

2006 – Calgary Festival Flower Ceremony – Charlene Waldal

"We've come together as Sistership to finish the race."



The paddler who wrote these words nine years ago, Jennifer Sass, died from breast cancer on Jan 5, 2006. She has indeed finished her race. She was an original Sistership Dragon Boat team member.

Our drummer could not be here this weekend because of her advanced cancer. Our thoughts and hearts are with her.

Near the end of each festival, we take a few moments to remember our 18 teammates who are no longer here to paddle with us. We acknowledge our own pain and struggle with breast cancer. We think about those who continue to battle. We celebrate our recovery from breast cancer with our families who are also recovering. Everyone is effected by breast cancer.

The teams that race in the C cup are made up of breast cancer survivors. We want to demonstrate that there is life after breast cancer. We want our families to cheer for our wellness. We want to cheer for ourselves and each other. Thank-you to our visiting teams from Lethbridge and Kelowna for coming to Calgary. We want to celebrate life with them and all of you.

Breast cancer survivors who dragonboat, and there are many, are taking every opportunity to enjoy living. They are feeling strong, for this day, this moment. We believe the research that tells us exercise is an important part of living a healthy life. Many are just discovering how great sport can be for the mind and the body. As fellow paddlers, we ask you take a moment to be grateful for your own good health on this day. Enjoy your healthy bodies.



During this ceremony take a moment to think about breast cancer. Thank-you for your continued support in our cause.

As survivor spokesperson for the CIBC Run for the Cure, I invite you to join me for the Run on Oct 1, 2006. Good luck to you in the final races today.