

The Golden Thread / Le fil d'or



December 2005/décembre 2005

Those Who Inspire Us



Few things in life for me are as rewarding and exciting, or evoke as much passion as overcoming difficult challenges. I have unquestionably developed this interest from observing many unbelievable people who have accomplished incredible feats. At the top of my list of inspirational people is Terry Fox. I am in awe of what he did and I would love to have met him. However, I have been fortunate enough to meet other very courageous and determined individuals who have overcome their own unique set of challenges. One such friend is named Jeremy Steeves and I would like to share with you how he recently inspired me.

I first met Jeremy three years ago when I started working with him at a day camp in my hometown. His strong, muscular physique was intimidating to a rookie counselor like me. I quickly learned however, that I had nothing to fear because he was a very nice guy who wouldn't hurt a fly... unless it was an opponent on the football field. Jeremy is a defensive back for the St Francis Xavier University X-Men. He has been a starter on the team since his first year when he was a Canadian Inter-University Sport—CIS Rookie of the year. Jeremy has also been an Academic All-Canadian and a Conference All-Star.

This past summer, during the Canadian Football League Draft, the Hamilton Tiger Cats made Jeremy one of their picks to come to training camp. He has been working for this opportunity for many years and he was ecstatic. He set out for the tryouts in Hamilton in tip-top condition. Tragically, he severely injured his arm in the first week of training-camp and needed emergency surgery to repair a torn bicep muscle. He was unable to continue with the Tiger Cats. This was a crushing blow to Jeremy. It would be very difficult to recover and/or return to football anytime soon.

Jeremy didn't give quitting his quest a second of thought. He immediately began physiotherapy and kept the rest of his body in top shape. He also returned for a fifth year at St Francis Xavier University. He has worked unbelievably hard and has made a full recovery to his peak playing shape. On Saturday, October 22, 2005, Jeremy made his comeback to football at St F.X.. Amazingly, in his first game back in uniform, he managed to get two critical interceptions to help his team to a narrow victory. It seems his dream of playing in the CFL is yet alive and well.

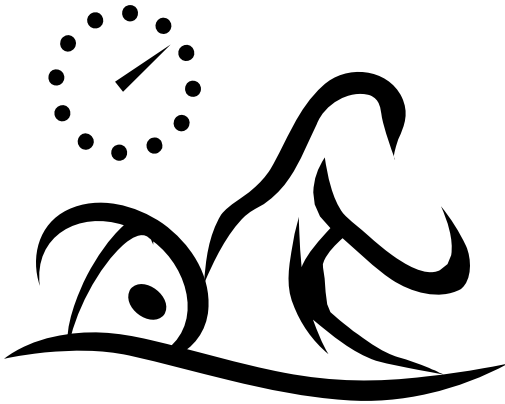
Jeremy has been interviewed many times by local Atlantic Canadian newspapers and on TV. He is frequently asked where he finds the inspiration to work so hard and achieve his goals. Without hesitation he always replies that it comes from his sister Sarah Steeves, a cancer survivor and a 2004 recipient of the Terry Fox Humanitarian Award.

Full Circle—25th Anniversary of Terry Fox's Marathon of Hope

As I reflect on the past year I realize that it has probably been the most amazing year in my short 20-year life. Last year, at this time, I returned from competing in Athens Greece at the 2004 Paralympic Games. I represented Canada in the sport of swimming. I returned with one silver medal and two bronze medals which was such an accomplishment as this was my second Paralympic games. I had competed in Sydney, Australia in 2000 and had won three gold medals and one silver. Many people have asked me if I was disappointed in my performance in Athens since I did not bring home a gold medal. As I have had time to reflect, I know that I competed in Athens at the best of my ability and I had given my best. What else can you ask of yourself but your best?

Even though someone would think that a medal at the Olympic level is the most gratifying experience, the most amazing of all these accomplishments is the fact that I was awarded one of the Terry Fox Humanitarian Awards. What an unbelievable honour!!!

When I was two years old I was diagnosed with Muscular Dystrophy—a neuromuscular disorder that makes my muscles weak. As far back as the age of four I remember that my mother would tell me about a young man—his name was Terry Fox. Terry became my role model. I did every school project on him and read all the books that I could about Terry I was determined to model my life as a tribute to what he had done with his. Whenever things became difficult, my mom would say, “remember what Terry was able to do with determination and a positive attitude” and that would get me through all the painful therapies, surgeries, and at times even the teasing from other children because I walked different.



Most people think that my athletic career has been the most important thing in my life, but I find more pleasure and satisfaction in promoting the values that Terry Fox instilled in me. Wow, who would have ever thought that a young man could be so instrumental in so many lives?

As the National Ambassador of Muscular Dystrophy Canada, I encourage children, teenagers and adults to strive to be the best that they can be. My message is that you must strive to be YOUR BEST, not THE BEST and be happy that YOUR BEST is good enough. Like Terry Fox once said, “every one of us is important, just look at what one person can do—then ask yourself—have I done my best and what have I done for others.” For me it has come full circle—now I and so many others try to honour Terry by telling his story and encouraging others to do their best. Yes, it has come full circle.

Danielle Campo (05)

The Gift of Opportunity

I have always been grateful for the opportunity that the Terry Fox Humanitarian Award Program has provided for me, although I have never expressed my sincere thanks to the Program in words. I remember sitting in high school, knowing that I had the marks and dedication to attend university, but often wondered how it would be financially feasible. I am still in disbelief that I was chosen as a recipient and cannot express how grateful I am for the gift of opportunity. Today I look back and realize that without the Terry Fox Program, I would not be where I am today. My friends often sit in tears trying to determine how to make ends meet and how they will pay back the enormous student loans that just cover their cost of living. I have been blessed and often think of how fortunate I am for the support of the Terry Fox Program and other recipients. You are making my dreams come true and I can't thank you enough. I often read the entries posted in the Golden Thread and admire the strength and determination showed in many of the stories. It is you; the other recipients that often inspire me and encourage me to continue on the path of higher education. So I wanted to say a special thank you to the Program and to my fellow recipients for your support and encouragement.

Colleen Crawford (03)

Wake up call

University years are often permeated with an overwhelming desire to sleep, to day dream. Occasionally we are reminded that time is precious, that it is time to lift our heads and to face the future realistically. Fortunately, the vitality of youth can overcome the desire to sleep, which can be channeled to fulfill dreams. University is a time to use our energies to develop the psyche, to develop awareness.

The psyche of the mind is built through consistent academic training and application. A solid and broad academic background provides the preparation for a future career path. While scholastic activities nurture the brain, participation in athletic activities, where brawn is often more beneficial than brain, allow for the release of the excess physical energy. Besides providing an outlet for the stresses of social and academic challenges, extracurricular activities feed the psyche of the spirit by providing opportunities for creativity, self expression and community cohesion.

An involvement in the community sustains the soul by allowing us to give as well as to receive. The success of a society is determined not only by the talents of individuals, but on how effectively our gifts are shared. A caring society that is aware that there are members who are less fortunate and to treat those less privileged with dignity will share a better future.

Eli Miller (05)

A Change of Heart

Early one afternoon, driving home with my mother, out of nowhere, she asked if I would like to go and give blood. I was like "Ugh, Mom, don't do this. I just want to go home and relax, enjoy myself." My mother was being extremely persuasive, saying "Come on Ben, it's a good thing to do."

I kept protesting, but soon realized I was fighting a battle that I had very little chance of winning. Finally I caved in and went to give blood. Shortly after entering the Canadian Blood Services building, a lady was poking a hole in my index finger, squeezing it with great gusto in order to coax a blood sample out. This was a new experience for me and not a pleasant one! Having passed this initial screening, I was soon answering a myriad of personal questions to ensure my suitability as a donor. Finally it was time to do the real thing—give blood. There were two nurses hovering around checking how I was doing. They were VERY supportive, ordering words of encouragement such as "you're doing great" and "almost there."

After just seven minutes I finished filling my very first bag! After that I must admit that I did feel good. I felt I had done something worthwhile. Soon my mother and I were sitting, drinking chocolate milk and eating cookies, replenishing some of my body's sugars. Glancing around the walls, I saw a poster saying that less than four percent of eligible Canadians give blood and every minute somebody in Canada will need a transfusion. It also noted that more than half of all Canadians will need blood for themselves or their families. These statistics were very surprising and disturbing. Why was there such a wide gap in the number of donors and the number of people in need? It actually made me feel good knowing that I was one of the less than four percent of people in Canada helping other sick or injured people, but also made me realize my responsibility to increase public awareness among the people I know, or the importance and need for people to give blood. As the slogan for Canadian Blood Services says; "Blood, it's in you to give." Certainly the next time my mother asks me if I'm ready to go and give blood, my reply will be "Of course!"

Ben Gilbert (05)



The Prairie Harvest

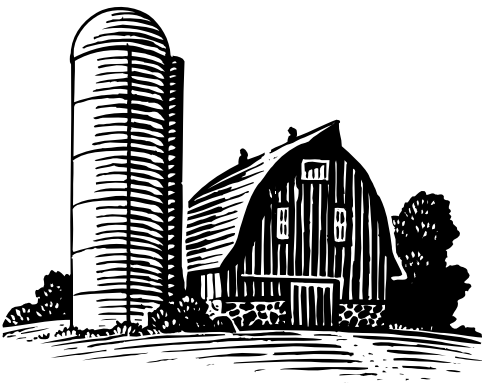
Harvest on the prairies has always been an exciting time. It is a time when farm families reap the rewards from their hard work during the year, and although it is a very busy and stressful time, everyone looks forward to the 'harvest season.'

I come from a small town where we farm, and many of my friends' families farm. Farms are getting larger as many smaller farms are giving up because they can't make a go of it or just want to get out of a very labour-intensive lifestyle where mother nature, commodities, fuel and grain prices have more control than the farmer.

From a very young age it has been instilled upon me to be extremely cautious around the farm. Because the farms are growing in size, so is the equipment. This message was really driven home this fall when one of my friends lost his grandpa in a horrific farm accident.

My friend and his brothers and sisters didn't show up for school one Monday morning. About 10:00 am the news hit the school and community. His grandpa had been working on his combine and the jacket he was wearing caught on the auguring system and he became entangled in his combine. Despite heroic efforts by neighbours, local first responders and the EMS, this very nice man of only 63 years died—without warning and all too soon.

My friend's grandpa had only 4 grandchildren and he took a real interest in all of them. He was often seen at our school attending science fairs, Christmas concerts, drama presentations and sporting events that his grandchildren were involved in. This man was starting to turn farmland and responsibility over to his children and growing grandchildren so that he would be able to begin retirement. This was such a sad and unfortunate accident. That really shook up the farmers and the nearby communities.



In the face of tragedy, it seems that there is always something good that comes out of it. Less than a week after this man's death, on the following Sunday, no less than 10 combines and grain trucks from all around moved in to take care of his harvest, so that the family didn't have this to worry about and could focus on looking after one another and grieving their loss. Co-workers of my friend's uncle got together and provided food for this army of harvesters and made sure these good-hearted farmers were well fed; without any disruption to the family. The overwhelming support of friends and neighbours not only helped the family by taking care of their harvest, but sent a message of love and support. Hats off to these men who gave up a day from their own harvest for this family—a day which this year is very precious!

Elyse Dennis (05)

Still Running

It is rare to read a book that is as honest and touching as Douglas Copeland's *Terry*, which I had the pleasure of reading over the summer. Copeland combined words and photographs in a way that genuinely captured the life and humanity of Terry Fox, his friends and his family.

After a quarter of a century, Terry has become a legend, a slightly more than mortal Canadian who changed his country and the world through the sheer force of his will. It would never have occurred to me that he was a less than stellar athlete until his Marathon of Hope, and in many ways I think that merely adds to the monumental nature of his achievement. The fact he was suffering from dizzy spells and the specter of cancer, also bumped my admiration of this young man to an unprecedented level, and even though I already knew the ending, there was a brief moment where I truly believed he was unstoppable.

Copeland also does justice to his stubbornness, his passion, his conviction, and of course his indefatigable bravery. The memories of his family, particularly his parents and brother Darryl, are also poignant and touching, as we see a much loved brother and son, as well as a Canadian icon. However, it was the account of Fox's incredible journey that really spoke to me, and Copeland portrayed it with all the humour, heart-break and victory I think was representative of the Marathon of Hope.

I admit my eyes suffered from an excess of moisture during the last few chapters, but even when describing Terry's death, Copeland managed to portray it as something greater and more meaningful than an ending that seemed to be so horribly unfair. Terry's story is just one chapter of a profound narrative that encompasses an infinite range of life's tragedies and its triumphs. If I gained nothing else from this book, it was that Terry was one of life's great champions, and to be completely honest, he always will be.

And yes after reading this book, I believe Darryl Fox when he said on a televised interview that, "I know that somewhere, he's still running."

Paige Muttersbach (02)

It's so easy to let our academic pressures and commitments get the best of us especially during those crunch weeks around exam time. As an exercise with a group of university students, we came up with a long list of stress relievers to turn to. See if you can find a few that will help relieve some tension. ;)

101 Ways to Cope with Stresses of Being a Student

Get up 15 minutes earlier • Prepare for the morning the night before • Set appointments ahead • Don't rely on your memory - write it down • Say "No" more often • Get enough sleep • Set priorities in your life • Use time Wisely • Avoid relying on chemical aids (yes, that includes coffee)

- Break large tasks into smaller, manageable tasks • Look at problems as challenges • Always make copies of important papers and assignments email a copy to yourself in addition to printing a hard copy • Smile • Schedule 'self care' time into every day • Eat well plan your meals ahead of time • Look for the silver lining • Say something nice to someone • Take a bubble bath • Be aware of decisions you make • BELIEVE in yourself • Avoid saying negative things about yourself
- Tickle a baby • Set realistic goals for yourself • Ask a friend for a hug • Have a support network of people, places and things • Always have a plan "B" • Talk less and listen more • Avoid tight fitting clothes • Practice preventative maintenance • Make duplicate keys and keep them in a safe place • Repair things that don't work immediately don't wait for the next time you need it • Don't feel as though you need to know all the answers • Trust yourself • Stop thinking 'tomorrow will be a better day' make the change today • Read a poem • Always put your safety first • Stop a bad habit • Strive for excellence NOT perfection • Memorize a joke • Know your limitations and work with them • Watch a movie and eat popcorn • Keep a journal • Freely praise other people • Stretch your limits each day • Pay attention to your appearance • Don't be afraid to seek support of others • Do it today • Maintain your weight • Hum your favorite song • Exercise every day • Get to work or school early • Put air freshener in your home or car • Recognize the importance of unconditional love • Remember you always have options • Un-clutter your life • Teach a kid to fly a kite • Walk in the rain • Avoid negative people • Visualize yourself winning • Write a letter to a friend • Learn the words to a song you like • Be happy with your best effort • Simplify meal times • Write a few affirmations • Aim for optimism, even in tough situations • Anticipate your needs • Don't be afraid to ask for help • Check the weather forecast be prepared for rain • Find the humor in things • Take a long walk • Sing along with the radio • Take a different route to school or work • Remember that stress is an attitude • You can't change the past, but you CAN change the present • Shift your paradigm • Say hello to a stranger • Practice breathing slowly • Get a massage • Read a good book • Stretch • Include a list of things you *did* accomplish in the day, in your list of things to do • Watch a live performance (ballet, symphony, concert) • "Vent" to a friend • Meditate • Eat chocolate • Listen to stand up comedy • Clean your study space • Wash dishes • Play with a pet • Visit someone in the hospital • Write a poem • Keep the big picture in mind • Cook a meal and eat by candlelight • Try something brand new • Do things in moderation • Gaze at the stars • Limit your commitments to what you know you can handle • p.s. Relax, take life one day at a time and remember obstacles are those frightful things you see when you take your eyes off your goal

Nureen Ladhani (01)

Fellow Terry Fox Humanitarian Scholars, I invite you all to motivate yourself and inspire others with my personal motto:

“Always raise the BAR: **B**elieve **A**chieve **R**eceive

Believe in yourself.

Achieve your goals

Receive true satisfaction when you accomplish what you've set out to do.”

Congratulations and keep up the awesome work! **Michelle Leong (05)**

OK, so this may be considered a shameless plug, but I was asked to write a testimonial for the Survivor Network (a network for people across Canada 14-24 who have experienced childhood cancer; www.survivornetwork.com) and thought it might be something that a few of you could relate to. Whatever the connection may be I'm sure everyone has friends out there that mean the same thing to them, and maybe this will inspire you to give one of them a call. Maybe not, but I guarantee you it will make you think of them. That, and I know there are a few other TFHAP recipients out there who have been involved with SN at one point or another that know EX-ACTLY what I am talking about.

When asked what the Survivor Network means to me, it is difficult to choose just one thing. The week long escape from reality to a beautiful cabin by the lake in Muskoka with survivors from across Canada is amazing, but the Survivor Network encompasses much more than that. Knowing that there are people out there who have experience the same disease you have, facing similar (and different) trials and tribulations in both the past and present is a tremendous comfort. Friends and family have the best intentions, but sometimes it takes someone who has experienced your pain to understand how you are feeling. People's lives get busy and there are many, many miles in between so many of the network members, but I know whenever I need them they will be there for me, just a phone call away. There is such a strong feeling of love and support within the network that is almost hard to explain to someone who hasn't experienced it first hand. No matter what happens in life, I will never forget the friends I have made through the Survivor Network and I will carry them with me in my heart everywhere I go.

Katie Graham (03)

Room With a View

By Carolyn Dawn Johnson

*They gave you a corner room on the fifth floor
The city lights were like candy to a kid in a store
Like a King you'd lay in your bed so statefully
So thankful they gave you a room with scenery*

*You always were so healthy, so full of life
So seeing you so helpless just didn't seem right
How you kept your head so high I'll never know
I guess you knew you had a better place to go*

*Now you've got a room with a view
A window to the world
You always had your sights set high
And now that you're gone, your memory lives on
I see you smiling in my mind
As angels as visitors dropping by
Your room with a view*

*I'll always miss you, I'll always feel a loss
I have to remind myself that you're better off
I gotta believe even through these tears of mine
Wherever you are there's a sun that always shines*

Submitted by Andrea Crowe (04)

May You Never Lose Sight of Your Dreams

*In life, there will always be
Many paths to follow;
May you always choose the right one.
If you give a part of yourself to life,
The part you receive back
Will be so much greater.
Never regret the past,
But learn by it.
Never lose sight of your dreams;
A person who can dream
Will always have hope.
Believe in yourself;
If you do, everyone else will.
You have the ability
To accomplish anything,
But never do it at
Someone else's expense.
If you can go through life
Loving others,
You will have achieved
The greatest success of all.*

By Judy LeSage

Submitted by Anita Kreutzwiser (04)



While I was thinking of what to submit to the Golden Thread, I kept looking out the window. It was a dark, gray and rainy day. It's late fall now, as I write this, and the days are a lot shorter and there's less sunlight every day. I don't know about the rest of you, but when it's miserable outside, I like to stay inside, curled up in a blanket while drinking hot chocolate with my friends. But if the room you're in is as gray as outside, it's not much better, is it?

And since the dorm rooms at university aren't normally geared to be very homey and inviting, I've decided to share some tips that I've discovered on how to make your dorm room less depressing. (These can also be applied to apartments or your room at home too!) These tips come from things I've discovered myself and also some pamphlets put up on our TV notice-board in my residence. Hopefully they'll help you make your room a nicer place to live!

- Keep your room neat and un-cluttered. According to the Feng-shui poster I saw, this will help you concentrate and study... well, supposedly. I'm sure it's a good idea anyway to keep it clean, you'll be able to find those over-due library books a lot easier and it'll prevent you from ignoring that old box of pizza until it starts turning a radioactive green.
- Put up posters of your favourite movies/bands/celebrities or pictures of you and your friends to cover up those boring white or pukey green walls. Or maybe find pictures of some hot far-away tropical place so that in the middle of a January snowstorm you can imagine yourself far, far away.
- Buy yourself an extra lamp or two. There's nothing worse than coming back to a dark room after a long day of classes. Plus, I think I heard somewhere that light helps prevent depression. Who knows, maybe that tiny desk lamp will help you overcome a case of mid-winter blues.
- Find some company. No, I'm not talking about that cute boy/girl you met while out clubbing or your long-lost roommate who you maybe see once a week. Buy a plant (bamboo shoots are probably the best bet, as they'll survive a lot of neglect) or, if you're allowed, a small fish or even sea monkeys. They'll help keep you company and help stave off insanity when you're studying frantically at three in the morning. And they're amazing listeners—no really, they are.
- Make sure you have a good pillow when you sleep. Sleep is very, very important to university students (as we all know) and one of the key ingredients to having a good sleep is the right pillow.



Anyway, I hope that this might be useful to some of you or at least provide you with an interesting read. Have a good winter everyone!

Gillian Carr (05)

Perseverance

By Angie Peters (03)

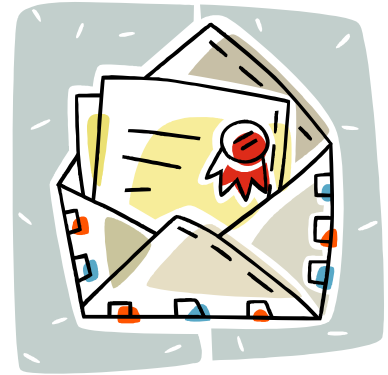
*Perseverance is perhaps the most admirable trait one may have.
It is believing in the hope that you will succeed, that what you are doing is right.
Perseverance is continuing to hope, even when the light is beginning to fade; it is
Continuing down that dark road, into the unknown.*

*Perseverance is running down a desolate highway, alone except for the early morning sun.
It is the power of hope, fueled by the cheers of a thousand others who believe.
It is the dream that your legacy will persevere.
It is Terry Fox.*

Hi all!!! I thought today I would share with you an interesting activity I just completed in my first year education professional seminar at McGill University. In this particular assignment we were asked to write a letter addressed to ourselves. In it we had to include observations we had made during our first field experience. Such as what we thought had worked well in the classroom we were in, and what we would have done differently if we had been the teacher. We were also asked to discuss what we thought were our personal strengths and weaknesses as educators.

More importantly though, we were told to describe what kind of a teacher we hoped to become. In order to decide the type of teacher we would like to become, we had to reflect upon the different teachers in our lives that had positively affected us. This included thinking about the different characteristics these teachers possessed that we hoped to emulate. We were also asked to explain what goals we hoped to reach and what we wanted to learn in the next four years.

We then handed in our letter and the teacher read it over to ensure that it was complete and grammatically correct, but she did not grade it. Instead she sealed the letter in an envelope and stored it in her office. We are only allowed to open our letters in four years, on the day of our graduation. This letter is supposed to remind our future selves of all we hoped to become and show us all that we have learned and grown in the past four years. This letter is also supposed to be referred upon when we are teachers to remind us of what kind of a teacher we wanted to be.



Today, I would like to suggest that all who read this sit down and write such a letter to themselves. Write it and put it away in a safe place. You can then refer to it when you need to be reminded of your hopes, goals, dreams, and what kind of person you hoped to become.

Jessica Astle (05)

Growing Up

By Candace Dolen (Yanishewski) (02)

I was going to change the world.

I was 17, I was ready to take on the challenge of post-secondary school, and man, I was going to change the world. I often struggled, trying to choose a goal between ending world poverty and creating world peace. As it turns out, 3 1/2 years later, I have yet to end poverty or create world peace. Some days it is just a struggle to get out of bed and to class on time.

But I have learned a valuable lesson.

I don't have to change the world to be a success. If I spend some time with my Grandma or my husband, then I made a difference. If I grow a garden or make an effort to welcome someone new in my community, then I made a difference. If I can volunteer at the food bank for an afternoon, or teach someone a new skill, then I made a difference.

Many people change the world, but we never hear about them. They're the mothers, fathers, teachers, and so many others—they all do their part in making our world a little easier and happier to live in.

We are all dealt different cards in life, and it is up to us to play them the best we can.

I know I will never be the Prime Minister or the doctor that cures cancer. Still, I'm going to try to make a difference in my little niche of the world, and a lot of little differences can add up to a pretty good thing.

On Sunday, September 18th, tens of thousands of Canadian followed in Terry Fox's footprints to celebrate the 25th Anniversary of the Marathon of Hope. At the Assiniboine Park Run Site, participants listened to the Glenlawn Collegiate Jazz Junction sing "O Canada" and "Lean on Me", were inspired by the words of Gail Pierce, a member of Terry's Team of cancer survivors, met members of Terry's family who live in Winnipeg, completed an aerobic warm-up, were escorted to the starting line by the Anavetes 283 Pipe and Drum Band, and walked or ran for Terry this year in the most successful event to date. It was my honour to accept the exciting role of run site coordinator due to my profound belief that the Terry Fox Foundation is instrumental in raising funds that are invaluable for supporting research.



For the past three years, I had volunteered on the planning committee for the Terry Fox Run and concentrated my efforts on the opening ceremony and the silent auction. As a volunteer, I was unaware of the hours of behind-the-scene work and preparation that were necessary when coordinating the run. I quickly learned that this was not a small task, planning was essential and that a group of volunteers was vital. Not only was it necessary to obtain permits for the location of the run, to advertise, to arrange entertainment, to hold a silent auction and to provide a barbeque lunch for which participants could make a donation, there was a TO DO list which simply did not end. Fortunately, I had a wonderful group of dedicated volunteers on my planning committee who shared many of the responsibilities. The volunteers secured a speaker, obtained donations for the silent auction, provided water for the runners, and obtained food donations such as drinks, hot dogs, and buns. This year we provided activities for the children with the assistance of a number of corporate mascots, a giant air jumper, face painting, and bubbles to the delight of the children.

One of the greatest challenges was to contact all the volunteers from previous years and ask them for their support for another year. I worried day after day, when I had not heard back from the volunteers who were out of the country or who were unable to volunteer again due to other commitments. By the day of the run, I had received 60 positive responses from committed volunteers who were as dedicated as I was to support the Terry Fox Run.

I believe it is extremely important to acknowledge and thank the many individuals who made the Terry Fox Run such an overwhelming success. This year, 668 runners participated in Assiniboine Park, joined by numerous individuals who joined the festivities and shared donations as they visited the site. The runners were the people who committed to doing the run, collected pledges or made donations which will be used for cancer research. Although they walked only 5 or 10 km on the ground, they walked thousands of miles with their hearts.

The volunteers are a very important group of individuals and there is no amount of praise to do them justice. They committed to the event, rain or shine, arrived at the run site as early as 7:00 am and stayed until everything was cleared away. They had smiles on their faces regardless of their personal circumstances and many returned for another year and put their hearts on the line for the day. They volunteers are all tremendously hard workers and do more in this one day to help others than some people do in their entire lives. We, the organizers, are very thankful to volunteers in ways that words cannot express.



The organizing committee puts forth many months of hard work to create the Terry Fox Run. It is overwhelming to watch the many hours of hard work come together and result in a successful event. There are always questions as to whether some of the decisions made were the correct ones, whether plans were made for the correct number of participants, and whether we had enough volunteers for the day. What is comforting to know is that in the end, all participants realize that the organizers are volunteers and that problems may arise, but the generosity and donations will continue because of the importance it will make in the field of cancer research.

I would personally like to thank the organizing committee for the Assiniboine Park Winnipeg Manitoba run site; Judy Tanner, Liz Hiebert, Bob Schultz, Brendon Boland, George Tanner, Helen Hildebrand and Rob Truthwaite. Our committee celebrated an outstanding Terry Fox Run, raising \$34,762.13 for cancer research. Plans are already underway to make next year's run even better and I am very excited to be the site coordinator once again!

In closing, I would like to encourage everyone to take the time to become involved in the Terry Fox Run. Whether you participate as a runner, a volunteer, or as a member or an organizing committee, your participation encourages others to continue in Terry's footsteps in search of a cure for cancer. **Together we can keep Terry's dream alive!**

Carissa Nikkel (01)

Voici une série de pendées que j'aimerais partager avec vous car elles pourraient vous influencer positivement.

- Lorsque le coeur de l'homme est rempli d'amour, tout ce qu'il accomplit devient positif.
- Voir le possible là où les autres voient l'impossible, telle est la clé du succès
- L'optimiste rit pour oublier; le pessimiste oublie de rire.
- Il n'y a pas de recette de bonheur parce que les ingrédients sont différents pour chacun. Il suffit d'apprendre à cuisiner
- Chaque fois qu'on rit, elle devient plus belle, la vie...
- Le rire est un parfum dont on s'imprègne d'autant plus qu'on en verse sur les autres
- Le rire est un passé-partout qui ouvre toutes les portes.
- Souris aux gens et si quelqu'un ne te donne pas le sourire que tu mérites, donne-lui le tien car personne n'a autant besoin d'un sourire que celui qui ne peut en donner aux autres.
- La confiance est le lien qui fait vivre l'amitié entre deux personnes
- Les paroles sincères ne sont pas toujours élégantes, et les paroles élégantes ne sont pas toujours sincères.
- Écouter c'est chercher à comprendre, c'est pouvoir se mettre dans la peau de l'autre.
- Qui veut faire quelque chose trouve un moyen; qui ne veut rien faire trouve une excuse.
- La plus petite action vaut mieux que la plus grande intention.
- Foncer aujourd'hui vers l'avenir, c'est s'assurer demain de réussir

Auteurs Inconnus



Soumis par Eric Champagne (04)

Hard Work Equals Payoff

I have always been told that hard work pays off in the end. I never truly realized how true this statement was until right now. Four years ago I was diagnosed with stage 4 Hodgkin's disease. This was absolutely devastating to me as I am a competitive figure skater and that year was crucial in my development as a skater. Unfortunately I had to take off 10 months of training, which was the sum of the skating season for treatment. The treatments made me gain weight, lose muscle mass, lose bone density, and basically put my life on hold, but the chemo did the job it was made to do and I went into remission.



My doctors told me that I would probably never skate again and if I did, I would never be as good as I was before I got sick. But when my treatment was over, I was determined to prove them all wrong. I worked off all the weight I gained, and I trained extremely hard on the ice. There were days I thought the doctors were right, and that I should just give up. Well, I just kept working hard and eventually I got back to where I was, but the unthinkable happened; I relapsed. So after the 9 months of work I put into getting myself back into shape, I had to go through treatment again.

I went through a bone marrow transplant, which was extremely difficult, but after I got better and my immune system improved, I decided to go back to the gym, and I worked out the hardest I have ever worked. I got myself into the best shape I had ever been in and I transferred the hard work I was doing off the ice onto the ice, and things started to take shape. It wasn't easy to come back. Every day was a personal struggle, knowing that I wasn't as good as I was before, and that my body didn't respond to the training as well as it did before. I just kept reminding myself that it would take time to get my timing back and for things to start clicking.

I had an amazing support team and my coaches, family and friends were there for me every step of the way. Without them, I do not think I could have kept up the drive and the mindset to keep working hard to achieve my dreams. All of my struggles and hard work has started to pay off as I have qualified for Eastern Canadians, which is the last qualifying round before the national championships in January. I'm proud of what I have accomplished and just thankful to be back on the ice. This proved to me that if you have the right mindset and determination and you are willing to work hard that it will pay off in the end.

Kevin Dawe (05)

The Language of Family; La Lenguaje de Familia

By Jessica Sachs (03)

I was born with a rare condition known as Freeman Sheldon Syndrome. About 40-50 people in the world have it—the chances of being born with it are about 1 in 150 million. Suffice it to say I have never met anyone else affected by the condition—at least not face to face. When I was young, I was never curious to meet others like me—children suffering from similar conditions. FSS is a purely physical condition, causing in some cases scoliosis, cleft palate, clubbed feet, and general muscle stiffness. I don't think I fully comprehended my 'uniqueness' until about seven or eight, and even then, I hated recognizing that I was any different from the other children at the playground. But somewhere in between pre-teen and adolescence, I came to terms with my condition, and began to open up and share information about my special circumstances with my friends and fellow students. But I could never have anticipated the role FSS was about to play in my life.

Just two weeks into my third year at university, and the first year in my new program—International Development Studies—I received a bizarre e-mail from someone I didn't recognize. A woman by the name of Angela wrote me a concise, three-line e-mail, stating that she lived in Peru, has a daughter, and would like to talk to me. I almost dismissed the e-mail as spam, but the title "mama (fss)" caught my attention, I recollected registering on a disability network service several years ago and figured she must have gotten my e-mail address from there. So I sat staring at the reply screen, deciding what to say back when Angela signed in on my MSN all of the sudden. I didn't remember adding her, but figured it would be easier to just ask her in MSN what questions she had about FSS. What I didn't realize was that she spoke only five words in English. Admittedly, I only knew one sentence in Spanish at that point, being only 2 weeks into my Spanish 100 class, so I greeted her and asked her how she was doing, as I quickly rummaged my bag for my Spanish-English dictionary and textbook. Two hours of somewhat frustratingly slow translation skills on my part, I learned that Angela had a 3 month old baby girl named Esmeraldita who also has FSS. Her and her three children live in Lima, Peru where none of the doctors have seen FSS before and subsequently feel unable to provide Esmeraldita with adequate medical care. Both her feet are clubbed and need surgery—one which I endured on my right foot when under a year old.



Like any mother, Angela was worried about her baby. When the doctors couldn't provide her with sufficient information, she searched the internet for any help she could find. But seeing as how most information is in English, and all of the registered people on that particular website (less than ten) live in English-speaking countries, her search was quite in the dark. But since that fateful day, we have weekly conversations in MSN with our webcams. I have met her other children, Franco and Fiorella, and of course little Esmeraldita. I have done my best to answer the questions that have been plaguing Angela from day one. And I am helping her pursue treatment for Esmeraldita at a Canadian hospital. Angela recognizes the disadvantage her daughter has living in Peru and only dreams that her daughter will be able to enjoy life as much as possible with the love she provides to make up for lack of substantial financial support. Her dream is to one day see her daughter walk and lead as close to a normal life as possible in South America.

It's funny how much we take life for granted. I don't often throw myself pity-parties, but I would be lying if I said that I never wished for a normal body. But before this experience it had never occurred to me how much having access to Canadian health care has affected the person I have become. I can walk, I can skip, I can run—things that I may otherwise not have been able to do without the several difficult operations I received in my early years. But more importantly I have learned not to no longer wish away my condition. Without it, I would have never gained five new wonderful people in my life/family. I hope to one day make a trip to Lima and visit Angela and her family, but not before arranging for Esmeraldita to receive the medical care she needs in order to walk. Shriners Hospital in Montreal offers free service to foreign patients, although I will need to fund-raise airfare. But the cost of a plane ticket is a small sum to pay to be able to spend your life walking.

Para mi hermana Esmeraldita y su familia: usted tiene el corazón y todo mi amor.

For my sister Esmeraldita and her family: you have my heart and all my love.

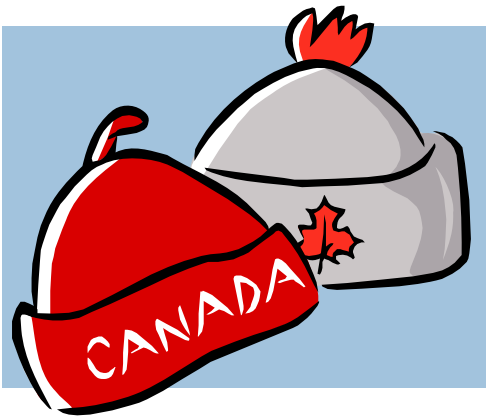
The Ease of Adversity

I have traveled around the world, represented my country and competed against some of the best athletes on the planet. Some people might be amazed by these feats; others see what I have accomplished as a testament to what I have had to overcome. Having been born without most of my arms and legs has definitely thrown me some obstacles in life, I won't deny it. But, the key to my success is to push through "adversity" – if you want to call it that – and bring my best to everything that I do.

I have never known what it is to have hands, and never will. What I do know is that I will never let that stop me from getting a near perfect GPA while training more than twenty hours a week for my sport. Nor will it stop me from drawing and painting: things I love to do and have a talent for. I won't ever have the chance to run a marathon – but I do have the chance to get up every morning and cross-train hard on my treadmill, running 1 km/h for a half hour every morning on my quest to win in my sport, and in life.

We all have days where we feel worthless and just plain crappy, but anyone who thinks they have it bad, or are ready to give up need to take a look in the mirror. I honestly do not consider myself to be bad-off. If my trips around the world have taught me anything it's that there are people in far worse shape than me. I am so lucky to live in this country, and to have such an awesome group of family and friends to support me.

When I was asked to write an article on how I have *overcome adversity*, I had to chuckle. I don't consider my life to be an amazing story of triumph; I do what I have to do to live up to my own standards. I always have and always will. Coming in tenth at the Paralympic Games is a solid achievement, definitely nothing to laugh at. People tell me that it is a huge accomplishment just being there, and I agree, but every time someone says that to me it fuels a fire in me that wants more. Four years until Beijing – that podium in China is where my sights are set. With hard work and focus our national anthem will be blaring behind me, and my opponents will all be looking *up* at me.



When I was in Athens, wearing my Canada gear, the people on the street would come to me and ask me about my sport, congratulate me and treat me like a celebrity. It was an amazing experience that I won't soon forget, but it's not the reason why I play sports. I play for the thrill of constantly getting better, and testing myself against the best in the world. I try and bring this philosophy to my everyday life. I love what I do; given the chance, I would not change a thing.

Josh Vander Vies (03)

My Unsung Hero by Jen Ross (05)

Oxford's dictionary defines a hero as "A person who is admired for courage or outstanding achievement". I think a hero is someone who puts their life on the line to help you, and someone who sacrifices their feelings so they can save you. I am going to talk about my hero.

My Hero I cannot say much about, I just know what they did was probably one of the hardest things they've ever had to do. **My hero is my donor family.** I don't know their names but they are still really important to me. By law we aren't allowed to know personal information but I've put together the most important pieces. They are a husband and a wife that live somewhere in Saskatchewan. They had a son or daughter who was in a car accident and then diagnosed as brain dead. They then faced the ultimate decision; they told the doctor that they wanted to donate their child's organs. Even though it was a time of despair, they got past that and decided to save lives.

If I didn't get this donor's liver I would definitely not be here today. I feel they are the biggest kind of heroes because they didn't do it to get famous or to prove a point. They donated because they didn't want other families to go through the same pain of losing a loved one. Without donor families, hundreds of people would die every year. They are the unsung heroes of today!

Heroes come in all shapes and sizes, colors and backgrounds. They are the ones we would love to thank. There are many heroes in this huge world and you don't have to look far to find them. You never know, there could be one in your mirror right now!

BOOST IMMUNE SYSTEMS I



I got an amazing opportunity to study in Hong Kong as an exchange student, for 2 semesters. I've never been to Asia before and so being away from home and finding myself in a completely new environment, without my usual support system, has given me a unique opportunity to re-evaluate some of my ways; one of them being appreciation. I realize how important it is and how very little of it I practice.

I started thinking about all the people who helped me be who I am today; I remember what a shy, insecure little girl I use to be. Along the road were teachers who saw way beyond my circumstances, friends who saw me through the rough times, and family who remained ever so constant in love and warmth. I realized that most of these long forgotten teachers, and old friends and family, who in my thoughts will 'always' be around, probably don't know how much they've meant to me.

Studies found that just five minutes of 'caring and compassionate' thoughts elevated a person's immune system for five hours, whereas five minutes of 'angry and frustrated' thoughts lowers their immune system for the same amount of time." And so I decided to take the time to write some thank you notes, in hopes that I could somehow return to them some of that joy they've imprinted into my life. And if it makes them think 'caring and compassionate' thoughts for five minutes, then at least I can take some comfort in the fact that I've helped boost their immune system!

Also, I've realized the power in appreciating the circumstances around me. Here's an excerpt that summed it up so beautifully:

There are no negative circumstances, only circumstances that we label as negative. So the power to feel good is within us, right now. It's down to how we choose to look at things. Say a person is running late for an appointment. Studies show that the mental and emotional stress of their lateness causes biochemical changes in their body—elevates stress hormone levels, speeds up the aging process and even changes their genes. But it's not being late, but instead, the meaning attached to being late that causes these biochemical changes. So, for our own sake, we need to learn to accept life circumstances. One of the best ways to do this is to stop dwelling on the past, stop worrying about the future, stop waiting until things are different, better, or improved, and instead, appreciate all that happens during each moment of our gift of life
(Taken from the book New Beginnings by Sandy Newbigging)

Cynthia Ene (03)

Deciding to go study all the way across the world in Melbourne was a really tough choice for me. I was coming up with thousands of reasons why I should stay home for the semester. It's a pretty scary move to make, not knowing anyone or what to expect. But now that my semester is almost up, there is not a single regret I have about coming to Australia. I have had the time of my life and have seen and experienced more than I could ever have imagined. But I still can't wait to come home to Canada. This quote is about bushwalking, one of my Newfoundland Aussie hobbies, but I think it applies to all aspects of life, and is pretty appropriate for my travels...

"Each step forward is a step into the unfamiliar and is possibly dangerous. It also means giving up something familiar, good, and satisfying. Growth forward is in spite of these losses and therefore requires courage, will, choice and strength in the individual."

- Abraham Maslow -

Margot Catizzone (03)

A New Experience

With the exception of my adopted aunt, an elderly lady who lived across the street from my family while I was growing up, the majority of my volunteer experiences had involved working with children and young adults my age. As I approached my last summer in my hometown before I left for university in Calgary, I decided that I wanted to volunteer in a capacity that I had not tried before. I phoned the local Care Facility for the Elderly and I requested to be a volunteer in the home.

After an interview, criminal record check, and training process, I was ready to begin volunteering. I took the residents for walks around the community, and in some cases, we went shopping for items needed for the home activities. Most of the residents were able to communicate with me, even if their thoughts were scattered and incoherent. The dementia of the residents took me by great surprise. There were few, if any at all, who were not mentally incapacitated to some extent.

There was one resident at the home who I particularly tried to connect with. She did not communicate, and she never showed any emotion or physical reaction. When I asked the caretakers about her, they told me that she had been this way for many years. I made it my goal to somehow connect with this resident.

As I continued to volunteer throughout the summer, the caretakers discovered that I play the piano. They quickly asked the supervisor if this could become part of my volunteer duties, and she was delighted. As I sat down to play one day, a nurse brought in the resident that I wished to connect with. "She used to play the piano, and she was a piano teacher, too," the nurse told me. I smiled at the resident and I began to play. As I played that day, I noticed that, for the first time, the resident was smiling, too. She also danced, and she moved her hands in the air as though she were playing the pieces that I was playing for her. I had finally found a way to connect with her. The caretakers could not believe that she reacted this way - and it was the same each time I played.

I learned many new lessons working with the elderly in the home last summer. However, the experience that had a profound impact on me also stores my fondest memory. If we continue to try new approaches to connect with someone, even when we think that our efforts are futile, there is always a possibility of success. Terry Fox taught us the power of perseverance, and my interactions with a very special lady confirmed this.

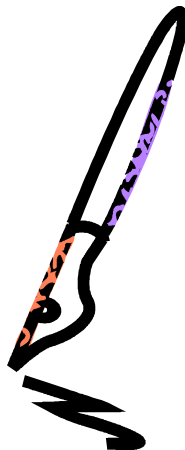
I am looking forward to Christmas time when I can return to the home to play Christmas Carols for the residents and spend time with them again.

Lori Rasmussen (05)

Nigel

My heart is heavy
My face is said
But within me...
I feel some glad.
Although a friend's passed
His body gone
The memory of him
Still lives on
Nigel's left, his body's dead
But him, himself lives again.
Now he's free from pain and hate
That puts a smile upon my face.
Will I miss him, yes I will
But now he's happy
And so I will
Remember him as he was
Loving caring, happy too
There's nothing, he wouldn't do for you
Nigel's memory makes me smile
If only for a little while
One day again I'll see his smiling face
Be around his kindness and his grace
Until that day comes I'll be glad
For Nigel was the greatest friend,
One could ever hope to have

By Chris Baptiste



Truth

Look at me
Now look even closer
Look at me until you see the passion in my eyes.
Now what do you think of me?
Look into my eyes and tell me.
Tell me honestly,
Without censorship or fear.
Tell me critically,
But tell me lovingly.
Look into my eyes and tell me.
Do you see beauty or brains?
Do you see intelligence or insanity?
Do you see determination or an attempt?
Do you see an opinion or indifference?
Do you see poise or presentation?
Do you see love or lust?
Do you see sociability or sincerity?
Do you see knowledge or learning?
Do you see a path or a journey?
Now look at yourself.
Now look even closer.
Tell me what you see.
Look into my eyes and tell me.
Now tell me how you feel.

April Hubbard (03)

Les Objectifs du Millénaire: la participation de chacun dans l'intérêt d'un monde meilleur
The Millennium Development Goals: everyone's participation for a better world

Lors du Sommet du Millénaire en 2000, les membres de l'Organisation des Nations Unies (ONU) s'engageaient à réaliser les Objectifs du Millénaire, qui sont les suivants:

1. Target for 2015: Halve the population of people living on less than a dollar a day and those who suffer from hunger.
2. Target for 2015: Ensure that all boys and girls complete primary school.
3. Targets for 2005 and 2015: Eliminate gender disparities in primary and secondary education preferably by 2005, and at all levels by 2015
4. Target for 2015: Reduce by two thirds the mortality rate among children under five
5. Target for 2015: Reduce by three quarters the ratio of women dying in childbirth.
6. Target for 2015: Halt and begin to reverse the spread of HIV/AIDS and the incidence of malaria and other major diseases.
7. Targets:
 - Integrate the principles of sustainable development into country policies and programs and reverse the loss of environmental resources
 - By 2015, reduce by half the proportion of people without access to safe drinking water.
 - By 2020 achieve significant improvement in the lives of at least 100 million slum dwellers
8. Targets:
 - Develop further an open trading and financial system that includes a commitment to good governance, development and poverty reduction—nationally and internationally
 - Address the least developed countries' special needs, and the special needs of landlocked and small island developing states.
 - Deal comprehensively with developing countries' debt problems
 - Develop decent and productive work for youth
 - In cooperation with pharmaceutical companies, provide access to affordable essential drugs in developing countries
 - In cooperation with the private sector, make available to benefits of new technologies—especially information and communications technologies.



Source: UNDP. *The Global Challenge*, (page consultée le 24 octobre 2005), [En ligne], adresse URL: <http://www.undp.org/mdg/abcs.shtml>

Comme vous le constatez, la plupart des objectifs exigent d'abord une action des gouvernements des pays en voie de développement. Cependant, ceux-ci montrent un manque flagrant de ressources pour accomplir ces cibles. Par conséquent, l'engagement des pays développés est primordial dans la réussite des Objectifs du Millénaire.

Toutefois, déjà dans son rapport de 2003, le Programme des Nations Unies pour le développement (PNUD) déclarait que les Objectifs ne seraient pas atteints si les gouvernements des pays développés ne s'impliquent pas plus rigoureusement dans le Projet du Millénaire. Le Canada, ainsi que d'autres ont jusqu'à maintenant pris leurs engagements très à la légère.

Au Sommet mondial de l'ONU de septembre dernier, les 191 pays membres de l'ONU se sont engagés à adopter et mettre en application des stratégies nationales pour atteindre les Objectifs du Millénaire. Son excellence M. Goran Persson, Premier Ministre de la Suède et Vice-Président du Sommet disait:

“Most of these challenges respect no borders. Most of them are and most of them can only be met if we work together. [...] We, the Head of State and Government, owe this to coming generations. We cannot afford to fail. We need to find collective solutions based on the rule of law. And for this, we need a stronger United Nations.”
(Persson, New York, 14 septembre 2005)

J'aimerais tout simplement sensibiliser les lecteurs à l'importance des enjeux nommés plus haut. Il en revient à chacun de nous de connaître le Projet du Millénaire et de participer à son avancement en voyant à ce que les gouvernements respectent leurs engagements pris en 2000.

Marie-Josée Blais (04)

Moments in Life

Author Unknown

*There are moments in life when you miss someone
so much that you just want to pick them from
your dreams and hug them for real!*

*When the door of happiness closes, another opens;
but often times we look so long at the
closed door that we don't see the one
which has been opened for us.*

*Don't go for looks; they can deceive.
Don't go for wealth; even that fades away.
Go for someone who makes you smile,
because it takes only a smile to
make a dark day seem bright.
Find the one that makes your heart smile.*

*Dream what you want to dream;
go where you want to go;
be what you want to be,
because you have only one life
and one chance to do all the things
you want to do.*

*May you have enough happiness to make you sweet,
enough trials to make you strong,
enough sorrow to keep you human, and
enough hope to make you happy.*

*The happiest of people don't necessarily
have the best of everything;
they just make the most of
everything that comes along their way.*

*The brightest future will always
be based on a forgotten past;
you can't go forward in life until
you let go of your past failures and heartaches.*

*When you were born, you were crying
and everyone around you was smiling.
Live your life so at the end,
you're the one who is smiling and everyone
around you is crying.*

*Don't count the years—count the memories.....
Submitted by Leah Stadnyk (02)*

Ode to the Champions

Anonymous

Who are these people
These doers of deeds,
These dreamers of dreams
Who make us believe?

Who are these people
Who still win the day
When the odds are against them
And the strength fades away?

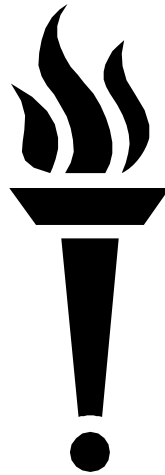
These people are champions,
For they never give in.
A heart beats within them
That is destined to win.

They follow their dreams
Though the journey seems far,
From the top of a mountain
They reach out to a star.

And when they have touched it
When their journey is done
They give to us hope
From the victories they won.

So here's to the champions
To all their great deeds.
They follow their hearts
And become winners indeed.

Submitted by Jody McLaren (01)



Being this is my first year writing a submission for the Golden Thread, I really wasn't sure what to do. I decided that to include a poem I wrote a few years ago. My 2 brothers and 1 sister decided to roller-ski across Canada to promote Organ and Tissue Donation awareness and to thank donor families nationally. We presented this poem to numerous families all across Canada. I felt it was very appropriate for my submission because these pieces of writing were part of my family's journey across Canada to promote awareness and provoke thought, similar to Terry Fox's journey.

Happy, Healthy

By Jen Ross (05) Pediatric Liver Recipient

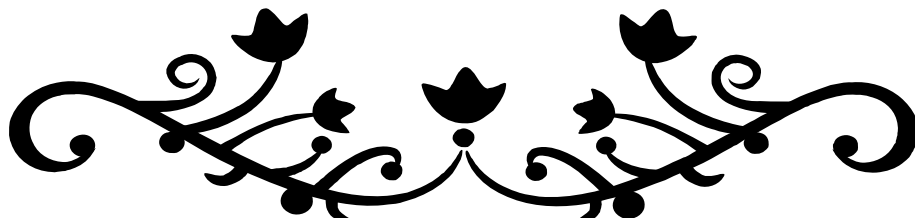
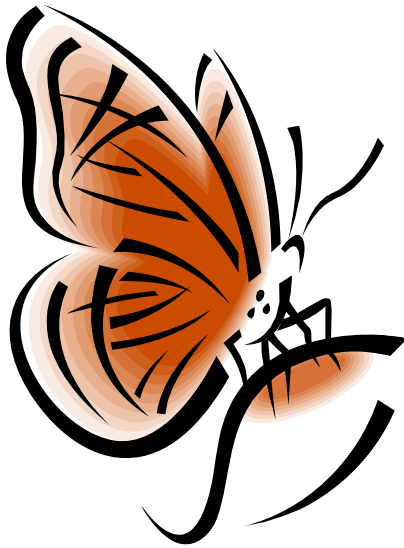
I was a caterpillar making a cocoon.
I emerged a butterfly still damp
but ready to soar.
Suddenly a wind
picked me up, not able to fly,
I fell.

In the hospital for
weeks, months. Going up
and down like a young
butterfly in the wind.
I was about to hit rock bottom.
Then, Hope.
The wind
was dying down, someone
saved me. Quickly
I got better and
soon was playing again.
While the butterfly soared above.

Another cocoon was
being made.
Another life in the making.

On behalf of ALL Recipient Families in Canada,

Thanks 100 Times Over!



Smile Virus

By Russel H. Conwell

Smiling is infectious, you catch it like the flu
When someone smiled at me today, I started smiling too.

I passed around the corner and someone saw my grin
When he smiled, I realized I'd passed it on to him!

I thought about that smile and then realized its worth
A single smile, just like mine, could travel round the earth.

So, if you feel a smile begin, don't leave it undetected,
Let's start an epidemic quick, and get the world infected!

Submitted by Mark Havens (04)

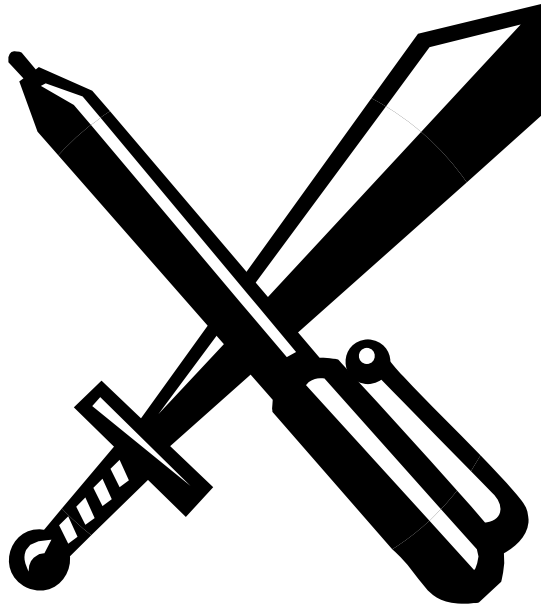


50 (or so) Great Things About Having ADD?

excerpt from the poster written by [Bob Seay](#), the excellent and funny web guide at the [About.com ADD](#) site?

Entertain your friends with witty one-liners and sharp come backs; ; Insomnia makes for more time to stay up and surf the net? ; The drive of **Hyper-focus**; Sparkling **personality**; Drop names like Edison, Einstein, Walt Disney and Beethoven in conversations ; Can see all of your worldly possessions at one time.. because they are all over the floor ; **ENTHUSIASTIC**; **innovative**; A strong sense of what is **FAIR** ; Willing to take a **Risk**; Alert ; Eager ; creative ; provides original ideas ; or isn't afraid to steal them. ; Make far reaching **analogies** that no one else understands. Write them off as "**Deep Thoughts**"; Theoretical ; Abstract Thinkers; Spontaneous ; Always Hopeful ; Keeps meetings lively; The Mind of a Pentium - with only 2Mgs of RAM ; Aesthetically oriented ; Pleasantly and constantly surprised by finding clothing you had forgotten about. ; Able to tie seemingly unrelated ideas together; **Funny**; Able to see **The Big Picture** while others stumble around in the dark; Independent ; Demands to know **WHY?**; Last of the **ROMANTICS** ; Has a wide variety of interests ; Good conversationalist; Qualify for bulk rate mail on tax returns because you have at least 24 W-2's attached; At IQs of 160 and above, virtually all people have ADD symptoms; An innately better understanding of intuitive technologies such as computers ; In class popularity contests, always voted "**Most Entertaining**"; "**Most Energetic**"; Great Improvisers; Able to leap tall buildings in a single bound (did you actually read that?); Honestly believes that anything is possible ; Great at Extemporaneous Speaking ; Quickly assimilates new information; Usually a little smarter than the average bear ; Willing to "step out in faith" ; Rarely satisfied with the status quo ; **Empathetic**; Can easily replace missing childhood photos with panels from "Calvin & Hobbes" ; Pleasantly and constantly surprised by finding money you had forgotten about; Blows up, but then usually recovers quickly ; An unstoppable **dynamo** of human energy; Doesn't know when to quit; **Intuitive** ; Compassionate ; **Persistent** ; Spunky; Hidden **TALENT**; Closely attuned to the moods of those around them ; ADD is especially common among artists, musicians, and other creative people ; Can always be depended upon to provide a different perspective ; Visionary; An Individualist; Many successful entrepreneurs exhibit ADD behaviors; Provides job security for writers of Spell Check programs ; Will fight for what they believe in ; Excellent **motivators** of others; Highly organized, punctual and generally responsible (OK, so I lied);

Submitted By Mark Havens (04)



Choice

When Luther placed his great thesis on the door
He opened it up for individual choice to soar
Centuries of debate and violence did ensue
As differences and toleration eventually grew
Many gave their lives to the alter of Liberty to see
That their children would not be under majority tyranny
That is the battle, push-pull of liberal democracy
How best to promote equal opportunity?
Do as you chose insofar as others can do the same
In your goals, dreams and talents you should find no shame
But the ideal has been twisted and badly cloaked
Dreams crushed, poison everywhere, the poor choked
All because some chose to live a great lie
All that misdirected self-interest and unearned profit must die
Then only will the ideals of liberty really spread
Not through more bombs, mergers and shallow speeches you've read
Open your eyes to solving darkness with light
Only by looking at ourselves will we win the fight
And only when "we" is not defined by our creations
That Earth is the homeland of all nations
Only then, will it be so very clear
That thinking of others is the only way to bring to Lady Liberty a happy tear
By Luke Anthony Greatrex

Submitted by Tara Zieleman (01)

Children's Gingerbread Men Cookies

Gingerbread Men:

1/4 cup molasses
3/4 cup butter
1 cup sugar
1 egg
1 tsp baking soda

1/2 tsp salt
1 tsp ginger
1 tsp cinnamon
2 cups flour

Icing:

60 ml softened butter
130 ml icing sugar

2 tsp milk
2 tsp vanilla



1. Mix all ingredients of gingerbread men in a large mixing bowl. Let chill for 2 hours.
2. Roll the kneaded mixture on a floured surface about 1/4 inch thick.
3. Use different shapes of Christmas cookie cutters to cut dough
4. Bake at 350° for about 12 minutes
5. Mix icing ingredients and place icing into an icing bag.
6. Decorate cookies with the icing and top with M&Ms. Enjoy?

Jaskiran Sidhu (05)

Hey! I hope that you all spent a great summer and that your classes at university are all going well. For my submission to the Golden Thread, I thought that since I am taking a nutrition course at the University of Manitoba, I would submit a recipe that not only tastes good but is good for you. I personally do not like to eat oatmeal as a cereal, but this course mentioned that oatmeal is very healthy and good for you, so I found another way to eat oatmeal. Hope all of your courses continue to go well and hope you enjoy the cookies!

Oatmeal Raisin Cookies

2/3 cup room temperature unsalted butter	1/2 tsp baking soda
1 cup packed brown sugar	1/2 tsp baking powder
1 egg	1/2 tsp salt
1 tbsp vanilla	1/2 tsp cinnamon
1 cup flour	1/2 tsp nutmeg
1 1/2 cup slow cooking oats	1 cup raisins

Preheat oven to 325° F. Cream butter and brown sugar together until smooth. Add egg and blend. Stir in vanilla. In a separate bowl, combine flour, baking powder, salt, baking soda and spices. Add dry mixture to butter mixture and mix in. Add oats and raisins and stir just until oats are coated with cookie batter. Drop tablespoonfuls onto a greased or parchment-lined baking sheet and bake for 7-9 minutes, until cookies start to brown and lose their shine.

Daniella Alexanders (05)

I'm a competitive figure skater and a full time pre-med student and sometimes with my busy schedule I do not have the time to make myself a proper meal. I like to have on hand these very healthy muffins so I can grab one as I am going from one activity to another.



Healthy Flax Muffins

1 1/2 cup whole wheat flour	3/4 cup crushed flaxseed
3/4 cup oat bran	1 cup brown sugar
2 tsp baking soda	1 tsp baking powder
1/2 tsp salt	2 tsp cinnamon
1 1/2 cup shredded carrots	2 peeled and shredded apples
1/2 cup raisins	1 cup chopped nuts
3/4 cup milk	2 beaten eggs
1 tsp vanilla	

Combine dry ingredients in a mixing bowl. Combine wet ingredients together and pour liquid into dry mixture. Stir until moistened. **DO NOT** over mix. Bake at 350° for 15-20 minutes. Yields 15 muffins.

Nicole Watt (04)

Ground Beef and Spaghetti Pie

Prep time about 35 minutes, this is great to make because it usually has lots of leftovers. It is great to package in individual batches and freeze for suppers on the go.

Spaghetti (string pasta)	6 oz
Boiling water	6 cups
Salt	1 1/2 tsp
Lean ground beef	3/4 pound
Chopped onion	1 cup
Large Garlic Clove	1
All-purpose flour	1 tbsp
Granulated sugar	1 1/2 tbsp
Ground cloves, sprinkle (optional)	
Ground nutmeg, sprinkle (optional)	
Canned stewed tomatoes, processed	14 oz
Frozen mixed vegetables	1 cup
Egg white	1
Fine dry bread crumbs	1/4 cup
Beef bouillon powder	1 tsp
Milk	2 cups
Mayonnaise	1 tbsp
Grated Cheese	1 cup

Paprika, sprinkle
Chopped fresh parsley, for garnish

Cook pasta in boiling water and salt for 8 minutes, stirring occasionally, until tender but firm. Drain. Rinse. Drain.

Scramble-fry ground beef, onion, and garlic in large skillet until no longer pink. Drain. Sprinkle with flour and mix well. Stir in sugar, cloves, nutmeg, tomato and vegetables. Bring to boil. Simmer uncovered for 15 minutes.

Place 1/2 of egg white in medium bowl. Add ground beef mixture. Add bread crumbs and bouillon powder. Mix well. Pour into lightly greased 10 inch glass casserole bowl or pie plate. Spread cooked pasta evenly over top.

Sprinkle with paprika and parsley. Bake, uncovered at 350°F for 50 minutes until center is set and top is golden. Let stand for 10 minutes before cutting.



Buttermilk Fantasy (Holiday Salad)

1 cup buttermilk
1 package vanilla pudding
1 can crushed pineapple (drained)
1 can mandarin oranges (drained)
1 container cool whip
14 fiddlestix (chocolate cookies)

Mix together, chill to serve.

Justin Fichter (04)

Thank You!

I couldn't think of what to write for this Golden Thread. I considered inspirational quotes, volunteer stories, poetry... the list goes on. Then I realized that what I really owe you all is a long-awaited thank you. The Golden Thread is like chicken soup for the soul for this very special community that we belong to. This is an incredible group of people, and I love reading all the stories, quoted, interesting facts, poetry, and recipes. The Golden Thread makes the TFHAP so unique because the recipients share a connection with each other. I shared a few copies of the Golden Thread with a friend when she was recovering from a mastectomy. She thought it was refreshing and inspiring, and said to tell you that you are an amazing group of people. I spent over a month in hospital last Christmas, and I reread all of the copies I have received. One of my nurses borrowed a copy to share with a terminal cancer patient. The patient visited my room, and said it put a smile on her face to hear such wonderful stories from dedicated young people. Thank you for your inspirational contributions to this newsletter. Good luck to all of you in your academic, voluntary, and extra-curricular pursuits.

Here's a recipe for Banana or (preferably) Banana Chocolate Chip Muffins. They're easy to make, and they taste great! They've gotten me through many fundraisers, and late-night study sessions.

- | | |
|--|-----------------------|
| 3 large bananas | 3/4 cup white sugar |
| 1 egg | 1 tsp baking soda |
| 1 tsp baking powder | 1/2 tsp salt |
| 1 1/2 Cups all purpose flour | 1/3 cup melted butter |
| Chocolate chips (to taste, if desired) | |

Mash the bananas. Add the sugar and a slightly beaten egg. Add the melted butter. Stir in the dry ingredients and don't forget the chocolate chips! Pour the batter into greased muffin tins or muffin cups, and bake at 375° for approximately 20 minutes. Enjoy! Makes about 12 medium-sized muffins.

Brianna MacLean (03)

Cheesecake Cupcakes

- 3 packages (8 oz each) cream cheese—you can use low fat
- 3 eggs
- 1 1/2 cups of sugar
- 1 tsp vanilla
- Vanilla wafer cookies
- Lemon Pie filling or Jam

Mix cream cheese, eggs, sugar, and vanilla until smooth. Cut vanilla wafers to fit muffin tins and place flat sides down in cupcake baking cups. Fill 3/4 full with mixture. Bake at 325-350° for 20-30 minutes. Cover with lemon filling or Jam.

Makes approximately 24 cupcakes.

N.B. Make sure to use baking cups or else you will not be able to get cupcake out of mold once it's cooked.

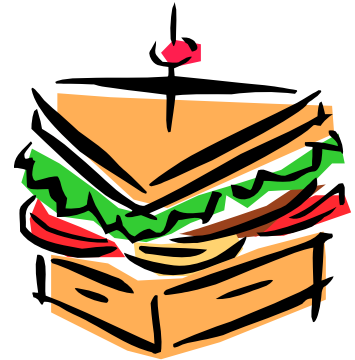
Jennifer Ciolfi (04)



Ramen Sandwiches

I learned this one while I was on a mission in Costa Rica. It's easy, super-filling, tasty and fun. This recipe makes one sandwich, but you can multiply it as many times as you want.

1 package of Ramen (or other) noodles, the rectangular kind
1 egg
Luncheon Meat
Onions
Cheese
Bread



Bring a small pot of water to a boil. While doing this, beat the egg together with the flavour packet from the noodles. You take the hard noodle rectangle and flash-boil it in the water (put in the water for about 1 second on each side), then, after letting the water drip off, place it in a frying pan (already hot and greased). Then, slowly pour the egg/seasoning mixture over top of the noodles. Make sure the egg gets to every part of the noodles—that's what makes it soft. It can be tricky, but fun. After about 2 minutes, flip it over. As the egg cooks, it softens the noodles, but they'll keep their shape. After another 2 minutes or so, it's ready to go. Take the noodle brick, and put on a sandwich with a slice of meat, some cheese, onions, or whatever you want! I like to mix chopped green onions in with the egg/seasoning mixture—the beauty of the sandwich is that you can make it yours, and it's cheap and easy. Enjoy!

Norman McLean (01)

Dear University Student,

As you read this, you are no doubt preparing for mid-term exams and are stressed. For those of you in first year, like me, AND away from home for the first time (not me!) you are probably feeling anxious, worried, fearful, or a combination of all three! For the student away from home, not to worry... the best thing for you is a dose of good ol' Mom-style cooking. It works every time to soothe the nerves and remind you of home. As I spent the summer away from home, this method worked for me. Ask your parents, grandparents, or someone who cooks 'from scratch' for a recipe that will warm your stomach and remind you of home. For me, rice pudding always does the trick. So, put down your texts, turn off the laptop, and close your binders. Your exams and papers can wait a few hours. Good luck and ENJOY!

Mom & Gram's Rice Pudding

Milk – 2 pints	Rice – 2.5 ounces
Brown sugar – 2.5 ounces	Cinnamon – 1 tsp
2 eggs	Sultanas or raisins – 2 ounces

Wash the rice thoroughly and drain. Let rice sit for 30 minutes. Cook rice in rice cooker or pot. Put cooked rice into greased baking dish. Sprinkle sugar and cinnamon over rice, and pour the milk over the mixture. Add sultanas or raisins (optional). Bake slowly for 2 1/2–3 hours. Start at 350° and when mixture has come to a boil, lower temperature to 300°. Let cool, add fresh cream if desired, ENJOY!

Elloitt Gordon (05)

Hello TFHAP Recipients, Alumni, and Supporters,

Another year is quickly coming to an end, and we are, as ever, pleased to present to you this edition of the Golden Thread. We had so many outstanding contributions for this issue that we could not include them all, but everything that was sent to us was wonderful. Every story that was told was another testament to the courage, tenacity, and altruism that exemplifies the Terry Fox Humanitarian Award recipients.

We are also pleased to announce to you that the Terry Fox Program's Board of Directors has two new members this year: **Mr Robert Prichard, CEO of the Torstar Corporation**, and **Mr William Conrod, former Vice-President of Algonquin College**. We are honoured to add these prestigious members to our Board of Directors, and hope they enjoy their tenure as much as I have.

In closing, I would like to share a poem with you. This poem was given to Terry Fox when he did his Marathon of Hope. Terry found it so inspirational that he read it every night before he went to bed for the duration of his run. I hope you enjoy it.

W. Lorne Davies, Executive Director

It Couldn't Be Done
Edgar Guest

Somebody said that it couldn't be done,
But he with a chuckle replied
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.

Somebody scoffed: "Oh, you'll never do that;
At least no one ever has done it";
But he took off his coat and he took off his hat,
And the first thing we knew he'd begun it.
With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.

There are thousands to tell you it cannot be done,
There are thousands to prophesy failure;
There are thousands to point out to you, one by one,
The dangers that wait to assail you.
But just buckle in with a bit of a grin,
Just take off your coat and go to it;
Just start to sing as you tackle the thing
That "cannot be done," and you'll do it.

