

# The Golden Thread / Le fil d'or

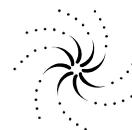


**June 2002 / Juin 2002**

Congratulations to the new Terry Fox Humanitarian Award recipients!  
Félicitations aux nouveaux récipiendaires du prix humanitaire Terry Fox!

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Rebecca Dolton, Burnaby BC - Burnaby Mountain Secondary School  
Kristine Rasmussen, Merritt BC - Merritt Secondary School  
Paige Muttersbach, Victoria BC - Glenlyon-Norfolk School  
Christopher Blackmore, Calgary AB - Bishop Carroll High School  
Candace Yanishewski, Spirit River AB - Savanna School  
Sarah McIvor, Saskatoon SK - SIAST Kelsey School  
Bradley Pennington, Oakbank MB - Springfield Collegiate Institute  
Carissa Nikkel, Winnipeg MB - Balmoral Hall School  
Raju Bains, Markham ON - Middlefield Collegiate Institute  
Brianna Vandeweghe, Petrolia ON - Lambton Central CVI  
Jessica Tuomela, Sault Ste Marie ON - White Pines C & VS  
Carolyn Pierce, Whitby ON - Sinclair Secondary School  
Leah Stadnyk, Mindemoya ON - Manitoulin Secondary School  
Holly Vinall, Peterborough ON - Thomas A. Steward Secondary School  
Maria Alexandra Sorocéanu, Magog QC - Séminaire de Sherbrooke  
Maude Schneider, Hull QC - Multi-Collège de l'Ouest du Québec  
Nureen Ladhani, Montreal QC - McGill University  
Sarah Foley, Centreville NS - Northeast Kings Education Centre  
Keith Torrey, Guysborough County NS - Guysborough Academy  
Paricher Irani, Fredericton NB - Leo Hayes High School  
Jody McLaren, Dalvay PE - Charlottetown Rural High School  
Pamela Slaney, St. Lawrence NF - St. Lawrence Academy  
Ruth Proulx, Yellowknife NT - Keyano College



Summer is upon us and I hope everyone has had a chance to go out and enjoy the lovely weather. This year, as in previous years, we have had a great number of outstanding applicants to the Terry Fox Humanitarian Award Program and the job of selecting the best candidates was a very difficult one. However, we are very pleased to welcome 23 new recipients to our program and wish all of our recipients and alumni continued success your volunteer, academic and social endeavours.

The selection process is never easy. Countless hours are spent reading and re-reading each application form to create a 'shortlist' of high calibre candidates. Then, we call upon our alumni and graduates of the program to participate in Provincial Interview Committees to meet with potential candidates and gather information for the Selection Committee of the Board of Directors. These interview committees are very important as they become the 'eyes and ears' of the board and provide very valuable information in their final deliberations.

I would like to take this opportunity to say 'thank you' and give special recognition to those Terry Fox Alumni and Scholars who so generously provided their time and expertise in the interview process. Your kindness, dedication and effort and greatly appreciated :

Tammy Corness	Joanne Mucz	Shannon Townsend
Corrie Messerer	Elizabeth Spriggs	Erika Burger
Alfie Vince	Stefanie Wiens	Marie-Claude Grégoire
Lynette Stime	Jennifer Bizzarri	Anita MacPherson
Susan Torrible	Daniel Heuman	Michelle Mahoney
Marianne Hawkins	Aaron Marsaw	Nadine DeRoche
Ronnie Zerr	Susan Christoffersen	Gina McGraw
Denita Weinkauff	Sandra Gordon	Angela Langer

At this time of year, we also bid a fond farewell to graduating Terry Fox Scholars as they begin the next phase of their lives :

Hilary Corlett ('98)	Raylene Lowen ('98)
Talia D'Alessio ('98)	Melissa MacKay ('98)
Erin Duchesneau-Singer ('98)	Tara Neal ('98)
Pamela Dyck ('97)	Parry Elizabeth ('97)
Sarah Fletcher ('99)	Jennifer Patriquin ('01)
Jeffrey Heer ('98)	Ronnie Zerr ('98)
Angela Langer ('98)	

We in the office are always looking forward to growth. However, this year, we not only have the new recipients to welcome but Sabrina Barakat, our Administrative Assistant, will also be starting her maternity leave as of June 30<sup>th</sup>. She and her husband Anmar will be expecting their first child in July and I'm sure you will join me in wishing her and her husband great happiness as they begin their journey into the joys of parenthood.

I hope that everyone connected with the program – our current recipients, graduates and alumni – all have a happy, healthy and relaxing summer. Please keep us informed of your activities, achievements and events.

# Care

By Shayna Zamkaneï ('01)

Can you believe that a year has already slipped away? In certain ways, it is so easy to ignore the fact that a world exists beyond our campus – to isolate ourselves within the community we have created for ourselves – how tempting.

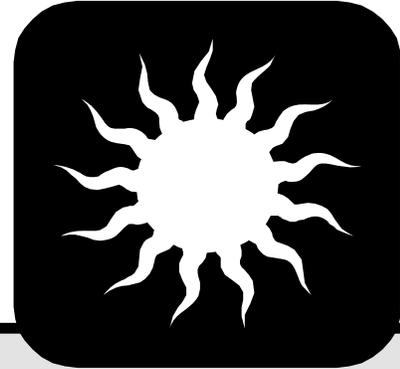
Yet at the same time, we cannot ignore the imprint September 11<sup>th</sup> has left on our lives. The deaths of thousands of victims should be remembered, but should these deaths justify the bombings of civilians in Afghanistan? Since when did two wrongs make a right?

In addition to the air strikes, it seems that on a weekly and sometimes even daily basis, we hear of another suicide bombing in the Middle East. We hear of people our own age killing themselves and civilians in the name of nationalism.

Although we are not dealing with North Americans, it is essential to remember that these victims are human too. It is so tempting for many of us to plug our ears from the blaring television news reports or to shield our eyes from the images of bloodied victims being carried away on stretchers. After all, they're not Americans or Canadians, so what's the problem?

The problem is indifference : Indifference to the value of a human life. It is our way of dealing with the situation, desensitizing ourselves from the atrocities that don't affect our lives directly and allowing ourselves to take a step back and become a bystander in a global crisis. It is this indifference that contributes to a worsening situation.

It is time for every Canadian, every university student, each one of us to open our eyes to the world around us. Before we can act, we must care. Before we can make decisions, we must be informed. Only then can we begin to examine options resulting in peace. Remember that ignorance kills. Remember that we are responsible for our own ignorance – how much do you care?



# Cancer

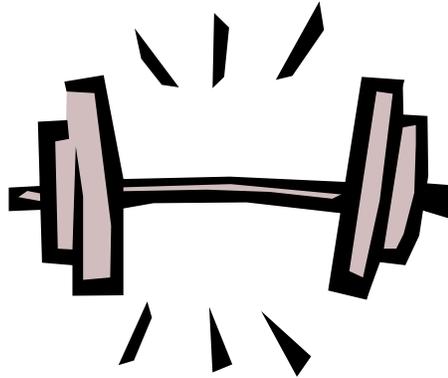
By Sara O'Neil ('00)

Message From a Five-Year-Old Recoving From Cancer

Happy little boy.  
Smiling like the sun.  
Eyes wide.  
Hands waving.  
Look what I have. Look what I have.  
Jumping.  
Glee.  
Clutching something.  
Something small.  
Something blue.  
Look what I have. Look what I have.  
A bottle cap liner.  
Please try again.  
Thank you, Robin.

Upon reading the impressive web biographies of TFHA winners, it does not take a Sherlock Holmes to observe that many of us share a love for activity and involvement in sport. The physical benefits of regular activity have been well documented, and certainly sports are a great way to keep in shape and improve aerobic and anaerobic conditioning. Innumerable medical studies continue to suggest trends towards increasing adiposity in Canadians, and diet and lack of exercise due to the proliferation of "sedentary" technologies are viewed as main contributors. Sports are a great way to counter this trend, especially since for many people, it is more motivating to play a game of basketball than to get up early and hit the gym.

The benefits do not stop there; the field is a social opportunity in disguise. I have established some great friendships through the common bond of sports. Dinner or a get together quite naturally follow a game, and this gives me the chance to meet some new people or reconnect with some older acquaintances. Three years after completing high school, I still get together on many summer Sundays with classmates for a soccer game and socializing. Traveling to Zimbabwe to visit my grandparents, I joined in a friendly game of soccer at the local park. I was astounded to see how easily and quickly this simple common



denominator bridged the social and cultural divide. Volunteer work in the sports programme at the Rena Foundation, which caters for mentally disabled adults, has allowed me to share my passion in an environment where everyone has fun.

Sports are also a great way to eliminate the stresses imposed by everyday life. I often take a break by going for a run in the evening, and find that I return invigorated, refreshed and maybe even motivated to tackle a few more physical chemistry problems. That little bit of activity keeps me more alert and provides extra endurance that is extremely valuable during crunch periods. Moreover, there is something very satisfying about a physical challenge. I don't expect to be climbing Mount Everest in the near future but I still derive personal satisfaction by perfecting acquired skills or learning new ones. I took up kickboxing in the winter, not to compete or kill anyone, and am pleased with the improved level of coordination and balance that I have discovered.



Obviously we are all participants at different levels, but I think most of us try to extend ourselves physically. Based on current trends, in a generation there will be few who can challenge themselves to the point that Terry Fox did. Terry went much further by using his athletic fortitude to transcend the physical realm and raise public consciousness in the fight against cancer.































