

## KP Dragon Healers

by Kathy Pollonais-Britt, MSW, NICU Social Worker and Partnership Express Staff

The KP Dragon Healers was established in 2005 at the San Francisco facility. We believe in promoting diversity, community goodwill, spreading the THRIVE message, and having fun through Dragon Boating! In addition to starting the team, we were instrumental in KP sponsoring the International Dragon Boat Festival at Treasure Island. We competed at Treasure Island as a novice team in the "Health Care Challenge." We've come a long way since then.

Our team is comprised of KP employees from the San Francisco, South San Francisco, Daly City, Santa Rosa, San Rafael, and Oakland facilities. Family and friends are part of the team, and our cats and dogs are mascots. We have the most diverse team in the Bay Area. Our youngest paddler is 22 years old and our eldest is 62. We speak 5 different languages. We are inclusive of various faiths and sexual orientations. Every health care profession is represented from administrators to construction personnel.

In the past 5 years we have become a very competitive team and have earned a medal in every festival we have raced. Among our awards are gold, silver, and bronze medals. We have competed in the United States, South America (the Amazon River Raft Race), and Canada (Vancouver Dragon Boat Festival). Our team structure allows us to have room for the most competitive paddler and the recreational paddler.

We view paddling as a

way to foster friendships both locally and globally. Counted among our international friends are Team Lifescan from Canada, KLM Blue Dragons from the Netherlands, Amazing Dragons from Germany, and The Amazon Women's Championship Team.

The team is starting its 6th year, with the coaching staff advancing from our own ranks. Kathy Pollonais-Britt, Medical Social Worker, is Vice President of the California Dragon Boat Association. Her spouse, Ross Britt, is Head Coach, Scheduler, and Safety Certification Trainer. Lawrence Pang is a Coach and Safety Classroom Instructor. Robert Miley, Audiologist, and Bryan Candido, Senior Clinical Lab Scientist, are Practice Leaders. Davis Leong, Senior Consultant, is an active and appreciated team member. There are 6 certified steers persons and 4 more in the pipeline to be certified this year. All of the Dragon Boat activity is volunteer time! We continue to grow, from 3 crews to 4 this year.

This year we will be traveling to Long Beach and Toronto for our out of town races and will compete in our local races at Redwood City and Treasure Island.

For more info on our team please visit our Web site at: [www.kpdragonhealers.com](http://www.kpdragonhealers.com)

If you are interested in joining the team, please e-mail: [kathleen.britt@kp.org](mailto:kathleen.britt@kp.org)

