



# Dragon Bytes

Race on the River News

Volume I, Issue 1

Editor: Sherry Cheek

March , 2016

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- West River Greenhouses



COME HELP US CELEBRATE  
**15 FABULOUS YEARS!**

Together we can make this the best year yet!



At this time, we would like to thank our  
past-president, Kim MacLaren and welcome our  
new president, Bob Rogers.

### MARK YOUR CALENDARS

- |  |  |
|--|--|
| TBA (June)                               | Team Captains/Pledge Captains Meeting    |
| July 18 <sup>th</sup> – 21 <sup>st</sup> | Practices (sign up at the meeting above) |
| July 21 <sup>st</sup>                    | Pledge Deadline/Turn-In at Scotiabank    |
| July 22 <sup>nd</sup>                    | Opening Ceremonies                       |
| July 22 <sup>nd</sup>                    | Team Captain's meeting                   |
| July 23 <sup>rd</sup>                    | RACE DAY!                                |

### New Glasgow Dragon Boat Society Board Of Directors 2016

**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 and Heidi Jamieson-Mills



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# 2016



## YEAR OF THE MONKEY

### 2016 — YEAR OF THE **FIRE** MONKEY

A Fire Monkey Year will be anything but. It is the year to act, innovate, take matters into our own hands. A Red Monkey combines the cleverness of the monkey, the passion of fire... it could lead to an opportunistic or even deceitful and impatient atmosphere. This year we will do well by staying vigilant, and keeping our emotions in check, to think before we act and try to avoid hasty decisions. The Year of the Monkey follows a steady Year of the Sheep, a year of contemplation... A Fire Monkey Year will be anything but. It is the year to act, innovate, take matters into our own hands. **An adventurous path and clear goals are this year's mantra. venturous**

### *New this year*

**We are going to run the races so teams are guaranteed 2 races each but we are going to try to accommodate 3 each, so get your teams registered (see below)...**



### 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) and if your team is registered and **PAID IN FULL by May 31, 2016 you will save an additional \$100**. So mark the following dates on your calendar - opening ceremonies **Friday, July 22, 2016** and races on **Saturday, July 23, 2016** then get your teams registered and paid today by contacting:

Roger Swarbrick at: [rogersonconsulting@ns.aliantzinc.ca](mailto:rogersonconsulting@ns.aliantzinc.ca)  
(902)755-1081 or (902)-759-8883  
or Sherry Cheek at: [Sherry.Cheek@ca.gt.com](mailto:Sherry.Cheek@ca.gt.com) (902)752-7070.





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### 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](mailto:nikki.parnell@ca.michelin.com)

Year of the



**MONKEY!**

### 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 dragon 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..



For information about *Race on the River*: Roger Swarbrick at: [rogersonconsulting@ns.aliantzinc.ca](mailto:rogersonconsulting@ns.aliantzinc.ca)  
(902)755-1081 or (902)-759-8883 or Sherry Cheek at: [Sherry.Cheek@ca.gt.com](mailto:Sherry.Cheek@ca.gt.com) (902)-752-7070



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## 15th Anniversary Race on the River

THE PICTOU COUNTY DRAGON BOAT FESTIVAL

FRIDAY, JULY 22<sup>nd</sup> 2016 — OPENING CEREMONIES

SATURDAY, JULY 23<sup>rd</sup> 2016 — 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.ca](http://www.raceontheriver.ca)  
or join our group on

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