



For those interested in joining Sistership for the March to August 2016 paddling season, we are holding an informational meeting on:

**Monday, February 1, 2016 at 7:00 pm**  
at the  
**PARKDALE UNITED CHURCH**  
**2919 – 8 Avenue N.W.**  
**Calgary, Alberta**

The topics will include a brief history of dragon boating, the structure of the dragon boat, the history of Sistership, registration and fees, fitness and training, and volunteer commitment.

This will be followed by questions and refreshments.

If you plan on attending this informational meeting, please **RSVP** to Shauna at [gperfects5@shaw.ca](mailto:gperfects5@shaw.ca) .

If you have any questions or concerns, please contact me at **403-284-3141**.

**Paddles Up!**