

The
GOLDEN THREAD

Le
FIL D'OR



The Terry Fox Humanitarian
Award Program Newsletter

Le journal du Programme du
Prix Humanitaire Terry Fox



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Cover photo of Erica Noonan climbing Ha Ling Peak in Canmore, Alberta at 7,897 feet.

Fall 2011

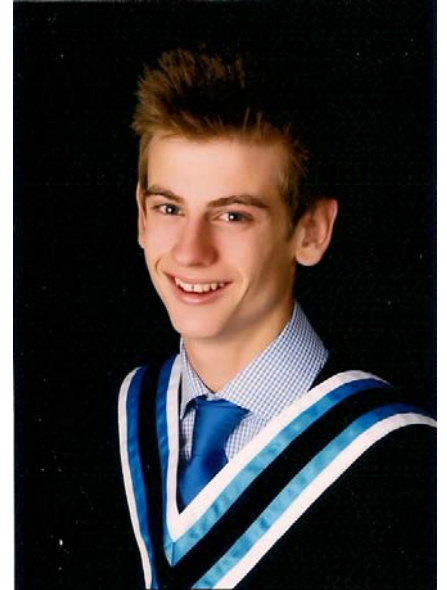
Congratulations to all of this year's new recipients!



Bethanie Giang
Burnaby, British Columbia



Chayna Coghill
Vanderhoof, British Columbia



Matthew Hoogveld
Richmond, British Columbia



Annika Benoit-Jansson
Victoria, British Columbia



Reina Shewakramani
Camrose, Alberta



Trevor Davis
Calgary, Alberta

Congratulations to all of this year's new recipients!



Justice Eashappie
Moose Jaw, Saskatchewan



Keneca Pingue-Giles
Winnipeg, Manitoba



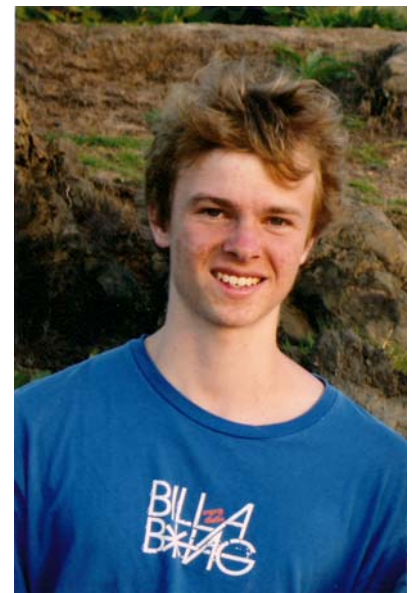
Monique Begy
Kitchener, Ontario



Kristin Flannigan
Toronto, Ontario



Jennifer Romero
St. Catharine's, Ontario



Jacob Dans
Etobicoke, Ontario

Congratulations to all of this year's new recipients!



Ellen Fowler
Waterloo, Ontario



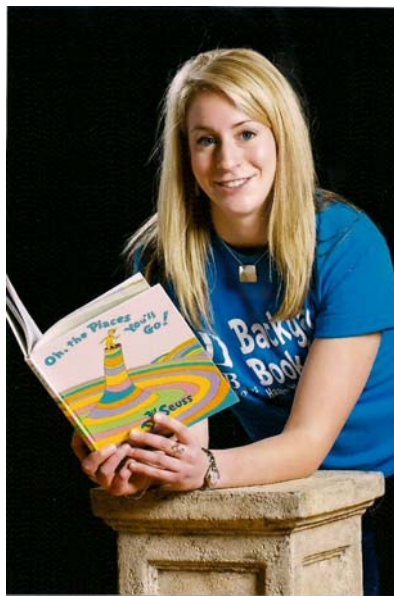
Darren Cole
Toronto, Ontario



Matthew Barr
Deux-Montagnes, Quebec



Danielle Tetrault
Montreal, Quebec



Erica Forward
Saint John, New Brunswick



Alicia Silliker
Kensington, Prince Edward Island

Congratulations to all of this year's new recipients!



Devon Bate
Durham, Nova Scotia



Andrew Jennings-Lindsay
North Alton, Nova Scotia



Catherine Woodford
Hr. Main, Newfoundland

ALUMNI DONATIONS

We've received requests on how graduates can contribute money towards the creation of an alumni award. It's quite simple, a cheque can be sent here to our office and we will arrange for that to be earmarked in our budget with the funds going towards one more scholarship. We will also make sure you receive a tax receipt for the entire sum.

In the past few years we've had number of our graduates who have been very generous in donating to our award program and we really appreciate their generosity and ongoing support. If you have further questions about making donations to the program please contact me at the office 778-782-3057 or terryfox@sfu.ca.

Sincerely,

W. Lorne Davies
Executive Director

Make a Wish

By: Ashley Dickinson



The Children's Wish Foundation of Canada has granted thousands of wishes to sick children since their establishment in 1984. This foundation's goal is to provide children from ages 3 to 17 living with a life-threatening illness the opportunity to experience their most sincere wish. Whether it's a trip, meeting with a favourite celebrity, or a new puppy, this foundation will never say no to a child's wish and works hard to create the perfect wish come true. In addition, the foundation has fulfilled over 17,000 wishes to date, and fulfills approximately 900 wishes each year. The Children's wish Foundation has chapters in each province and territory across Canada, and is able to grant wishes to sick children thanks to the generosity of its donors and helpful volunteers.

Recently, I was looking through an old photo album, and memories from my own wish trip came flooding back. As a cancer survivor, I had the delight of being granted my most heartfelt wish at the age of 10. I wasn't sure of what to choose as my wish, but finally, after much thought, I chose to take my family on a trip to Florida where we enjoyed some time in Disney World and a few days on the Disney Cruise. I had never been to Disney World, and had always wanted the chance to meet my favourite Disney characters and experience the magic for myself.

During the first part of our trip, we had the opportunity to visit Animal Kingdom, The Magic Kingdom and Epcot. My family and I were amazed at the incredible sights and variety of fun activities within the gates of this magical land. I remember attending a character breakfast where Mickey, Donald and Daisy and Goofy entertained us during our delicious breakfast while in Animal Kingdom. After three days in Disney, we boarded the Disney Wonder for a four day cruise. We stopped at the sparkling white-sand beaches of Nassau, Disney's private island Castaway Cay, and finally Freeport Bahamas. The cruise was a dream come true.

Overall, the vacation was an absolutely wonderful experience and a trip my sister, parents and I will certainly never forget. This extraordinary vacation was the perfect escape from my treatment and daily routine of being in and out of the hospital. It is my hope that I

will have the opportunity to give back to this foundation in the future. I am very grateful for what the Children's Wish Foundation has done for my family and I, and I hope that it can make the same difference in the lives of many other children.

A Random Act of Kindness

By Chantal Vandesompele



"Kindness is a language which the deaf can hear and the blind can see."

~Mark Twain

Have you ever taken a step back from what you are doing and look at the world? I mean really look at what is going on?

Every morning while I'm eating breakfast, I watch the morning news. It's a great source to learn about what is going on around the world. This is where I hear about things such as new developments in cancer research, the war in Iraq, or an upcoming election. I ask my friends if they ever watch it, and they confidently respond with, "No." When I ask why, they say that the news is too depressing and sad, and it doesn't give them a good feeling. I can definitely agree and respect their point of view because I feel that way sometimes too.

Yes, the news can put a damper on your day, but news, real news not tabloids, is not fake. It's not something people act out; it's what people really live through and experience. News can be something good though. It can be the fuel for change.

A few months ago I watched the movie, "Pay it Forward". The meaning behind the movie is very inspiring and powerful. It started out as an idea, and has now become a worldwide movement. It is the idea of someone doing a good deed to/for 3 other people, and they each intern, carry on and do a good deed for three more people, and on it goes. Just imagine what we could accomplish if we all did a good deed for another

person. Maybe then the world wouldn't seem so depressing and sad.

A year ago, for a class presentation, my group and I made our topic on random acts of kindness. This is an act that you do unto others to help them through their day, to put a smile on their face, make their day start off on a happy note, etc., without expecting or wanting anything in return. These acts do not have to be something complicated and expensive, but something simple and heartfelt.

Just like the concept of "Paying it Forward", these acts of kindness can have a powerful impact on people. We, as human beings, have the power to make people feel special, and to make them feel wanted, respected and appreciated.

All of this can be achieved by something as simple as smiling at someone to acknowledge that they are there, or even just a simple "hi, good morning, or have a good day". It is the smallest acts of kindness that have the biggest impact in someone's life.

I truly feel that people, especially the younger generation, do not do this enough. We need to remind ourselves that, we as young adults are the future, and that we can be the positive change that the world needs.

Start it! ~ Show it! ~ Share it!

The Mountains in our Lives

By Virginia Arsenault

To the outside world, mountaineering seems simple. One must simply put one foot in front of the other, crossing glaciers and crevasses here and there, climbing cliffs of ice and rock, and eventually you will reach the summit of the mountain. However, to the mountaineer, it is much more complex. With every step, the air gets thinner leaving your body starving for oxygen and your muscles screaming in pain. The wind can be relentless, while the snow can be blinding and in the hours of solitude with nothing more than our thoughts, we often begin to question our purpose on the mountain. We begin to question our dreams, our motivations, and even our sanity. However, through determination, perseverance, hard work, and a little luck, we reach the summit of the mountain. Consequently, I have come to believe that life is just like climbing a mountain. We set goals and have dreams. Sometimes the going gets tough and we question our

motivation, we question our dreams, and we question our ability to accomplish what we set out to do. However, just like climbing, life can be accomplished with some hard work, dedication, perseverance, and a little luck. Therefore, I have decided to share some of my favourite quotes from notable mountaineers and explorers who have inspired me to push myself to the limit and climb the literal and figural mountains in my life.

"It is not the mountains that we conquer, but ourselves."
- Sir Edmund Hillary, first person to climb Mount Everest along with Tenzing Norgay in 1953.

"To those who have struggled with them, the mountains reveal beauties that they will not disclose to those who make no effort. That is the reward the mountains give to effort. And it is because they have so much to give and give it so lavishly to those who will wrestle with them that men love the mountains and go back to them again and again. The mountains reserve their choice gifts for those who stand upon their summits." -Sir Francis Younghusband, explorer who organized reconnaissance expeditions to Mount Everest in the 1920s.

"What we get from this adventure is just sheer joy. And joy is, after all, the end of life. We do not live to eat and make money." - George Mallory, reconnaissance mountaineer about his 1922 expedition to Everest.

"Technique and ability alone do not get you to the top; it is the willpower that is the most important. This willpower you cannot buy with money or be given by others...it rises from your heart" - Junko Tabei, first woman to climb Mount Everest in 1975

"Mountains viewed from a distance seem to be unscalable, but they can be climbed. The slopes that seem so steep seem to level off as we near them." - Anonymous

"You cannot stay on the summit forever; you have to come down again. So why bother in the first place ? Just this: What is above knows what is below, but what is below does not know what is above. One climbs, one sees. One descends, one sees no longer, but one has seen. There is an art of conducting oneself in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know." - René Daumal, writer and philosopher.

Whether your mountains are literal or life's challenges and dreams, remember that anything can be achieved with hard work and determination. Conquer your personal Everest!

Young Carers

By Jennifer Cooper

There is a new movement spreading across Canada: The Young Carer's Initiative. This movement promotes the well-being of young carers and their families within the community. A young carer is "an individual under the age of 18 with a relative whose activities of daily living are restricted by a chronic disability, long-term mental or physical illness, substance abuse problem or other socio-economic factors such as a language barrier" as defined by Young Carers Initiative Niagara.

Young carers may provide personal care such as dressing, bathing, and toileting, assist with medications, perform practical chores, assist with mobility limitations, and act as a translator for a relative in their day-to-day living. Some of the tasks provided by young carers would be considered normal age appropriate chores. In the case of young carers, these tasks become a responsibility because their assistance is required to complete the task. For example, many kids help their parents cut the lawn or help with groceries, but in a home of a young carer the young carer's parent is affected by a chronic illness or disability and may not be able to perform these tasks alone. Young carer's also perform many mature tasks. Families new to Canada often struggle with a language barrier. In these families the young carer may learn the language more quickly and may be required to translate. These kids become their parent's connection to the outside world.

Quantifying how many young carers there are is difficult but we know that significant population of people are affected by substance abuse, mental illness, chronic disability or language barrier. Children and families become informal support networks in the lives of these individuals. Historically, services and supports have existed to specifically help the individual. Using a family centered assessment model, the needs of children providing care have been recognized.

Young Carers Initiative Canada works to promote young carers and their needs. One community response, the Powerhouse Project, is attempting to meet the needs of young carers in the Niagara Region, Ontario. Their programs support and provide opportunities for recreation, education and skill development. Kids have a chance to connect with others in similar situations, voice their worries and opinions and to just have fun.

For more information on young carers, Young Carers Initiative Canada or the Powerhouse Project please visit:

www.youngcarers.ca

www.powerhouseproject.ca

Youth Development: Why we participate in it

By Brandon Gillespie

In today's society there is no shortage of people who assist with youth development. Whether it is through childcare, tutoring, after school programs, sports teams, or paramilitary organizations we have youth leaders who have helped develop some of Canada's premier citizens. However, with youth development comes the frustration of time commitment, stress, and the question: why do we do what we do? The answer to this question for most people is simple: the reward of having done something worthwhile.

I know that for myself the most rewarding aspects of my life have come from youth development. There is no better feeling than knowing that I have done something to positively affect, or change a child's life. In fact this summer put it all into perspective. I came into contact with a young man that I instructed last summer on the Canadian Cadet Movement's Basic Fitness and Sports Course. This young man has had struggles with his weight from early on in life and had faced constant ridicule. He told me that because he had been pushed last summer and told that he mattered he is now able to move through life with confidence and the knowledge that those who made fun of him do not matter in the big picture. Knowing that I contributed to such a feeling and a positive change has reaffirmed why I do what I do. It brings a definite smile to your face when you know that you have affected somebody for the rest of their life.

Any youth leader should know that every action that they take when in front of youth whether it be positive or negative, affects them for the rest of their life. So, let's make an effort to have those moments where our positive actions have allowed youth to develop become the only moments. It is after all, why we do what we do.

My Second Family.

By Lindsay Reynoldson

Living a healthy lifestyle has always been an important aspect in my life, and I personally feel that a healthy lifestyle deals with not only nutrition and exercise, but also balancing every aspect of one's life, from schoolwork, to service and volunteer work, and sport participation. Time management is crucial in a balanced, healthy life and I have been able to develop these skills through my involvement in Varsity Athletics at UBC.

Rugby was the only sport that I did not play before high school. I always considered it to be a rough and brutal sport that did not require any real tactical skill. It was not until Grade 10, when I began playing rugby that I realized how difficult of a game it really is. Rugby requires a high level of fitness, great ball handling skills and the ability to make smart and quick tactical decisions. It is unlike any sport that I have ever played. In my first year at UBC, I joined the Junior Varsity rugby team, and the lessons that I learned through playing with my teammates and coach, Lesley McKenzie, will last me a lifetime.

After playing for the junior varsity team, however, I did not feel complete and felt like there was something still missing in my university career. This is why in my second year I decided to try out for the varsity squad. After making this decision to try out, I realized how much I actually wanted to make the team, and I figured out what was missing from my university career - competing for my university.

Including varsity athletics in my already hectic schedule has definitely been a challenging feat. I have had to learn how to juggle my schoolwork, volunteering, individual workouts, practices, games and sleep with only a limited number of hours a day. However, having the opportunity to play for my university is something that can never be replaced. The comradery that comes from being a part of a team is incredible - I have found my family at university and now UBC really feels like a place that I can call my home.

One of my biggest struggles I faced when learning to balance my time was getting my school work done. Although I attended all of my classes and finished all of my assignments on time, I realized that there was a big difference between studying a lot and studying smart. I came to the realization that I was not studying smart after our CanWest rugby tournament, where I was trying to study for my midterm between our games, practices, runs and rest periods. Needless to say, I did not get the mark that I wanted because although I was frantically studying everything I had learned about the course, I was not taking the time to try to understand the key points in the subject. This mark made me realize that I needed to devote a set amount of time per day to focus on school work.

As I will soon head back to UBC in my third year of university, I will take with me what I have learned over the past two years and apply it to my time management skills to get the most out of my university experience that I can.

Being an Uncle

By Zack Reimer

The other night I was with a friend and another friend of ours came up in the conversation. We talked about how he had to move away to British Columbia (we live in Ontario) for his job. He is not home often so when he is, he tries to see as many people as possible. Of the people that he tries to see are his adorable five and three year old niece and nephew. Unfortunately he does not always see them as much as possible and their parents think he is letting them down and not being a great uncle. We talked about what does it really mean to be a great uncle and then went on to joke about how no one signs up to be an aunt or uncle. It's not as if his sister and brother-in-law came to him before they had kids and asked him if he was ready to be an uncle. He never had a chance to say he was moving away for a few years but maybe after that he would be ready.

The next day as I looked back on the conversation, I thought of my own brother who just had his first child. Like this friend, I am also a distant uncle as my brother lives in Winnipeg. My nephew is now three months old and I only have seen him for two weekends. As my brother is now moving even further away to Alberta, I do not know how much I will be able to see my nephew. What I do know is that I want to make the most out of every time I see him. Therefore I have written a poem about these moments I have been with him. I hope that as you read them they encourage you to make the most out of each moments that you spend with loved ones.

7 months before you're born,
I land at the airport for a weekend with your parents,
no expectations of you coming into existence.
A stop during our walk along the river changes that
forever,
with their announcement of you, I hug your mom and
dad with joy and excitement.

Jump forward many months and you're just 12 days old,
I hold you in my arms and you're the cutest thing I
know.
You start to cry and I have no clue what to do,
I feel awkward and want to pass you back,
but your mom shows me how you really like to be held.

Another 10 weeks later and your back at my house,
you look into my eyes and you have beautiful ones
yourself.
As I play with you on the couch,
you smile and it breaks my heart in two,
For I do not know the next time I will see you

I fear how much you will grow,
by the time I see you next.
I wonder if you will be walking,
or saying Hello to me.

Life as a Students Association President, realizing there is more to post-secondary education than just opening a book

By Alexandra Kulas

My first year of college was a whirlwind experience. I remember coming to the campus a few days ahead of school starting just so I could get a feel of where everything was- I never imagined that one year later I would have my very own office and secretary in the center of it all.

Lethbridge College is a smaller campus located in the heart of Southern Alberta. The college educates approximately five thousand full-time students per year and two thousand part-time students. I was highly involved with leadership and volunteering in my high school so when I went to the college, I was longing to become a part of something that worked well with my school timetable, and was nice and close to campus- that's when I found the Lethbridge College Students' Association.

I first ran for the position of a student representative. My job was to help out at the office a few hours a week with putting up event posters, handing out pizza to students, working at student association events and odd-end jobs. I loved this position, until I noticed that in February you had the opportunity to run for an executive position and I knew this was my opportunity to shine. I put my name forward to run for President and began my campaigning on February 28th.

I was running against three other students- all who were second year students (it is very uncommon for a first year to run for President). My campaigning strategy was to walk around the campus, talk to the students and see what their concerns were and how they would like them to be changed. I met over three hundred students in my two weeks of campaigning and on March 10th I finally got the long awaited phone call, I had won the election.

My biggest goal for this upcoming school year is to get post-secondary students involved in advocacy and leadership within the college, and outside the college. I want others to feel as passionate about leadership as I do. Since winning the election, I have continued to meet various individuals from within the college and the community of Lethbridge.

I truly believe that many students just come to school, do what they have to do then leave, they make a chore out of it- but really if you make the most out of the time you have in your post-secondary institution you would be amazed at the opportunities and doors that open for you. Right now, I am the President and CEO of a million

dollar organization, the face of 7000 students and the voice of change for those students. I feel that is pretty incredible, all because I pushed myself to do more than just come to school and open a book.



The Executive and I get to meet a lot of interesting people like Alison Redford a frontrunner for the PC Party of Alberta.



My Headquarters on Campus.

Type Two

By William Short

There are two types of youth that exist: those who are unmotivated and do nothing productive; and, those who strive everyday to change their world. Sadly — the media, and a vast number of people, focus on the first type, Type One, giving our generation a bad reputation.

Youth that are part of the second type, or Type Two as I like to call them, vary in the things they do. In the Spring 2011 Issue of *The Golden Thread* alone we have Meghan MacDonald, giving so much love and kindness to the orphans of Kingston, Jamaica, making their lives better even for a little while; and then there's Natasha Caminsky, demonstrating how much care and time she puts into maintaining a healthy lifestyle during the stressful, busy life of a student.

While Type Two youth are making major changes around the globe, across the nation, at home in our provinces and communities, and in their personal lives, there are fourteen-year-olds vandalizing, doing drugs, and robbing convenience stores. Who do we hear about most in the media? That's right, we hear about the Type One youth.

On August 10, 2011 I hosted an event for my charity, the Short Circuit Dream Fund (SCDF). At this event SCDF presented a critically ill teen with his dream; the ninth such act by the charity. We partnered with a small promotion company to organize entertainment for this presentation and in return help get their name in the public. Over forty people attended the event and another forty were watching from home as we broadcasted live on the internet connecting friends, family, and supporters from around the world. As a growing charity we put a lot of time and energy into putting off these small events that help us raise money and get our own name into the public.

The family of this teen sat, watching our amazing line-up of entertainment, in complete awe that anyone would do all this for them. We have received so many comments from those in attendance and those who have watched online telling us how well the event was put together, how awesome the entertainment was, and offering to help out with our next event. There wasn't anything missing, the event went off without a hitch . . . Wait, where was the media? They must not have heard about it to not show up to such an incredible event. Wrong. Several media outlets were sent a news release detailing the charity, its purpose, history, and a complete description of the event. Being our largest event planned in the St. John's-Metro area we definitely expected to see members of the media present. They weren't. Instead of watching while a youth-led charity

gives a sick child hope and excitement — a smile — the media is more interested in the latest teen to get busted with drugs.

Type Two youth need to be noticed. Type Two creates change, hope, a bright future for our communities, provinces, country, and our world. Our generation is being judged based on what people see, not what is happening. Most of what we see in the media are negative stories about today's youth. It's time the media began to change and give more stories about people the world needs more of: Type Two.

Confederation Bridge

By Sara Walsh

Although I have always really enjoyed running and have participated in the Terry Fox Run before, it wasn't until the Fall of 2010 that I really understood how inspiring the Terry Fox Run is. Being a Terry Fox Humanitarian Award winner, I absolutely wanted to participate in the Terry Fox Run in September. The year 2010 marked the celebration of thirty years of the Terry Fox Run. It was decided to mark this event a run would be held across the Confederation Bridge, which stretches 13 kilometers long.

Throughout my childhood and young adolescence, I had always run but only short distances, usually four or five kilometers. As soon as I decided I wanted to do this, I signed up a team online. I got my family and a few close friends on board immediately. My team started off with about ten people. Not long after, word spread about what I was doing and being from a small place, more and more people signed up.

All summer, my dedicated team of over forty people ran and trained on their own as well as pledged money for our team. In the middle of the summer, we held a Terry Fox Run Fundraiser in my community, hosting a barbecue, car wash, and sold new potatoes! In September, I went back to Antigonish, N.S., for school. But on September 18th, after recruiting a few more friends from university, I headed home to prepare for the big run. My family of five was up at four in the morning to head up towards the bridge. All forty-ish (there seemed to just be more and more people; some even signed up on our team that morning!) met up. We put on matching t-shirts with our team name, and headed towards the bridge. It was amazing how many dedicated people were up at such an hour, parking and lining up for this event. We all got on buses to take us across to New Brunswick so we would finish on our side of the bridge. The sun just begun to come out as we started running and it was a beautiful morning with an incredible view of the water. Everyone on my team ran at their own pace. Some walked, some ran, and some

did a little of both, but I proudly ran the whole way.

My Dad and I ended up meeting up with each other with about two kilometers left of our run. We crossed the finish line together just a little over an hour. Afterwards my family hosted a barbecue for our team to celebrate our run. We were all exhausted and a bit sore but it was such a wonderful day. The total amount of money raised was over \$2000. I am so proud to have participated and celebrated Terry Fox's spirit. I very much look forward to the 2011 Terry Fox Run.

What Inspires You to the Greater Good?

By Cameron McNutt

I've always wondered; what pushes people to become great? What makes history's heroes so amazing?

Was it their personal greed that moved them? No. Was it their need to be loved? No. Was it their lust for power? No.

It was their selflessness. It was their need to better the world. It was a necessity for them to help people.

Mahatma Gandhi, Martin Luther King, Nelson Mandela, Terry Fox are four of my heroes. They are people who have impacted lives and made a lasting difference. They all sacrificed their own livelihood for the greater good. They understood what it took to move the world and had the courage to battle through adversity to achieve their dream.

Our electronic world provides us with instant access to up-to-date information on world events. On a daily basis we see that there are so many people in need of assistance and rely on ours to help them. There are countless opportunities to get involved; famines, earthquakes, economic collapse, nuclear power failures, diseases like cancer, tsunamis, wildfires, floods, and many more. One might look at these disasters and conclude that our world is approaching a state of chaos. However, there are others who see it as a chance to make a difference. Regardless of our individual perspectives, it is incumbent on the people who are here right now to help the less fortunate and those in need. For real change to happen, that is, for the world to become a better place, it starts with each one of us. It starts with you. And it starts with me. The little acts we perform each day go a long way in changing a day for someone. Enough of these small acts can make a huge difference in someone's life, whether it is a stranger or your best friend.

One of my best friends really opened my eyes to how

kind we can and should be. The stories she tells me about human kindness make me smile every time, and inspire me to be the best possible person. Giving or performing a kind deed does not just benefit the receiving person. I have found nothing in life produces the awesome feeling you get when you see the gratitude on the face of someone you helped out. It produces such a positive energy that it also improves our quality of life and outlook. It is contagious; perhaps that person decides to pay it forward by helping out another person in need and so the goodness grows.

So, to answer my own question; what inspires me to the greater good?

People! People, past and present, who sacrifice and strive to improve conditions for the less fortunate and those in need of our help. It is not the size of the sacrifice that is important but, it is the thought and action of it that matters most. These leader's humanitarian ideals are my inspiration.

What's yours; what inspires you?

Powerlessness

By Susan Manning

recognition of a **P**roblem that needs to be addressed

unsure ab**O**ut the best form of action

Willing to do something about the problem

need to id**E**ntify own positionality

conscious of complex powe**R** relations contributing to
problem

wonder if individua**L** action would be useful

limit**E**d resources

cannot **S**ee practical starting point

aware of pos**S**ibility of unintended consequences of action

perceived lack of real power to i**N**fluence government or
international bodies

continue to pursue **E**ducation

celebrate re**S**istance and courage

Seek a possibility for action

Summer Lovin'

By Stephanie Foote

I sit on the beach, my toes dug deep in the cool sand,

Admiring the landscape as the sun gradually lowers
toward the distant horizon,

Sending streaks of color across the sky.

Splashes of purple, orange, and pink leave me in awe,

As if an inspired artist had wildly painted the heavens
above in a moment of passion.

The water is calm, the tide lazily rolls in and out.

I am mesmerized by the tranquility of the moment

As the breeze softly caresses my face.

I watch as a friend skips a stone across the water,

Barely causing a ripple as the rock skims the silky
surface.

Dusk has begun to settle when a loon calls out,

Eerily interrupting the silence of the wilderness.

Fish begin to jump in the far distance,

Causing the kids on the far dock to squeal with
excitement.

I can't help but smile as they jump up and down with
joy,

Pointing with their little fingers at the sudden frenzy of
splashes .

Campfire smoke lingers in the air as the evening sky
becomes darker.

Relaxed, I lay back with my arms behind my head,

Marveling at the night sky, the stars glimmering from
above

Like tiny diamonds in the sky

As I lay there in the sand, the only thought that crosses
my mind is how

I never want this summer to end

Volunteer Experiences

By Kate Strapps

Over the past school year, I have had the opportunity to volunteer, in particular, with two great organizations. Through the fall semester, I volunteered every Friday morning with the VON (Victorian Order of Nurses) of Greater Halifax. Placed in the Community Support and Volunteer Services department, I was given the responsibility of working at the Senior Information Line.

The Senior Info Line is a service offered by the VON which allows seniors and their caregivers and family members to phone the VON and request information about various programs and services that are available to seniors in the Halifax area. The callers are also able to request meals from the 'Frozen Favourites' program (in which volunteers deliver frozen meals straight to the client's door every week).

My experience working on the Senior Info Line was very rewarding, and being able to have conversations with the people who were calling in, many of whom did not have much company on a regular basis, made that volunteer experience really memorable.

The second organization that I was able to volunteer with this year was the LINKS program (a part of LDANS - the Learning Disabilities Association of Nova Scotia). This winter, through the LINKS program, I was able to work one-on-one with an elementary school student to improve her literacy skills. Twice a week, we met to work on her reading, writing, and spelling skills, with a number of tools and techniques that all the LINKS volunteers had learned in a training session prior to the start of the program.

My experience with LINKS went beyond my expectations. I was proud to be involved with an organization that was able to make such a difference in children's everyday lives. Since I enjoyed my experience with LINKS so much this winter, I will be continuing my volunteering with them in the spring, when I hope I will be able to help make at least a small difference in a student's life.

My time with these two organizations was truly rewarding, and knowing I was able to be of service to the community made this past year one that I will never forget.

One of My Favorite Recipes and it is Heart Healthy and they are Gluten Free Homemade Chocolate & Banana Protein Bars

Submitted by Chelsi Cormier

Ingredients

200 Grams Rolled Oats
30 Grams Chocolate Whey Protein Powder
2 Tbsp Almond Butter or Smooth PB
3 egg whites
2 medium bananas
1 Tbsp Honey
100 ml Skim Milk
1 tsp cinnamon

Directions

Preheat oven to 350 degrees F.
I use food processor with a blade. It turns the rolled oats into flour.
Mix the oats, whey protein powder and cinnamon.
Add the almond butter and mix thoroughly.
Add the egg whites, mashed bananas and honey.
Mix well and slowly add the skim milk.
Once mixed spoon or pour into a greased or parchment lined 9 x 9" cake pan.
Smooth with a knife.
Bake for 15 or 20 minutes or until toothpick comes out clean.
Cut into 8 bars when cooled.
I wrap individual bars in saran wrap and store in a zip-lock bag in the refrigerator. Good snack for on the road or after your workout.

Serves 8

Recipe submitted by SparkPeople user MARMELADA.

Honey Mustard and Crème Fraîche Baked Chicken Recipe

By Tessa Bendyshe-Walton

Hello fellow Terry Fox Humanitarians! As you are all students like me, I know you are probably just as short on time as I am, but that doesn't mean you have to go hungry. With the right recipe, you can eat great even on a student's budget. The following is one of my favourite and easy recipes, and will have you feeling like a professional chef without all the hard work in no time. Enjoy!

Ingredients

- 4 tbsp crème fraîche
- 2 tbsp grainy mustard
- 2 garlic cloves, crushed
- 150ml chicken stock
- 8 skin-on chicken drumsticks and thighs
- 500g baby potatoes
- 200g green beans
- 2 tbsp honey
- 1/2 small bunch of tarragon, chopped roughly

Method

Heat oven to 180°C. Mix together the crème fraîche, mustard, garlic and stock with some seasoning. Arrange the chicken, skin-side up, in a roasting tray just large enough for the chicken and vegetables.

Tuck the potatoes and beans in between the chicken pieces. Pour over the stock mixture then season the chicken and drizzle with honey. Cook for 40-45 mins until the chicken is cooked through and the potatoes tender. Scatter over the tarragon before serving

Bon Appétit!