

# The Golden Thread / Le fil d'or



April 2006/ Avril 2006

"Life's experiences are boosters and success. Every experience one encounters in life, either positive or negative, has a lesson to teach us. We can use what we have experienced in life to educate and encourage others who are passing through similar situations."

--Osuji Chioma

Submitted by Angie Peters



September 25, 1982

The Editor,  
Toronto Star.



*Dear Sir,*

*I left Toronto 9 months ago and have been thinking about what I miss. I miss the spirit and goodness of a city which showed herself to me one special summer day.*

*A curly-haired young, man-God double-skip-hopped into Nathan Philip's Square and told an audience of teary-eyed citizens that anyone could run the Boston Marathon one hundred and some days-in-a-row on one leg of wood and one leg of flesh. Then, the captain of a team from a sport we all love best gave this hero his own hero's wreath and I cried tears afresh. One of Terry's friends was collecting money in a green garbage bag. As he moved among the crowd he glowed with purpose, enthusiasm and youthful innocence. A few steps behind, looking over this boy was an older face, wiser with time and experience but kind none the less—he wore a blue uniform and a gun. I've traveled to many cities and many countries and when people ask why I love Toronto, Canada the best I tell them about the people I met one hot summer day when the sun shone its very, very brightest.*

*Michael Simpson*



## Think It's Bad Being Deaf?

by Benjamin Gilbert

*"Give strong thought to the happy side of your life and you will establish your life on the happy side."*

--Christian D. Larson

If you think deaf people have got it though, you're wrong! Let me take you through a day in my life!

At ten o'clock in the morning I wake up to a beautiful Sunday, which instantly takes a sour turn when my mother 'suggests' I go to church. There, I meet several deaf people who regularly attend mass. We all engage in a flurry of sign language conversation. If you think about it, hearing people who can't sign have to remain quiet or whisper in places like church, but we deaf people can use as many hand actions and facial expressions as we wish, and

we won't be distracting anyone!

After the mass is completed, I head home and am soon on my TTY, (one of several great technological advances made in recent years that have enabled deaf people to be more independent) making a tee time for myself and three other family members for a round of golf during the afternoon.



We are now on the first green where I am standing over a four foot putt to save par. Unbeknownst to me, someone, from somewhere on the golf course has apparently hit a poor shot and unleashed a profanity laced tirade heard by almost everybody on the course except myself! Oh the joy of being able to focus completely without any distractions! By the way, I calmly roll my four foot putt into the heart of the cup for a solid start to my round! After an enjoyable round of golf, my family is spending a nice, relaxing Sunday night resting for the week ahead. I am sitting in my room, catching up on my studying, my two brothers are playing pool, my sister is on the phone catching up on the gossip, Dad is working on the computer and Mom is cleaning up in the kitchen. (Stereotypical or what?!) Everything is peaceful. Suddenly, my sister gives out a high pitched shriek over a rumour that she likes a boy. My brothers are brawling downstairs and my mother drops a plate and it shatters! Dad's concentration is completely thrown off. Meanwhile, I am sitting in my room getting some quality work done. My dad stomps into my room and signs, "You have no idea how lucky you are to be deaf!"

Later in the evening, my mother mentions that we are out of milk and asks me to drive to a nearby store, which I do. Apparently, I drive too fast and am pulled over by a police officer who starts babbling at my window. I motion that I am deaf and feign a lack of understanding of what was going on and so he let me off the hook! Life is good! When I return home, it's time for bed. I sleep peacefully for a good ten hours, while my five family members get only a few hours, thanks to a terrible thunderstorm!



Now, don't you all agree with me? Being deaf isn't so bad after all!

## A Different Perception of Everyday Life

by Colleen Crawford

This past year I was given the opportunity to gain a different perspective on life. At the end of November I had surgery on my right foot to have a bunion removed. Excess bone was scraped out of my foot, while my first meta-tarsal and big toe were broken. The surgeon reset my bones with the hopes that they would heal straight instead of crooked. Following my surgery I was burdened to crutches for six weeks--the amount of time required for my bones to heal. Never in my life could I have imagined what life would be like without the use of one leg. I could not drive or walk. By the end of the first week I was in tears as a result of pain and frustration. How did people live their entire lives with disabilities? Carrying a coffee from my kitchen to the couch was an impossible feat; trying to maneuver my crutches without bearing any weight on my foot and spilling coffee all over the floor. My family and friends were very supportive. It was during this time that I realized the humanitarian nature of Canadian culture.

Everywhere I went people always offered me help, whether it be holding doors, rides to school (as the bus is not an option where I live) or clearing a path for me to walk. Eventually I could carry a coffee thanks to a woman in one of my classes whom I had never met before. One day she decided to bring me a water bottle holder from her mountain bike and a set of tools to attach it to my crutches, like a little trick she learned when she herself was destined to walk on crutches for seven weeks.

By the end of six weeks I had adjusted to life on crutches and was able to complete most daily tasks. Little by little I learned the tricks that made life much easier. Although I did not enjoy my time on crutches, it was an experience that I will never forget. It has shown me how grateful I am to have two feet that function normally. It is amazing what we take for granted everyday, especially the simple things like being able to shower without sitting on a chair, driving a car without being dependent on others to get from point A to B, walking from your bed to the bathroom or carrying an object across the room. This experience has given me a brief preview of what life could be like if I had a disability. I have a new respect for people who are destined to live the rest of their lives like this.



My experience has made me aware of the strength and determination that these people possess, especially those who do not let their disability limit their lives. The stamina that Terry Fox possessed is a prime example of an individual who used his disability to benefit the lives of others. A new light has opened my eyes to a different perspective of the world.

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For all those who have ever felt like the world wanted, *needed*, them to be something different than what they already were... For everyone who has hidden behind a disguise because they were ashamed of being themselves, for whatever reason... For all those people out there whose strength and beauty is hidden away behind the world's "common colours" just because they were told that "different is not beautiful... the same is beautiful" ... This one's for you!

I actually wrote this on a day a while back when I was still in high school. At my school, it felt like all the rest of the student body wanted to assimilate everyone else and make them clones of the more popular or most well-liked kids. But I, for one, refused to be molded into their "standard shape" and took a chance... I stood out like a sore thumb for most of high school because of this, but today I'm sort of glad that I held strong in that because lately, I really am starting to like who I'm becoming.



If I had ever known the truth that was  
Lying behind the world's lies,  
Maybe I never would have hidden myself,  
And tried so hard to hide.  
Maybe I would have just gone and let  
The real me shine through in the end.  
And maybe there would have even been times  
When it wasn't the truth I would have to bend.  
Personality bending from left to right,  
Changing more times than you can count.  
Trying to avoid ever doing anything  
That people would talk about.  
But now I can see that those old ways of mine  
Are not right at all, so they're gone.  
I've grown up more and enough by now  
That I can see that it's time to move on.  
And so grow up I did, and move on as well,  
And I'm starting to like who I've become.  
So I know for sure that I must be  
Myself, just me, on my own.

Veronica White  
Terry Fox Humanitarian Award recipient 2003

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## *A Fountain of Youth*

By M. Stanley Bubien

A man hobbled into the office pushing a vibrant looking woman in a wheelchair. But as the woman entered, the door closed on a wheel and she was stuck. The man's wrinkles bent. Puffing, he tried to free her.

The nurse hurried over and held the door while the man guided the chair.

Once inside, the woman beamed and patted the man on the shoulder. His frown melted. She lifted her arms and he hugged her.

Eyes bright, the woman wheeled herself to reception while the man bent slowly for a magazine and a seat. "Thank you for your help," the woman said. She glanced at the man, and continued with lowered voice and a wink, "Sometimes I need two navigators."

The nurse grinned. Pulling a chart and nodding to the seated man, she asked, "So, your father's here to see the oncologist?"

"Um," the woman hesitated. "I'm actually the one with the cancer."

"Oh!" the nurse said with her hand over her mouth. "I'm sorry. I just assumed..."

"That's okay. But...Um...He's also not my father."

"Excuse me."

"That man is my husband."

The nurse's eyes went wide. "I'm terribly---"

"No, no. Quite alright."

"It's just...You look so young."

"Well," the woman said, batting her eyelids humorously. "Thank you."

Looking back at the wrinkle-faced man, the nurse shook her head and said, "I have to ask...What's your secret?"

The woman's smile grew. "I guess I just enjoy life."

"Hmm," the nurse replied. "That's quite a secret."

"Well, yes. I guess it is."

*Based on a true story*

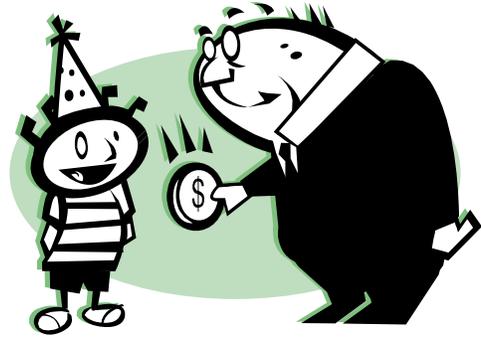
Submitted by Chris Little



## George Carlin's Views on **Aging**

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.



You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna' be 16!" You could be 13, but hey, you're gonna' be 16! And then the greatest day of your life...You become 21. Even the words sound like a ceremony...YOU BECOME 21. YESSSSS!!!

But then you turn thirty. Oooohh, what happened there? Makes you sound like bad milk! He **TURNED**; we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You **BECOME** 21, you **TURN** 30, then you're **PUSHING** 40. Whoa! Put on the breaks, it's all slipping away. Before you know it, you **REACH** 50 and your dreams are gone.

But wait!!! You **MAKE** it to 60. You didn't think you would!

So you **BECOME** 21, **TURN** 30, **PUSH** 40, **REACH** 50 and **MAKE** it to 60.

You've built up so much speed that you **HIT** 70! After that it's a day-by-day thing; you **HIT** Wednesday!

You get into your 80s and everyday is a complete cycle; you **HIT** lunch; you **TURN** 4:30; you **REACH** bedtime. And it doesn't end there. Into the 90s, you start going backwards: "I was **JUST** 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!!"

Submitted by: Ruth Proulx

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## THE MOCCASIN IS WORN FAR TOO LONG

Supposing you were I  
And accepted everything in resignation.  
Bowling to all wishes because of being discovered.  
I worked on your spirit to do my bidding  
Like the river's rush of overflowing banks.  
That is the way I fell  
Since the river's rush of overflowing banks.  
That is the way I feel  
Since the so-called encounter.  
The ongoing contact unsettling.  
In reality we are not trading places  
We are who we are...

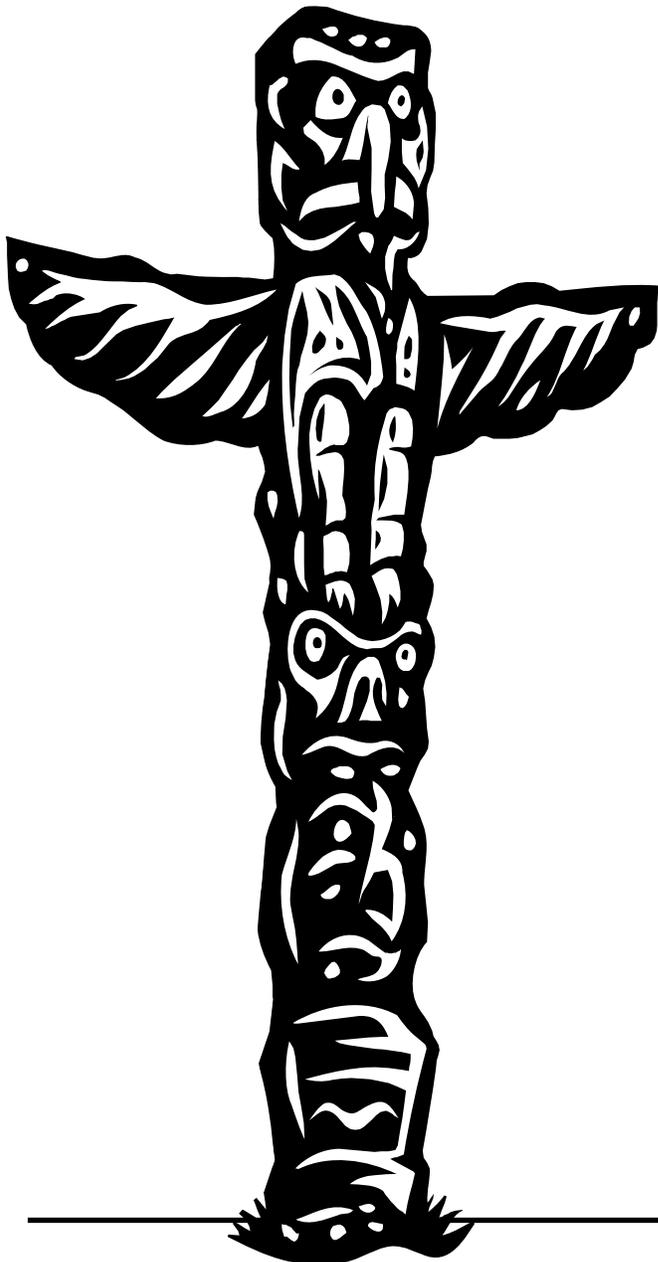
I am a native of this beautiful land, Canada  
The acknowledgement must be understood.  
My children read of your heroes, not mine  
Do you not think?  
It is about time we compromised.

The aboriginal is a trademark in other lands  
And promoting their own interest  
And the world looking on, trying to understand.  
Let us trade places, my side you consider.  
We may teach others who do not see  
Opening the eyes against the bias.

We educate, we practice, we tell

I should know, I have worn your moccasin too  
long.  
Today I wear mine, my world in Education  
Please listen, listen to my song.

Written by *Mi'kmaq Elder Rita Joe* (Jan 19<sup>th</sup>, 1999)



## My Disability

Do not see my disability as a problem. Recognize that my disability is an attribute.

Do not see my disability as a deficit. It is you who see me as deviant and helpless.

Do not try to fix me because I am not broken. Support me. I can make my contribution to the community in my way.

Do not see me as your client. I am your fellow citizen. See me as your neighbour.

Remember, none of us can be self-sufficient.

Do not try to modify my behaviour. Be still and listen. What you define as inappropriate may be my attempt to communicate with you in the only way I can.

Do not try to change me, you have no right. Help me learn what I want to know.

Do not hide your uncertainty behind "professional" distance. Be a person who listens and does not take my struggle away from me by trying to make it all better.

Do not use theories and strategies on me. Be with me. And when we struggle with each other, let me give that rise to self-reflection.

Do not try to control me. I have a right to my power as a person. What you call non-compliance or manipulation may actually be the only way I can exert control over my life.

Do not teach me to be obedient, submissive, and polite. I need to feel entitled to say no if I am to protect myself.

Do not be charitable to me. The last thing the world needs is another Jerry Lewis. Be my ally against those who exploit me for their own gratification.

Do not try to be my friend. I deserve more than that. Get to know me. We may become friends.

Do not help me even if it does make you feel good. Ask me if I need your help. Let me show you how to better assist me.

Do not admire me. A desire to live a full life does not warrant adoration.

Respect me for respect presumes equity.

Do not tell, correct and lead. Listen, support, and follow.

Do not work on me. Work with me.

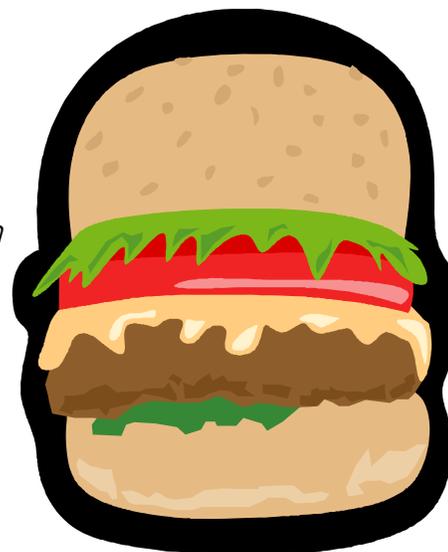


Lori Rasmussen

## Vegetarian **Barley Burgers**: By Christopher Blackmore

*Recently during one of my Cancer Biology lectures, my professor speculated that 30-40% of all cancers could be prevented through the implementation of feasible diets. For example, she mentioned that the over consumption of beef and other meat products is related to increased risk for cancers including prostate and ovarian. She also highlighted that the risk for many cancers could be reduced by increasing our fruit and vegetable intake. In light of this information, I thought I would experiment a little in the world of vegetarianism. However, it is important when eating vegetarian to ensure proper protein replacement. These burgers are estimated to have 12-14 grams of protein, according to my vegetarian guru, and are considerably low in fat (depending on the ingredients selected). They are also a great freezer food for those students who never have time to cook.*

*Good luck and **bon appetite!!***



- 1/2 cup of uncooked barley**
- 1 large egg, beaten**
- 1 cup of ricotta cheese (low fat or regular)**
- 1 cup of shredded 'cheddar' soy loaf**
- 1 cup of minced Portobello mushrooms (or button for a less earthy flavour)**
- 1/2 cup of dried whole wheat breadcrumbs**
- 1/4 cup minced parsley**
- Salt and pepper to taste**

Cook barley according to package directions. Allow to cool. Combine egg, cheese, mushrooms, breadcrumbs, parsley and breadcrumbs. Stir in Barley. Form patties with 1/2 of barley mix. Cook in the oven at 375° on a greased baking pan for 10-15 min. per side or until crispy and golden.

## My Favourite STRAWBERRY SMOOTHIE

*This smoothie is perfect for a hot summer day--or a cold winter day for that matter!*

What you need:

- 3/4 bag frozen unsweetened whole strawberries**
- 4 cups Dole pineapple juice**
- 1 cup orange juice (fresh squeezed or other)**
- 1 1/2 cups low fat vanilla yogurt (frozen)**

Place all of the ingredients into a blender and blend until a creamy consistency is reached!



Submitted by: Kathleen Gaudet

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## Special Occasion Cupcakes

### Cupcakes

- 1 cup plus 2 tbsp. cake flour (280ml)
- 1 tsp baking powder (5 ml)
- 1/4 tsp salt (2 ml)
- 1/2 cup white granulated sugar (125 ml)
- 1/4 cup unsalted butter, room temperature (60 ml)
- 1/2 cup homogenized milk (125 ml)
- 1 tsp pure vanilla extract (5 ml)
- 3 large egg whites

### Icing

- 1/4 cup unsalted butter, room temperature (60 ml)
- 3/4 cup icing sugar, sifted (175 ml)
- 1/4 cup fresh raspberries (60 ml)



### Directions:

#### Cupcakes

Preheat oven to 350 degrees F.

Line two 12 mini muffin trays with mini paper liners

In medium bowl sift together cake flour, baking powder, and salt. Set aside.

Add vanilla to milk and set aside. Using an electric beater, cream butter and sugar until light and fluffy.

Add the flour mixture and milk until all incorporated.

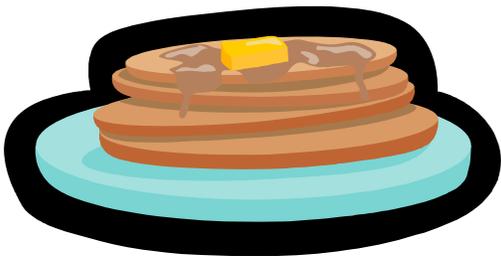
Whip egg whites until stiff but not dry. Fold egg whites gently into batter. Do not over mix. Spoon the batter into the mini cups of the prepared muffin tray. Bake for 15 to 20 minutes until cupcakes are lightly golden around the edges. Remove cupcakes from oven and let cool completely before icing them.

#### Icing

Put the berries in a strainer over a small bowl. To remove the seeds, mash the berries with a spatula, forcing the pulp into the bowl. You need about 1 tbsp. of raspberry pulp for the icing. Set aside.

Cream the butter until light. Beat in icing sugar and raspberry pulp until smooth and. Add more icing sugar or raspberry pulp if consistency is not spreadable.

Garnish with fresh raspberries or sugared edible flowers. Serve. *Makes 24 mini cupcakes.*



## Paper Thin Pancakes Compliments of Grandma

- 3 eggs
- 1/2 cup white sugar
- 3 cups of milk
- 2 cups of flour
- 4 tbs. Of melted butter

Mix all ingredients together with a fork until all the lumps are gone. Pour a thin layer into a frying pan and cook, flipping occasionally.

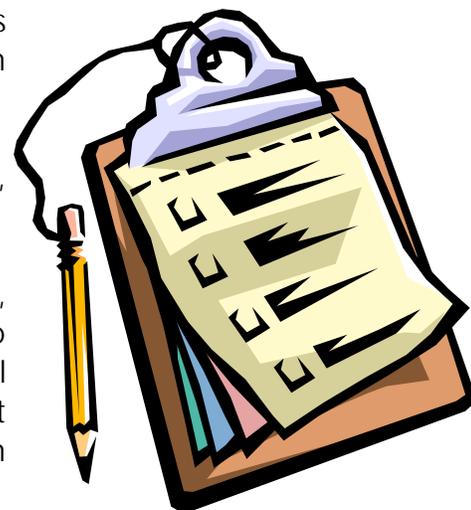
*This is a wonderful snack, breakfast or even dinner for those who love pancakes. Try it with fresh fruit, Canadian maple syrup or my personal favourite, peanut butter.*

Submitted by: Leah Sommerfield

*Norman Mclean offers his advice on* **SETTING GOALS** *for ourselves...*

1. **Have a vision.** Have a long-term goal in mind when sitting down to set goals. Knowing that you want to have a certain GPA, or volunteer a certain number of hours, or whatever it is, will help guide the smaller goals. It's easier for me to be committed to an ideal than a smaller action, but if I can keep that ideal in mind, it makes setting and accomplishing the goal that much easier.
2. **Be decided.** From there, make sure that you're committing to something you *want* to do. Make your goals your own so that it's easier to commit to them, and then make the decision to do it.
3. **Be realistic.** It's important to realize our limitations, and that there are some things we won't be able to do, so keep this in mind when setting goals. I find that when I set too many goals, I end up doing none of them. At the same time, the whole point of a goal is to push yourself. Knowing where you are, and where you'd like to be, pick a goal that's hard, but do-able.
4. **Be specific.** I read somewhere that vague goals lead to vague results. Be very specific about your goal. If it's fitness you want to do – how many exercises a day? Or school – how many hours of studying, etc.
5. **Have a timeline.** Know when you want to be done by. A goal shouldn't be so long that you just forget about it (at least not the specific part). Knowing when you have to be done by will push to that date. I find that short-term goals work better for me. It keeps the goal in sight better, allows me to have a clear plan, allows me to take my goal up over time in smaller increments, and make changes over time to the goal. Usually I need to remember to set a goal, to redo my goal at the end of the time period.
6. **Write it down/Share with others.** This is essential. If it's not written down then it's just a wish. Putting it on paper makes it more concrete. It also helps to share your goal with others (parents, friends, professors, etc.)
7. **Mark your progress.** Keep track of how your doing as time goes on, and what's left to do. This also helps keep the big picture in mind.
8. **Hang on!!!!** It's not easy, but with dedication and perseverance, anything can be accomplished.

I'm learning that this is what works well for me. In a weekend, knowing how much time I have, and what tests I have coming up the week, I need to sit down and make a schedule always of what I need to study, and then I set that as my goal. Even then, it doesn't always get done, but it definitely helps. Good luck to everyone in the coming year with your volunteering and your school-work!

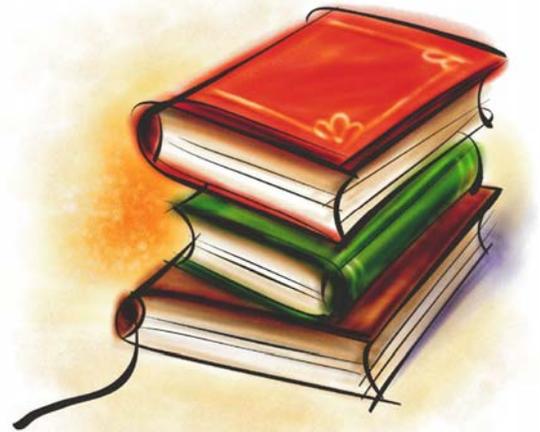


## Book Review- Seven Types of Ambiguity

Hello Everyone,

I hope you are all happy and healthy, and enjoying your second semester courses. I'm a self-proclaimed bookworm, and here's an enjoyable, lesser-known novel I read over the holidays. I'm sure you are all bogged down with school assignments and can't imagine reading yet another book, but let me assure you, you won't be disappointed! *Seven Types of Ambiguity* by Elliot Perlman is a complex, emotional story about Simon Heywood, an elementary school teacher who attempts to win back his ex-girlfriend with a rash act. By taking matters into his own hands, Simon triggers a chain of events that encroaches on the lives of other characters, and brings the question of morality into center stage. The novel is told in seven parts and narrated by six characters whose lives are entangled in a complicated web of philosophy, psychiatry, gambling, the stock market and the law. *Seven Types of Ambiguity* will leave you reading in bed for hours, and will rekindle your belief in the redemptive power of love. Enjoy!

Submitted by: Brianna Maclean



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## 6 SUPER songs that will make you SMILE

1. **Believe**--Yolanda Adams
2. **True Colours**--Sarina Paris
3. **True to Your Heart**--Raven
4. **Anytime You Need a Friend**--The Beu Sisters
5. **You've Got a Friend**--B4-4
6. **You're a Superstar**--Love Inc.



Submitted by Michelle Leong

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# Important Tips...

## HOW TO STAY **YOUNG**

1. Throw out non-essential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them.'
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, dancing, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's."
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you grasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserved it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. Tell the people you love that you love them at every opportunity.

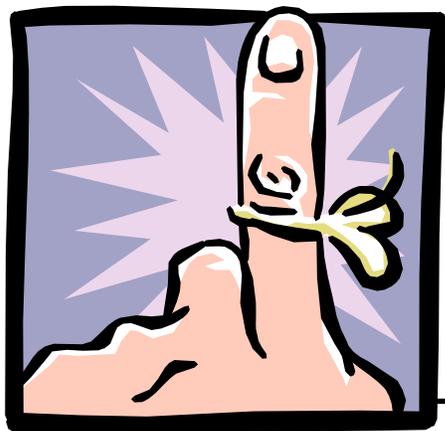
*AND ALWAYS REMEMBER:*

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Submitted by: Ruth Proulx

## Ten Little Ways to Get **HEALTHY**

1. Substitute a glass of milk every time you crave a glass of cola
2. Get off the bus one stop early
3. Want a crunch? Try carrots and dip instead of chips
4. Take the stairs!
5. Reduce your TV watching by half an hour a week
6. Use that extra half an hour to get active!
7. Plan a weekend hike with a friend
8. Smile! Happy people are most likely to be healthy people
9. Reward yourself with frozen yogurt instead of a banana split
10. Remember that no one is perfect



Submitted by: Kathleen Gaudet

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## Quotables...

"Duct tape is like the force. It has a light side, a dark side, and it holds the universe together."

—Oprah Winfrey

"What we do for ourselves dies with us. What we do for others and the world remains and is immortal."

—Albert Pine

"Obstacles are those frightful things you see when you take your eyes off the goal."

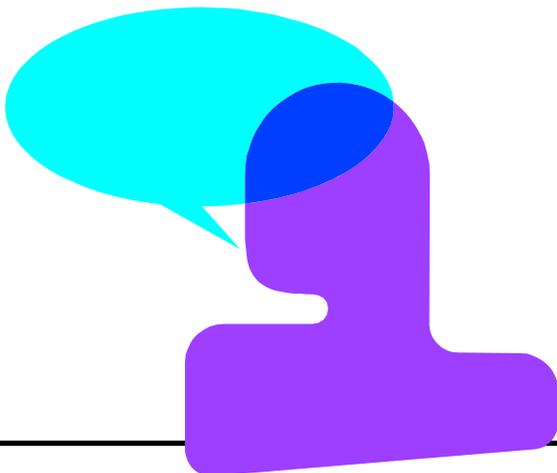
—Hannah Moore

"For attractive lips speak words of kindness For lovely eyes seek out the good in people. For poise walk with the knowledge that you never walk alone"

—Audrey Hepburn.

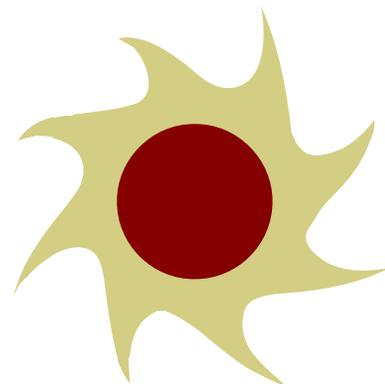
"It is possible to store the mind with a million facts and still be entirely uneducated."

—Alec Bourne



Hello TFHAP Recipients, Alumni, and Supporters,

The summer is fast approaching, and, as ever, we are pleased to present you this edition of *The Golden Thread*. As always, we had so many outstanding contributions that we could not fit them all in! Each one of your submissions reminds us here at the Terry Fox Humanitarian Award Program of what an amazing, talented and diverse group of recipients we are so fortunate to have.

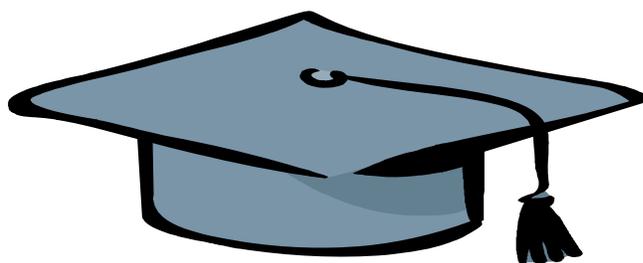


At this time, I would like to inform all of you that Melissa Ratcliff, the long time Administrative Assistant for the program has left us. It goes without saying that I was very disappointed to learn that she would be leaving as she has always been a very loyal and dedicated employee who has always been concerned for the well-being of our award recipients. I have completed the process to find a replacement for Melissa. While it was not an easy task, we did have several outstanding candidates. Joining us today as Assistant to the Executive Director is Tiffany MacRae. Tiffany holds a Bachelor of Arts degree from Simon Fraser University. She has been very involved in assisting with the many aspects of the development of three documentary films that focus on the serious problems facing the people of Africa. I believe we are fortunate to have her as a new member of our team.

Finally, I would like to congratulate all of this year's graduates of the Terry Fox Humanitarian Award Program. I wish you all the best of luck in your future endeavours. Congratulations!

**Raju Bains**  
**Christopher Blackmore**  
**Marie-Josée Blais**

**Darla Kalenchuk**  
**Paige Muttersbach**  
**Brad Pennington**



**Danielle Campo**  
**Candace Dolen**  
**Sarah Foley**  
**Mark Havens**  
**Alexandria Sorocéanu**  
**Nureen Ladhani**  
**Elizabeth Lee**  
**Parry Malm**  
**Jody McLaren**

**Ruth Proulx**  
**Kristine Rasmussen**  
**Glen Robertson**  
**Pamela Slaney**  
**Paricher Irani**  
**Leah Stadyk**  
**Keith Torrey**  
**Holly Vinall**  
**Tara Zieleman**

With warmest regards,

*W. Lorne Davies*, Executive Director

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