contact:

Nikki Parnell, Chair of Human Resources at:

nikki.parnell@ca.michelin.com

DEFINITIONS

Bow: Front of a boat.

Coxswain (a.k.a. Steersperson): Person at stern of boat whose responsibility is to control the direction of the boat. Responsibilities can also include directing and issuing commands.

Crew: Any person in a dragon boat.

Drummer: Crew person whose sole responsibility is to sit on the drum seat and beat the drum and/or keep beat.

Festival: Pictou County Dragon Boat Festival.

Head Dock Marshal: Person in charge of docking area.

Heat: Any number of boats competing at once under timed conditions.

Paddler: A crew member whose sole responsibility is to paddle while in the sitting position.

Pledge Captain: Person(s) responsible for passing out and collecting team pledge sheets and tallying team pledge envelope for pledge night.

Port: Left side of a boat.

Race: Each team having completed one heat is considered to have completed one race.

Starboard: Right side of a boat.

Starter: Official whose responsibilities are to ensure that all teams competing in a respective heat are lined up properly and to commence a heat.

Stern: Back of a boat.

Team Captain: Person who is responsible for the conduct and safety of the crew while on the water. May or may not be a crew member. Team captain may also be responsible for crew discipline and technical administration off-water including crew insurance waivers and administering appeals.

Waiver Form: Insurance waiver form that all crew members must individually read and sign. If under the age of 19 (have to be minimum of 16 or older to participate) will need parents signature on the waiver..



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16th Anniversary Race on the River

THE PICTOU COUNTY DRAGON BOAT FESTIVAL

FRIDAY, JULY 21st 2017 — OPENING CEREMONIES and SATURDAY, JULY 22nd 2017 — RACE DAY

Proudly presented by:



Supporting Our Beneficiaries



Women Alike

Women Alike Breast Cancer Survivors Society helps women living with breast cancer understand that they can lead full and active lives. They are working to improve the quality of life for breast cancer "thrivers" and raise public awareness about breast cancer and support research for a cure.



Special Olympics Northern Region's uses sport to assist those with an intellectual disability to become all that they can be - physically, mentally, socially and emotionally. To become accepted, respected and productive members of society. Their mission is to ensure that a full continuum of sport opportunities is available to those with an intellectual disability.



Pictou County Prostate Cancer Support Association has been active for over ten years. The objectives of their Society are: to improve the physical and psychological well-being of men who have or have had re-occurring prostate cancer; to offer support to men and their families; to support prostate cancer research and to promote prostate cancer awareness throughout the Pictou County area.

For more information about the *Race on the River* visit: www.raceontheriver.com
or join our group on

Facebook: **Race on the River The Pictou County Dragon Boat Festival**