



We are here this evening, in Sistership, to celebrate: our first venture of the year out on the water; each other; and our new Legacy boat!

Since the inception of Sistership in 1998, close to 290 have joined us in choosing dragon boating as a way to be active post breast cancer diagnosis and treatment. Making that choice, not the diagnosis, is where we find our common thread. We are positive, strong-spirited, and determined to live on.

And so, we are her to welcome our new boat to our waters and to us. Let's treat her well, taking good care around her wooden gunnels and seats, and around other objects like the canoe and the docks. Let's keep the energy and talk inside the boat positive. Let's say a quiet "Thank you" each time she returns us safely to shore. Treat her well and she will treat us well!

Some of our former members have passed away and, in their honour, we have placed their names inside the boat. The memories of them, their strength, courage, and joy will fuel us as we train, grow stronger, and race!

Many bequeaths associated with some of these past members have made the purchase of this boat possible and why we call her "Legacy".

And so I ask you to say "Thank You" for the gift they have given us today!

Cheers to "Legacy", to "Sistership", to each other.

Be strong, be happy, be well! PADDLES UP!