

From: Linda Kuska
Sent: Wednesday, February 24, 2016 12:17 PM
To: Kucera, Lauren
Cc: Graham Barham; Linda Kuska
Subject: Springbank Dam Discussions

Hello,

My name is Linda Kuska, I am the Team Captain of Rowbust Breast Cancer Survivor Dragon Boat Racing Team from London. We are 6 time Canadian National Champions and 2014 World Champions and will be traveling to Australia next month to defend that World Title and part of a wonderful team who are all breast cancer survivors.

Although we train on Fanshawe Lake now, we previously trained at the Canoe Club on the Thames River. The Canoe club and the Thames River was such a vibrant and lively place for all forms of flat water paddling.

Our team are all breast cancer survivors who all see the benefits of physical fitness and maintaining a healthy lifestyle. Flat water paddling is an activity that anyone can do at any age and keeps the body and the mind healthy.

Why wouldn't you want school aged children benefitting from canoeing , kayaking and dragon boating and being part of a team sport? Why wouldn't you want our youth to learn the benefits of staying active and physical fitness from a young age and continue with that well into advanced ages?

It is a win/win for everyone if our community stays healthy. You must see the other benefits of staying healthy in other ways as well.....less strain on our medical system, less strain on our community supports and just a more physically and mentally healthy community.....who wouldn't strive for that!!?

The City of London needs to embrace the Thames River for the activity centre it once was and can be again. It is a "gem" that runs down the middle of the City and embraces the healthy lifestyle that this wonderful City of London promotes.

Please think long and hard about the decision that will affect the people of this community who truly wish to stay healthy.

Linda Kuska
Team Captain
Rowbust Breast Cancer Survivor Dragon Boat Racing Team
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