

Poem to Lindy Hou

By Harry Redfern

Lindi is a Paralympic Gold Medallist and World Champion.

Harry farewelled Lindy at the meeting of 7th July 2017 by narrating the following poem he had written and dedicated to her:

MOVE ON

I wish, I wish, that I could be,
As strong and healthy as a tree.
A tree that sends its roots down deep,
Who knows what memories it may keep?

Just like the tree, I'd like to see,
Sun, sky, rain and company.
Trees stand tall through floods and drought,
And really, that's what life's about.

So should a curve ball come your way,
Lift, to fight another day.
And like a tree, stand straight and strong,
Reach for the sky.....and then move on.