



Hello from Sistership Calgary.

Thank you, fellow paddlers and spectators, for being here today to watch and celebrate the Breast Cancer Challenge race.

On the dock are the four competitors - Our friends from Edmonton, 'Breast Friends', two Sistership crews, 'Strength' and 'Phoenix', and a combined team, 'Abreast in the Rockies' from Cranbrook and 'Sister Power' from Medicine Hat. In this race, they are 'Sisters Abreast'.

We are all breast cancer survivors.

We come together as allies to share, motivate, laugh, and exercise to a healthy life style. Now, we trust our bodies. We paddle and compete as strong women with a race to finish.

Thank you to the Calgary Dragon Boat Society for including our new Sistership boat '22 Hearts, One Goal' as part of this racing fleet.

Our new boat is unique from the other Champions. On the inside gunnel, at the benches, are the names of our lost friends. This Legacy Boat is a special way for us, every week, to remember them all and we do.

Now we honour every woman who has lost this battle. Please join us.

The song 'The River' was recorded for Sistership by a Calgary Acapella Chorus 'The Rhythm of the Rockies'.

The carnations are compliments of Bloomex.

Twenty-two doves will be released midway. Recall your memories then and bring them home. The memories of loyalty, love, and friendship.