

Theme - Connections & Communication Other BC teams, Website, FB, Magazine articles, IBCPC, BBC, videos, Medical practitioners, Confucius Society.

From: Caroline McTomney <cazmc2009@live.co.uk>

Subject: A Poem for your Book

Message Body:

"Pool of Life"

Pool of Life is a dragon boat team,for men and women who love to dream.

We've all been touched by breast cancer,in one way or another.
Maybe it was you,or your sister or your brother.

Being diagnosed with cancer, can be so hard,that's true.
But there are so many positive groups and experiences that are new.

If you only open your eyes,you'll see what's out there for you.
Finding your place upon the water,with people you never knew.

I love sitting in the boat, in my kit that's mostly pink.
Looking around at all of you,it surely makes me think.

Feeling all kinds of weather upon my face,it makes me feel alive.
It's so much fun and it's exercise too,it can only help you thrive.

On the first Sunday of the month we take part in the Pink Paddle,
where we visit Costa at Albert Dock.
We all have a coffee and a chat, before you know it,
it's time to go as you look up at the clock.

We're soon all clambering back to sit inside the boat.
Our wonderful pink army, all ready to take a float.

I've abseiled to raise money,as a trip to Florence was planned.
Racing with women from around the world,the feeling was so grand.

It's something I will never forget,precious memories I'll always treasure.
I'm so proud to be part of Pool of Life,it brings me so much pleasure.

Don't get me wrong,sad things happen too,losing people along the way.
But cancer can also bring us closer together,to help brighten up our day.

So if you see me on the docks, I'll have a smile upon my face,because if
I'm paddling with all of you,I'll be in my happy place. xx

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Uniqueness

Joining Port Edgar Dragons on their Saturday morning Zoom social during lockdown. Loved it! So enjoyable visualising paddling along the Union Canal. A great workout accompanied by a brilliantly commented description of the setting, bird song, canal craft and camaraderie. That's what it's all about. A truly lovely, private and personal time of remembrance for me and re-connecting with Andrina and Emma, the team's co-founders. Fantastic to see paddlers from Manchester Dragoners also joining in. The pink paddling network continually punches high above its weight - Paddles Up!

