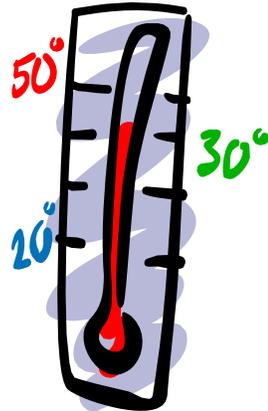


The Golden Thread / Le fil d'or



June 2004/juin 2004

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

Sarah Gates, Lantzville BC - University of British Columbia

Kathleen Gaudet, Victoria BC - South Island Distance Education School

Parry Malm, Coquitlam BC - Simon Fraser University

Mark Havens, Bassano AB - Lethbridge Community College

Amber Tiegen, Lomond AB - Lomond School

Amy Smith, Abbey SK - Abbey High School

Quang Pham, Winnipeg MB - Fort Richmond Collegiate

Leah Sommerfield, Winnipeg MB - Oak Park High School

Kimberly Abdool, Markham ON - Ryerson University

Timothy Rose, Scarborough ON - Cardinal Newman Secondary School

Anita Kreutzwiser, Walton ON - St Anne's Catholic Secondary School

Laura Stephenson, Thunder Bay ON - Sir Winston Churchill CVI

Paul Cescon, Waterloo ON - Waterloo Collegiate Institute

Eric Champagne, Rockland ON - Ecole Secondaire L'Escale

Jennifer Ciolfi, Montreal QC - University of Ottawa

Marie-Josée Blais, Gatineau QC - University of Ottawa

Sarah Steeves, Riverview NB - Riverview High School

Cheryl Edmunds, East Point PE - Souris Regional High School

Allan Clark, Elmsdale PE - Westisle Composite High School

Andrea Crowe, Noel Hants Co. NS - Hants North Rural High

Vanessa Millett, Centreville NS - Northeast Kings Education Centre

Christopher Little, St John's NL - Memorial University of Newfoundland

Erin Summers, Corner Brook NL - Regina Central High School

The Golden Thread - June 2004

Summer is upon us and I hope everyone has had a chance to go out and enjoy the lovely weather. This year we had a very high quality of applications, making the selection process particularly difficult. However, we are very pleased to welcome 22 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 Jane Jong Scott Earthy Susan Elsinga Quinn Page

Jason Alexander (99)	Sarah Blacker (00)	Julia Brown (00)	Mathieu Carignan (00)
Katie Downey (00)	Alayna Smith (Finley) (00)	Jennilee Gavina (00)	Jacqueline Lukas (00)
Sanja MacGillivray (00)	Julia MacKenzie (00)	Saul Miller (00)	Quinn Page (99)
Kristen Pranzl (99)	Lindsay Rempel (Roy) (00)	Myroslava Tataryn (00)	Joel Thibert (00)

At this
time of

year, we
also bid a
fond

Stefanie Wiens

We may not always realize that everything we do
Affects not only our lives but touches others too
For a little bit of thoughtfulness that shows someone you care
Creates a ray of sunshine for both of you to share
Yes, everytime you offer someone a helping hand,
Everytime you show a friend you care and understand,
Everytime you have a kind and gentle word to give
You help someone find beauty in this previous life you live
For happiness brings happiness, and loving ways bring love,
And giving is the treasure that contentment is made of...

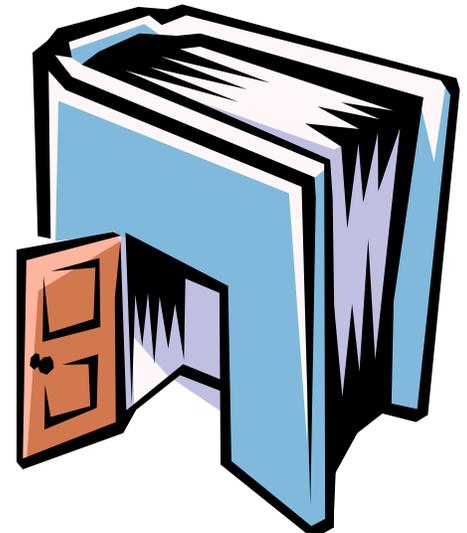
The World out There
By Gillian Cooper (03)

It is All Hallows Eve, but by the look of it, you would not be able to tell. There are no jack-o-lanterns, no howling or spooky decorations, no little princesses and pirates knocking on the door, no jumbo bowl of candy to pick and choose from, no fireworks, nothing! What crazy world am I living in? It is an isolated, preoccupied, chaotic environment known as... RESIDENCE!

Living in residence is, without a doubt, one of the best places to live. There is always someone there to share in the good, bad and so-so times. The food isn't the best, but at least it comes without shopping, preparing or dishes. You get your own space to fill with whatever you want and no one forcing you to clean up. But the one thing that residence seriously lacks is familiarity.

When you move away from home, it is impossible to know of all the things you are going to miss. Of course there are the obvious things like friends, family and home cooked food, but there is so much more! You don't think about the fact that you actually have to bring everything to the bathroom just to have a shower or that you must lock your door just to go do laundry downstairs. But perhaps the thing that is missed the most is the connection with the outside world.

At home, there is television to keep us connected with the rest of the world. Daily news, sitcoms, documentaries, there things all provide a link to what is out there. The newspaper is delivered everyday and whether you read it from cover to cover or just glanced at the headline on your way out the door, the news was received. Even the internet provided an excellent source of information and live up-dates. But in residence, who has time for that? It is so much effort to walk all the way down the hall to pick up a newspaper. And who would have time to read it anyways, or watch the news or check out the CBC website? Between studying, class, volunteer and athletics there is hardly time to sit and eat let alone be bothered with the affairs of the world outside campus. This is the problem. We are supposed to be attending school so we can be "The future generation who will go on to do great things" (as quoted by oh so many elders). But what kind of future will we create when we can't even keep up with the present?



At university there is so much going on it is hard to find the time to get it all done. There are clubs and teams and parties and laundry and e-mailing and the list goes on and on. It is easy to get tangled up in the web of crazy university life and forget about everything not related to school and school life. However, in doing so we are missing out on a huge part of our world. By choosing to submerge ourselves in university life and disregard all we formerly knew to be our world, our education is incomplete. There are holes in the knowledge we gain and those holes can only be filled with a daily dose of news. Staying connected to the outside world is what puts our goals and ambitions into perspective. We attend university to better ourselves; to go out into the real world and actually do something to improve what is there. If we do not know what is going on in the world, how are we supposed to know what needs to be done to make improvements?

ANYTHING IS POSSIBLE

Author Unknown, Submitted by Leah Stadnyk (02)

If there was ever a time to dare,
to make a difference,
to embark on something worth doing,
IT IS NOW.

Not for any grand cause, necessarily...
but for something that tugs at your heart,
something that's your inspiration,
something that's your dream.

You owe it to yourself
to make your days here count.
HAVE FUN.
DIG DEEP.
STRETCH.
DREAM BIG.

Know, though, that things work doing
seldom come easy.
There will be good days.
And there will be bad days.
There will be times when you want to turn around,
pack it up, and call it quits.
Those times tell you
that you are pushing yourself,
that you are not afraid to learn by trying.

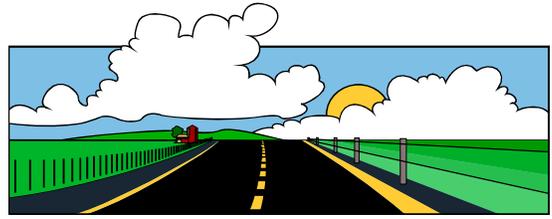
PERSIST.

Because with an idea,
determination, and the right tools,
you can do great things.
Let your instincts, your intellect,
and your heart guide you.

TRUST.

Believe in the incredible power of the human mind.
Of doing something that makes a difference.
Of working hard.
Of laughing and hoping.
Of lazy afternoons.
Of lasting friends.
Of all the things that will cross your path this year.

The start of something new
brings the hope of something great,
ANYTHING IS POSSIBLE.



Your Life Holds Unlimited Potential

By Edmund O'Neill

Submitted by Brianna Vandeweghe (02)

*You have the ability
to attain whatever you seek;
within you is every potential
you can imagine.*

*Always aim higher than
you believe you can reach,
So often, you'll discover
That when your talents
are set free
by your imagination,
you can achieve any goal.*

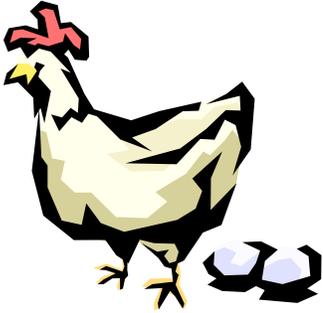
*If people offer
their wisdom
as you go through life,
accept it gratefully.
You can learn much from those
who have gone before you.*

*Never be afraid or hesitant
to step off the accepted path
and head in your own direction
if your heart tells you
that it's the right way for you.
Always believe that you will
ultimately succeed
at whatever you do,
and never forget the value or persistence, discipline,
and determination.*

*You are meant to be
Whatever you dream
Of becoming.*

To be Taken With a Grain of Sodium Chloride: By Chris Blackmore (O2)

Throughout our days in university, we get to experience a great variety of course which are full of information. However, at times this information we learn often seems to be inapplicable beyond our university degree, and I find myself questioning whether I will ever get a chance to use it again once I have completed the course (this was a predominant feeling as I walked out the door after my calculus final). It seems to be such a shame to pour your life and soul into a course only to have it forgotten for eternity. In an attempt to spread my knowledge beyond the curriculum, I have decided to try to answer a few life's more intriguing questions using the tools I have gained during my first two years at the University of Calgary. As the title of this article suggests, the validity of what is to follow is not necessarily of academic journal quality, but I hope you can enjoy it.



Question #1 "What came first, the chicken or the egg?"

Although people have been arguing this for years, I believe my introductory biology course may have answered this in the first few weeks. According to this course, chickens (which we all know are a type of bird) can be linked through evolution to maniraptoran dinosaur. Another common knowledge fact (which I learned from Jurassic Park) is that dinosaurs lay eggs. So, if dinosaurs were already laying eggs before they turned into chickens, then the egg clearly must have come first.

Question #2 "If a tree falls in the woods, does it make a sound?"

This question has been at the heart of philosophical debate for years. The answer to this brain teaser lies in the field of Physics, and more specifically in the Law of Conservation of energy. When we are present when a tree falls, it hits the ground transferring a great deal of energy to the force, while losing energy, in the form of sound, to the surrounding system. If this same tree were to fall in the woods and no one was there to hear it, it still must make a sound. If it did not make a sound, there would be energy lost in the transfer, therefore breaking this previously infallible First Law of Thermodynamics.

Question #3 "What's in a name? That which we call a rose by any other name would smell as sweet."

From Romeo and Juliet By William Shakespeare, Act 2, scene 2.

This question was originally proposed by Juliet in regards to her beloved Romeo. To her love-struck heart, a name may not have meant so much, but according to many representational psychologists, such as George Kelly, a rose by any other name may not necessarily smell just as sweet. This can be accounted for by the presence of our personal constructs which we use to construe the events we encounter in life, such as smelling a flower. These construct influence on our expectations and interpretations of life events. For example, if a rose were to be named a craztoobuger instead, our personal constructs may lead us to expect an unpleasant smell. Consequently, when the flower is smelled it may not appear to be as sweet due to our preconceived ideas.

Question #4 "Why is the sky blue?"

I don't remember... unfortunately I may have fallen asleep during the class where they explained this phenomenon.

Comment prévenir l'arrivée de la dépression

Pour mon dernier article dans le fil d'or, je souhaite tout d'abord remercier chaudement le programme pour son soutien lors de mes études. Cette bourse m'a permis d'apporter beaucoup d'aide à ma communauté.

Ce fut un réel plaisir de vous lire tous et chacun dans ce bulletin et je vous souhaite de garder cette passion qui vous anime tous. Cependant, faisant actuellement mon stage de fin de baccalauréat en ergothérapie dans un hôpital auprès d'une clientèle atteinte de problèmes de santé mentale, mon âme de thérapeute m'oblige à vous conseiller de faire attention à vous. En effet, je réalise actuellement à quel point il suffit parfois de quelques éléments inattendus pour que l'on traverse la très mince ligne entre la santé et la maladie mentale.



À mon stage, j'entre en contact avec plusieurs personnes qui, avant l'arrivée d'un événement déclencheur, partageaient plusieurs caractéristiques avec les «humanitaires» : exigences personnelles très élevées, faire passer l'autre avant soi et antécédents d'événements difficiles auxquels la personne a déjà fait face avec brio. N'oubliez pas que malgré le fait que la persévérance permette de passer au travers des événements difficiles, des traces psychologiques restent toujours sous la forme de mécanismes de défense inconscients qui timent votre personnalité. Nous faisons donc partie d'un groupe à risque de développer des problèmes de santé mentale, car la santé mentale est un phénomène dynamique qui évolue au cours de la vie.

Les personnes atteintes de maladies mentales sont donc comme vous et moi. Elles sont cependant atteintes d'un dérèglement au niveau de leur cerveau, de la même façon qu'elles pourraient être atteintes d'une maladie physique telle le cancer ou la maladie cardio-vasculaire. Vous connaissez sûrement les recommandations pour ne pas avoir de maladie cardio-vasculaire telle une saine alimentation, l'absence de tabagisme et l'exercice, mais connaissez-vous celles qui vous mettent à l'abri de certaines maladies mentales telle la dépression ? Voici donc quelques petits trucs pour garder une bonne santé mentale :

- ☺ Défoulez-vous : Identifiez et exprimez vos humeurs positives ET négatives.
- ☺ Se réserver du temps pour soi : Faites-vous plaisir, promenez-vous dans un espace vert ou au soleil.
- ☺ Rêvez : Laissez aller votre imagination, elle vous permet de prendre des vacances à faible coût.
- ☺ Poursuivez votre bénévolat, il donne un sens à la vie que le travail rémunéré ne peut souvent pas apporter.
- ☺ Entretenez votre réseau personnel, ne le négligez surtout pas, puisque c'est lui qui vous permettra de garder les yeux ouverts en cas d'intempérie.
- ☺ Souriez, la vie n'en sera que plus belle.

En somme, poursuivez vos beaux projets, mais respectez vos limites. De cette façon, vous pourrez devenir des modèles d'accomplissement à l'image de Terry Fox.

Mathieu Carignan (00)

Chicken Tandoori - a little bit of history

Much of the Indian cooking as it is known today can trace its origin to the northern part of India. It has since spread from there and today is enjoyed all over the world. Traditional Indian dishes are in an ever-changing pattern of evolution in order to keep up with the tempo and taste of the current times - creating recipes that are both nostalgic and refreshing. Historically, for Indian women, cooking was one of the arts taught in the home. Every woman's success depended greatly on her ability in the kitchen. There are now many readily available recipes that can fill your home with the exotic aromas of faraway India and delight your palate with flavors from subtle to sumptuous. Tandoori Chicken is one of the most popular Indian dishes of today's time. I hope you enjoy this recipe as much as I do. **Nureen Ladhani (02)**

Chicken Tandoori (Spicy Barbecued Chicken) - serves 2 to 4 people

- ⇒ 2 1/4 lbs. (1 kg) skinned patted dry chicken pieces
- ⇒ 1 tbsp. (15 ml) tomato paste
- ⇒ 1/2 tsp. (2 ml) crushed ginger
- ⇒ 1/2 tsp. (2 ml) crushed garlic
- ⇒ 1/4 tsp. (1 ml) crushed hot pepper
- ⇒ 1/4 tsp. (1 ml) chili powder
- ⇒ 2 tbsp. (30 ml) plain yogurt
- ⇒ 1/4 tsp. (1 ml) coriander powder
- ⇒ 1/2 tsp. (2 ml) cumin powder
- ⇒ 3/4 tsp. (3 ml) salt (or to taste)
- ⇒ 1/4 tsp. (1 ml) garam masala (ground cinnamon/cloves/cardamom, found at any Indian Spice store)
- ⇒ strands of saffron
- ⇒ 2 tbsp (30 ml) vegetable oil

The ingredient list may seem daunting, but from here it's easy!

1. Combine all the above ingredients (except the chicken) in a mixing bowl to make a marinade
2. Make several incisions in the chicken and marinate for 4-5 hours or overnight (the longer you marinate, the tastier the chicken)
3. Broil or barbecue on grill

Tandoori chicken is great to serve with curried potatoes, corn, green salad, plain yogurt

The Best Carrot Cake in the World!!! Submitted by Cynthia Ene (03)

I'm not the best cook in the world and so I love find recipes that are very quick, simple and good. This one has it all:

Mix together (in no particular order): 3 eggs, 1/4 cup of oil, 2 cups of white sugar, 2 teaspoons of vanilla, 2 cups of flour, 1 teaspoon of cinnamon, 2 teaspoons of baking soda, 1 teaspoon of salt.

Now add these 4 things to your mix and mix again: 2 cups of shredded coconut, 1 cup of crushed, drained pineapple, 1 cup of chopped hazelnuts, (and here comes the secret ingredient) 2 bottles of Heinz Junior carrot baby food.

Bake for 50 min in a 9 x 13 or 8 x 8 pan at 325°-350°C

If you're feeling adventurous, you can try making the frosting: Mix together 3 oz of cream cheese, icing sugar, and 1 tsp. of vanilla

Bonne Appétit!



All people in all walks of life have a desire to model their behavior after another person. They want to use their “hero’s” attitudes in aspects of their own life in an attempt to be somewhat like them. Some common examples of heroes for many of us are our parents, whose influence is no doubt the root of our personality, and Terry Fox, whose sacrifices and determination are an inspiration to all of us. Sometimes in life, however, you meet heroes whose impact goes unnoticed to the public eye. I encountered one such case in my volunteer experiences over the past number of years at Ronald McDonald House Atlantic.

Their names are Scott and Lyanna and they had been the night managers at Ronald McDonald House since I began to volunteer there. From the moment I met them I could see their commitment to the people staying at the house with sick children. They would always come down to talk to the families and volunteers at the end of every night. They were gifted in being able to make children laugh and have fun, and gave them a friendly face to talk to. For all they have done for the countless families staying at the house they have inspired me to always look to help people, even in the darkest times. The words of a speech they gave at this year’s annual general meeting are forever etched in my thoughts.

In the speech they addressed the fact that some of the children they had come to know over the years in Ronald McDonald House had died, and this sometimes left them with a look of despair towards life. However, on the other hand, there were some kids who recovered from serious illness despite the challenges in front of them. This gave them an outlook of hope in life. Scott and Lyanna stated that many of us choose hope or despair towards life, and it seems that neither group are wrong because there is a 50/50 chance of being right. Yet, living with hope, they argued, would be the better choice. A life filled with hope is sure to be wrong in some instances, but having a positive outlook is surely a more enjoyable experience that will have a greater impact on others.

I am forced to paraphrase the lesson they taught me, and I am not nearly as good a writer as Scott or Lyanna, but I hope from this story others can follow their example. Life is filled with hope and despair, and the path you chose is up to you, but hope makes life so much more enjoyable. I know that the hope Scott and Lyanna have shown has helped countless families through trying times. Their experience has given me a different outlook on life, and I hope that I can show some of the lessons they have taught me in my experiences.

David Antle (02)

HELLO ALL,

THIS SPRING HAS BEEN AN EXERCISE IN PATIENCE FOR ME. WITH END OF YEAR PROJECTS, FINAL EXAMS, AND SUMMER EMPLOYMENT ALL ON THE GO IT’S HARD TO TAKE THE TIME FOR MY FRIENDS AND LOVED ONES. I PUT TOGETHER A LITTLE SOMETHING TO REMIND ME ABOUT WHAT’S IMPORTANT. HOPE YOU LIKE IT.

- P - TO BE PATIENT CAN BE VERY TRYING, BUT THE RESULTS WILL BE NOTICED BY EVERYONE AROUND YOU, BIG AND SMALL.
- A - ANXIETY CAN LEAD TO A LACK OF PATIENCE. DON’ T WORRY JUST DO YOUR BEST, THAT’ S ALL YOU CAN CONTROL.
- T - TIME IS THE MOST VALUABLE GIFT IN THE WORLD, TO GIVE IT IS TO GIVE YOURSELF.
- I - INTEGRITY IS THE REAL DIFFERENCE BETWEEN WINNERS AND LOSERS, IN THE LONG RUN THE SCORE SHEET REALLY DOESN’ T MATTER.
- E - EVERY TIME MAKE THE TIME AND BE WITH THE ONES YOU LOVE. YOU NEVER KNOW WHEN YOU’ LL GET ANOTHER CHANCE.
- N - NEVER GIVE UP. TAKE A DEEP BREATH, THINK IT THROUGH, AND TRY IT AGAIN.
- C - FOLLOW YOUR CONSCIENCE, IT CAN HELP YOU MAKE YOUR TOUGHEST DECISIONS.
- E - EVERYONE APPRECIATES A LITTLE PATIENCE. MAKE A FRIEND’ S DAY AND TAKE THE TIME TO LISTEN, LAUGH, OR LET LOOSE.



GLEN ROBERTSON (01)



The truth is never lost.
It is always right where we left it
..... but we don't believe.
So we go searching through the lies,
Like looking for needles in haystacks.

We explore diligently only where we want it to be,
As if we are going to find it there.
Hoping on our own selfish needs.

We gaze through the cities and wander through the forest.
Until we no longer know where we stand.

That's when we come to the conclusion that the truth must be
lost.....
..... but in reality, it is we who are lost.

-Dark Horse Comics
Submitted by Darlene Oshanski (03)

Panic

By: Terri-Lynn Langdon (01)

They come and stay and clutter the space in my head. These thoughts: the unknown, the thought of possibility, and the knowledge of choice. Then come more thoughts- The urgent list of things to do, thoughts of inadequacy, thoughts of the future. And then I breathe and I breathe again. Each breath is shorter as they loose their way up my chest. My head hurts, as the thoughts tap away at my skull. Rat-ta-tat, rat-ta-tat. There is no exit for these thoughts in my head, no secret passageway that will reveal itself.

Breathe. I'm panicking now. My head is throbbing. I feel dizzy. My lungs feel tight and heavy. The weight of panic forces its way into my throat. The cluster of panic is hard and unmoving. Breathe!!

I open my mouth to let anguish escape. But it remains there. Fear, worry and distrust harbor in my body. My heart is racing and my skin feels clammy. Ba boom ba boom ba boom. Please just let me breathe. I listen closely to my quickening heart; it's working overtime. I can feel the pressure building up in my neck as blood stretches my veins and pushes, racing its way into my head. Breathe Please!

My body aches. My muscles and joints feel weakened and I fall. I fall into an infinite black hole. I scream, but not a sound is heard. H e l p m e! Hhhhaaaa! I scream a soundless cry again.

I wake up. And in a short time I can breathe, a full breath without effort. And I come to learn that worry is exhausting and pointless. Its grip on me loosens and my panic dissipates.

You are so Blessed

*If you woke up this morning
with more health than illness,
you are more blessed than the
million who won't survive the week.*

*If you have never experienced
the danger of battle,
the loneliness of imprisonment
the agony of torture or
the pangs of starvation
you are ahead of 20 million people
around the world*

*If you attend a church meeting
without fear of harassment,
arrest, torture or death,
you are more blessed than almost
three billion people in the world.*

*If you have food in your refrigerator,
clothes on your back, a roof over
your head and a place to sleep,
you are richer than 75% of this world.*

*If you have money in the bank,
in your wallet, and spare change
in a dish someplace, you are among
the top 8% of the world's wealthy.*

*If your parents are still married and alive,
you are very rare,
especially in the United States.*

*If you hold up your head with a smile
on your face and are truly thankful,
you are blessed because the majority can,
but most do not.*

*If you can hold someone's hand, hug them
or even touch them on the shoulder,
you are blessed because you can
offer God's healing touch.*

*If you can read this message,
you are more blessed than over
two billion people in the world
that cannot read anything at all.*

*You are so blessed in ways
you may never even know*
Author Unknown
Submitted by Janice Dicks (01)

To an Athlete Dying Young

A.E. Housman,

Submitted by Brianna MacLean (03)

*THE time you won your town the race
We chaired you through the market-
place; Man and boy stood cheering by,
And home we brought you shoulder-high.*

*To-day, the road all runners come,
Shoulder-high we bring you home,
And set you at your threshold down,
Townsmen of a stiffer town.*

*Smart lad, to slip betimes away
From fields where glory does not stay,
And early though the laurel grows
It withers quicker than the rose.*

*Eyes the shady night has shut
Cannot see the record cut,
And silence sounds no worse than cheers
After earth has stopped the ears:*

*Now you will not swell the rout
Of lads that wore their honours out,
Runners whom renown outran
And the name died before the man.*

*So set, before its echoes fade,
The fleet foot on the sill of shade,
And hold to the low lintel up
The still-defended challenge-cup.*

*And round that early-laurelled head
Will flock to gaze the strengthless dead,
And find unwithered on its curls
The garland briefer than a girl's.*



Halifax's downtown retreat may never return to the beauty it once was.

The Public Gardens had their origin in 1836 when the Nova Scotia Horticultural Society designed a Victorian garden. The park, located in the heart of the city, would be accessible and suitable as a place to get away from the busy life and find a source of cheerfulness.

However, since the disaster of Hurricane Juan, the Gardens have lacked all signs of happiness. The black metal gates now enclose a graveyard for 100 year-old lifeless limbs that are uprooted from one end of the park to another.

Debris covers every inch of the cold ground. Dead, brown-coloured leaves blow in the bitter wind as small droplets of rain come down on the morbid looking scenery.

Pathways, which used to be seen throughout the gardens have disappeared. Trees that once stood tall are now completely horizontal. Sticking out of the muddy earth are roots the size of large table tops. A few maple trees are left standing, missing all their branches and leaves. Lifeless.

Robert Molyneaux peeps through the black metal gate and shakes his head in despair.

"Yeah, that damage is quite extensive," he exclaimed. "I was really looking forward to this place being open until November 11, 'cause I usually come here until they close. I'm here every day from when it opens on May 5th."

Mr Molyneaux has lived just down the street from the Public Gardens for 13 years and adored his time in the park, like most people in Halifax.

He sticks his yellow-stained finger in through the gate and points to where the colourful flower arrangements used to be. The only thing left of a field of tulips and roses are the brown stems sticking out of the debris.

"It's totally mind boggling," the elderly man explains. "I was really shocked when this place was ruined."

Though flowers and duck ponds can be redesigned, the devastation of losing such ancient branches is truly unforgettable. Mr Molyneaux says the 100-year old trees cannot just be replaced.

"The oldest tree in Halifax was lost in this storm," he said as she stared up at the lifeless branches of one lonely tree. Its sad-looking branches seem like witches fingers, reaching up to the grey evening sky.

A dark gloom now consumes the entire block of the Public Gardens. As people walk by the dark black gates, they no longer make an effort to stop to see the ducks or smell the beautiful flowers. As men and women stroll by, their shoes become much more interesting. Will Halifax ever get its Gardens to come back to life? Mr Molyneaux says it's impossible.

"It will never be the way it used to be, even if they do replant all the trees. All the history is gone.

Colleen Connors (03)



Tears

*No breaking heart is here
No sad and chilling pain
No wasted cheeks where the frequent tear
Rolls down and leaves a stain*

*Dear friends of mortal years
The trusted and the true
You are waiting still in the valley of tears
But I will wait to welcome you*

*I won't forget, O no!
For memory's golden chain
Shall bind my heart to the hearts below
Till we meet to touch again*

*Each link is strong and bright
And love's eternal flame
Flows freely down like a river of light
To the world from where I came*

By Chris Baptiste (03)

Teddy Bears Make the Best Friends Because...

They don't feel the need to tell you that you have bad breath
They never borrow money
They never beat you at checkers
They don't ever complain when you eat potato chips in bed
They don't laugh at your choice of clothes
They never borrow your favourite sweater
They never outgrow you intellectually
They don't eat all your chocolate chip cookies
They are never disloyal, critical or ungrateful
They never interrupt when you're talking
They never feel the need to tell you that you're too fat
They don't eat all your popcorn at the movies
They never get jealous of your other friends
They don't tell you how to drive
They don't hog the bathroom
They hardly ever embarrass you at parties
They never leave dirty socks on the floor
They never say "I told you so"
They listen to all your problems
They are always ready to give you a hug and
They always love you... just the way you are



Good Things to Remember



Having a sharp tongue can cut your own throat.
If you want your dreams to come true, don't oversleep.
The smallest good deed is better than the grandest intention.
Of all the things you wear, your expression is the most important.
The best vitamin for making friends... B1.
The happiness of your life depends on the quality of your thoughts.
Minds are like parachutes... they function only when open.
Ideas won't work unless YOU do.
One thing you can't recycle is wasted time.
One who lacks the courage to start has already finished.
The heaviest thing to carry is a grudge.
Don't learn safety rules by accident.
We lie the loudest when we lie to ourselves.
Jumping to conclusions can be bad exercise.
A turtle makes progress when it sticks its head out.
One thing you can give and still keep... is your word.
A friend walks in when everyone else walks out
AND FINALLY... The pursuit of happiness is the chase of a lifetime!

Both Submitted by Mr W. Lorne
Davies, Executive Director

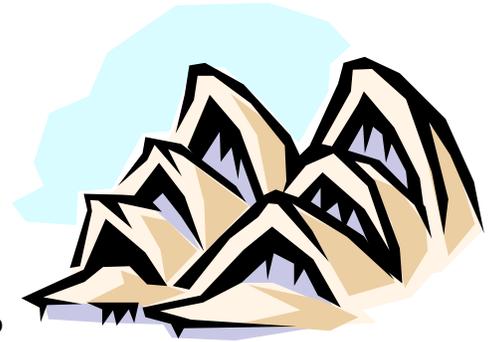
My Exchange to Australia

This summer I had the opportunity to participate in a Lions Club Youth Exchange to Australia. It was the experience of a lifetime! I was there for six weeks and I lived with two different host families for three weeks each. One family lived in Canberra, NSW and the other family lived on a dairy farm in the small town of Merrigum, Victoria. The families were just wonderful and they really adopted me as one of their own. I met so many people over the course of the exchange, and many of those friendships will last a lifetime.

My favourite part of the experience was spending time with the families and really getting to know them. It was amazing how different yet similar Australia and Canada are in terms of culture. I have always been proud to say that I am Canadian but this adventure really solidified that notion for me. Countless people asked whether I was British or American because oddly enough they thought that I had a British accent. When I told them that I was Canadian, the enthusiasm and respect that I received was overwhelming. Most people either said that they had visited Canada and loved it or that they had always dreamed of coming here because of the breathtaking scenery and the welcoming people. I can't think of a better compliment to our nationality!

While I was away I had many unforgettable experiences. I had the opportunity to compete in highland dancing competitions and dance in concerts with one of my host sisters, I learned to milk a cow, drive a quad and throw a boomerang, I played on one of my host sister's netball teams, I went to a cattle market, I rode horses, and I saw several calves being born. I also attended two different Catholic schools and went to mass. This was particularly interesting because I was exposed to a different school system and a different religion than I am used to. I also spoke to school children and Lions Club members on several occasions and I educated them about Canada, which was very gratifying. In terms of travel, I explored three beautiful beaches, drove through the countryside in both NSW and Victoria and I got to fly over the highest mountains in the area I was living in a four-person plane. I even saw snow! I also saw nearly every tourist attraction from Sydney to Melbourne.

Overall, the trip was a life changing experience that I would love to do over and over again. I know that many of you are attending post-secondary, but if you ever get the opportunity to travel, TAKE IT! It does not matter where you go, but while you're there, be sure to get to know the people, because I assure you that you will make many friends. All I can say is that those six weeks were some of the defining moments of my life and I would love to know that other people were fortunate enough to share such a remarkable opportunity.



Brianna MacLean (03)

Listen to Your Heart

By: Larry S. Chengges
Submitted by Elizabeth Lee (01)

If you can live
the life that you believe in
you will have everything you need
to reach your dream.

Just look into your heart
and you'll find the confidence in yourself
that will make each challenge
easier to face...



You'll discover the hope
that will keep you believing...
you'll find an inner strength
that will help you past obstacles...
and you'll see the happiness
that's waiting for you
if you keep trying...

The struggle for any dream
is always worth the effort,
For in the struggle lies its
strength and fulfillment...

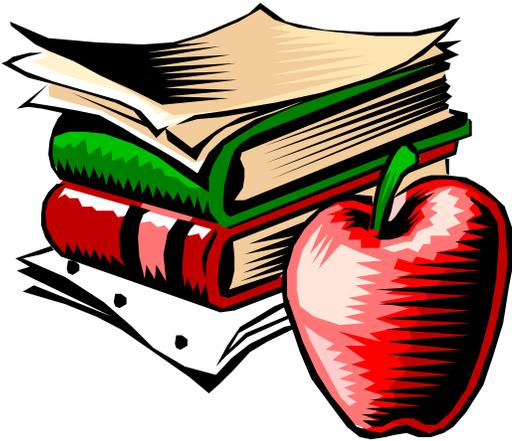
If you listen to your heart
you will reach your dream

University's First Year: Perspectives

By Angie Peters (03)

University; an entirely alternate world. We enter it with apprehension, yet with the enthusiasm to add a new element to our lives. Over time, our juvenile fears are eclipsed by our new experiences.

The transition from high school to university is like stepping from one world into the next; not only are the classes ten times larger, but the professors are five times more demanding, and the workload is undoubtedly one hundred times greater than before. However perhaps it is the diverse people that we meet and carry on relationships with outside of class that hold the most significance. University gives us the opportunity to meet young people that we would not ordinarily have the chance to. In my first year of university I have met people not only from various places in my own province and country, but from all across the world. This opportunity gives us as students the chance to broaden our perspectives by learning from our peers around us as well as by learning in the classroom. Our individual outlooks on the world are increased through our relationships with these other students who have such a significant influence on only a year of our lives.



University undoubtedly teaches us more than our lessons or our labs cover each day, throughout the year. We learn through the new people, the new experience, and the new perspectives that we gain. Our knowledge begins to extend outside of the classroom, first to the immediate and then to the entire world that surrounds us. Our experiences and new friends give us a fresh outlook on our lives, as well as on life in general. University is, in fact, an entirely new world waiting to be discovered by us: to broaden the perspectives of the students, the leaders of tomorrow.

A story tells that two friends were walking through the desert. During some point of the journey they had an argument, and one friend slapped the other one in the face. The one who got slapped was hurt, but without saying anything, wrote in the sand:

TODAY MY BEST FRIEND SLAPPED ME IN THE FACE.

They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him. After he recovered from the near drowning, he wrote on a stone:

TODAY MY BEST FRIEND SAVED MY LIFE.

The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand and now, you write on a stone, why?" The other friend replied "When someone hurts us we should write it down in sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it."

LEARN TO WRITE YOUR HURTS IN THE SAND AND TO CARVE YOUR BENEFITS IN STONE.

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them. Do not value the THINGS you have in your life. But value WHO you have in your life! This is a very valuable lesson! ;)

Submitted by Tara Zieleman (01)

You cannot predict what the future has in store for you. Unfortunately I was reminded about this fact of life recently when one of my childhood friends passed away at the young age of nineteen. Even though I had lost contact with her many years ago, her death made me re-evaluate many aspects of my life.

Her tragic death reminded me not only to cherish my friends and family and all those I love, but to make sure that those people know that I value the relationships I have with them. It reminded me also not to take things for granted, to live every day to its fullest, and to live without hate. I realized that although I may not like every person I will meet in my life, there is no reason to hate anybody. I learned that it makes more sense and is easier just to accept our differences. There is already so much hate in this world that I do not think it is in need of any contribution from me personally. Since the future is so unpredictable, I also realized the importance of never ending a conversation or argument with someone angrily, or hatefully. You never know if they might be the last words you ever say to that person. Even though you may be angry at the time, do you really want to regret those last words for the rest of your life?

We all have the power to make this world a better place, rise to the challenge. Make the most of your precious time in this world by helping others, by befriending those around you, and by realizing that in order to make your dreams a reality, you cannot be scared of hard work. You have to be willing to work towards your dreams, to sacrifice if the need arises and to never put them off. There is no better time than the present, because who knows what the future holds.

Jessica Astle (03)



The wise philosopher Mahatma Gandhi once said, “Strength does not come from physical capacity. It comes from an indomitable will”. I believe that this is a very true statement. Let me explain why...

Over the last few years, numerous people have told me what a strong person I am. Whether that be because of what I have achieved physically (getting from a wheelchair, through the various stages of recovery, back to being able to walk on my own), or because of my attitude (which is, on the better days, almost scarily optimistic), or even because of my efforts to change the world and make it a better place (I have been fundraising for the last few years to benefit AVM – or arteriovenous malformation – research, which is what I had). Honestly though, I really believe that all those things are a sign of *outer strength*. What I really want to be working on more is my *inner strength*. But how exactly does one go about working on their inner strength? It's not exactly like a muscle that you can

exercise or like your mind where you can do brainteasers to strengthen and quicken it. Is there any way to really give yourself some kind of true inner strength workout?

Going by what Gandhi said, strength comes from having an “indomitable will”. I certainly feel that I have that! Or at least the starts of that. People tell me all the time that it's really quite remarkable how I just never seem to give up. Or how I'm always going at things full throttle and not giving up until I accomplish whatever it was that I was trying to.

So what's my point here? Simply this – sometimes things aren't always what we want them to be. Sometimes we have to work really hard for our rewards. And some things don't always have a perfect ending. In fact, that reminded me of a quote I read, by Gilda Radner. It goes, “I wanted a perfect ending. Now I've learned, the hard way, that some poems don't rhyme, and some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity.” That, to me, explains just about everything that can be explained about life in general. And “delicious ambiguity” as she puts it, or else inner strength in general (depending on how you look at it), is something I think we all need in our lives.

Veronica White

(03)

One of my defining moments came in the third grade - the day a book report I'd turned in earned my teacher's praise and made my classmates whisper, "She thinks she's so smart." For too many years after that, my biggest fear was that others would see me as arrogant. In some ways, even the extra weight I carries was my apology to the world - my way of saying, "See, I really don't think I'm better than you." The last thing I wanted was for my actions to make me appear conceited. Full of myself.

I now understand that the true measure of womanhood is exactly what I'd avoided for so long - to be filled with all of who I am. Beginning when we are girls, most of us are taught to deflect praise. We apologize for our accomplishments. We try to level the field with our family and friends by downplaying our brilliance. We settle for the passenger seat when we long to drive. That's why, every week, I find my television studio filled with women who tell me they're so concerned with what others think that they've compromised their dreams and completely lost themselves. It's why so many of us have been willing to hide our light. Instead of being filled with all the passion and purpose that enable us to offer our best to the world, we empty ourselves in an effort to silence our critics.

Marianne Williamson once said that our greatest fear is not that we are inadequate but that we are powerful beyond measure. The truth is that the naysayers in your life - those who seek to pull you down every time you exceed their expectations for you - can never be fully satisfied. Whether you hide or shine, they'll always feel threatened because they don't believe they are enough. Every time you suppress some part of yourself or allow other to play you small, you are in essence ignoring the owner's manual your creator gave you and destroying your design. What I know for sure is this: you are built not to shrink down to less but to blossom into more. To be more splendid. To be more extraordinary. To use every moment to fill yourself up.

- Oprah Winfrey-

Submitted by Raju Bains (02)

Terry Fox fought against cancer, roused the sentiments of millions around the world to battle a multitude of terrifying diseases that plague the young and old. Who, in our modern day, will lead the fight against AIDS, the "cancer" that has victimized over forty million people, many of whom deny the illness that reduces them to an extreme state of vulnerability and ultimately death? While AIDS is heavily funded by and in first-world countries, many of the AIDS victims reside in third-world countries, lacking basic health care needs. Whose obligation, whose duty is to help those who are unable to help themselves? Though we talk about programs that have been implemented to assist AIDS victims, little money is being directed to basic medicine or drug therapy. Let us mirror the determination to fund research from twenty years ago and reflect

Today

This is the beginning of a new day

God has given me this day to use as I will

I can waste it or use it for good

But what I do today is important because I am exchanging a day of my life for it.

When tomorrow comes,

This day will be gone forever,

Leaving in its place

Something that I have traded for it...

I want today to be a gain and not a loss

I want today to be a success and not a failure

In order that I shall not regret

The price that I have paid for it

Author Unknown, Submitted by Sarah Kearney (00)

AFTER HAVING FINALLY WATCHED "BOWLING FOR COLUMBINE" I WAS INTRIGUED BY THE CONCEPT OF 'FEAR'. I HAD A THOUGHT-PROVOKING CONVERSATION ABOUT THIS WITH A POLITICAL SCIENCE STUDENT, WHICH FURTHER INSPIRED ME TO SUBMIT THE FOLLOWING REFLECTION:

SIR EDMUND BURKE, THE RENOWNED ENGLISH CONSERVATIVE ONCE WROTE, "NO PASSION SO EFFECTUALLY ROBS THE MIND OF ALL ITS POWER OF ACTING AND REASONING AS FEAR. TO MAKE ANYTHING TERRIBLE, OBSCURITY SEEMS TO BE NECESSARY." REFLECTING ON THIS STATEMENT LEADS ME TO BELIEVE THAT IN TODAY'S WORLD COMMUNITY WHERE OUR FEAR IS CONDITIONED BY IGNORANCE AND ABSENCE OF FAMILIARITY THAT WHAT IS NEEDED IS A LITTLE LESS BLIND EVANGELISM AND NARROW-MINDED ZEALOTRY, AND A LITTLE MORE REFLEXIVE EMPATHY. RECOGNIZING THAT WHAT WE FEAR IS OFTEN NO MORE THAN THAT WHICH CONVENTIONAL WISDOM AND POPULAR DISCOURSE CANNOT EXPLAIN, YIELDS A GLARING NECESSITY FOR A GREATER UNDERSTANDING OF THOSE OBJECTS WHICH ARE CONSTRUCTED AS REPRESENTATIONS OF OUR FEAR. IT LEAVES ME TO CONCLUDE WITH THE UNCOMFORTABLE THOUGHT THAT OUR FEARS ARE BEING INCREASINGLY EXPLOITED FOR POLITICAL AND ECONOMIC PURPOSES. IN A WORLD WHERE PASSIONS CAN MOTIVATE ORDINARY PEOPLE TO COMMIT EXTRAORDINARY HORRORS; WHERE EVEN THE NOBLEST OF CAUSES ARE SO-OPTED BY THE DRIVE TO FEED CONSUMPTION, FEAR REMAINS A POWERFULLY DANGEROUS TOOL FOR SOCIAL CONTROL AND POLITICAL GAIN.

The Perfect Shot

By Josh Vander Vies (03)

Calm. Focus. Strength. Perfection. These are traits that I strive to achieve, feats that I live for. Accomplishment of these states is the difference for me between victory and defeat. I am always training – both my body and mind – always struggling to best my opponent while hopefully bettering myself, always trying for the perfect shot.

I am many things, but foremost I am an athlete. My life revolves around my training and competing. I have traveled the globe and represented my country. I have won and I have lost. Most importantly, I have learned. I have learned that one of humanity's crowning achievements is sport. Fair competition is one of the most exciting, rewarding and trying endeavors – for everyone involved.

My sport is not well known. I am a member of the Canadian Boccia team. Boccia is a sport derived from the Italian pastime. It is similar to lawn bowling, and the scoring is like that of curling. It is played indoors on a gymnasium floor with leather balls. The object of the game is for an athlete to roll his or her coloured balls closer to the white jack ball. Boccia is played by either individuals versus individuals, or teams versus teams. It is a serious and intensely competitive game played by athletes with

cerebral palsy or other 'severe' disabilities.

Having been born missing most of my arms and legs I could have been a major setback in my life. However, I don't see this as an insurmountable obstacle, but rather a minor setback. My international Boccia career has just started. I have yet to achieve true success – but I will not settle for anything other than my full potential.

Being ranked 12 in the world may seem relatively impressive and is definitely something to be proud of, but it is only the beginning. As I train for the Paralympics in Athens coming up in a few short months, I consider myself extremely lucky to be a part of sport. Every time that I roll the Boccia ball down my arm and launch it on to the court I am humbled by my opportunity to compete against other elite athletes spanning numerous countries. Competition, however, is what drives me. I intend fully to be on that podium – with the Canadian national anthem playing behind me.





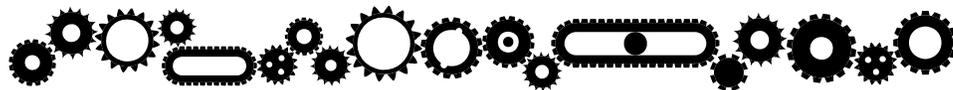
John Rocha - Board Member and TFHAP alumnus (85).

In addition to being a recipient of the Terry Fox Award in 1985, John Rocha is also one of the alumni representatives on the Board of Directors. He attended Simon Fraser University and graduated with a Bachelor in Business Administration.

John began his career in sports marketing with the Landmark Sport Group Pacific as Director of Sponsorship Sales. He joined the Vancouver Canucks parent company in 1991 and became the first employee of what was then “the new downtown arena project”, now General Motors Place. He spearheaded the initial marketing launches of GM Place and the Vancouver Grizzlies basketball team.

John is the currently the Vice-President of Customer Sales & Service for the Vancouver Canucks, responsible for ticket sales and marketing initiatives, hospitality suite sales and customer service.

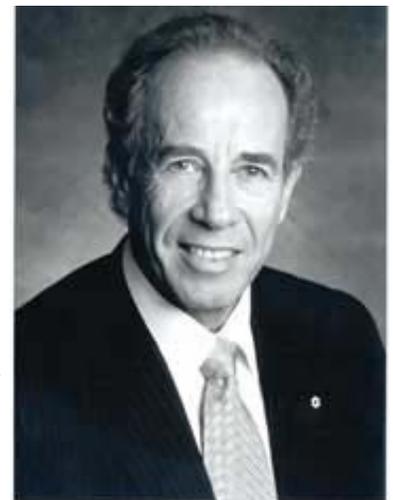
Rocha volunteers for a number of community initiatives, including the Vancouver Theatre Sports League and Sport BC’s Kidsport Fund.



Isadore Sharp O.C., Ph.D., - Board Member

Isador (“Issy”) Sharp founded the Four Seasons Hotels and Resorts company in 1960 with the opening of the first Four Seasons hotel on Jarvis Street in Toronto. He remains the Chairman and CEO of the company which currently manages 44 luxury hotels in 18 countries, and has received the Five Diamond award from the American Automobile Association for the past eighteen years. Along with this most prestigious award, Four Seasons has also appeared on Fortune’s list of the 100 best companies to work for in America.

Dr Sharp is the founder of the Annual Terry Fox Run Program and is the Director of the National Terry Fox Run which has raised over \$300 million to date for cancer research. For his work on cancer research, he was the first recipient of the Ruth Hartman Frankel Humanitarian Award



He is an Officer of the Order of Canada, an inductee in the Canadian Business Hall of Fame, and holds honorary doctorate degrees from the University of Toronto and the University of Guelph.

Dr Sharp sits on the Board of a number of other organizations, such as the Council for Canadian Unity, the Bank of Nova Scotia, The Financial Post, Mt Sinai Hospital, the Governors’ Council of North York General Hospital, and the Premier’s Advisory Committee on Executive Resources among many others.

What NOT to put on a Resumé

For all our recent graduates who are now entering the business world, we have provided this useful list of all the things you should not include in your job applications. These were all taken from real resumé.

- "My intensity and focus are at inordinately high levels, and my ability to complete projects on time is unspeakable."
- "Education: Courses in liberal arts, courses in computer science, courses in accounting."
- "Instrumental in ruining entire operation for a Midwest chain store."
- "Personal: Married, 1992 Chevrolet."
- "I have an excellent track record, although I am not a horse."
- "I am a rabid typist."
- "Created a new market for pigs by processing, advertising and selling a gourmet pig mail order service on the side."
- "Exposure to German for two years, but many words are not appropriate for business."
- "Proven ability to track down and correct errors."
- "Personal interests: Donating blood. 15 gallons so far."
- "I have become completely paranoid, trusting completely nothing and absolutely no one."
- "References: None, I've left a path of destruction behind me."
- "Strengths: Ability to meet deadlines while maintaining composer."
- "Don't take the comments of my former employer too seriously, they were unappreciative beggars and slave drivers."
- "My goal is to be a meteorologist. But since I possess no training in meteorology, I suppose I should try stock brokerage."
- "I procrastinate - especially when the task is unpleasant."
- "I am loyal to my employer at all costs ... Please feel free to respond to my resume on my office voicemail."
- "Qualifications: No education or experience."
- "Disposed of \$2.5 billion in assets."
- "Accomplishments: Oversight of entire department."
- "Extensive background in accounting. I can also stand on my head!"
- Cover letter: "Thank you for your consideration. Hope to hear from you shortly!"
- "I demand a salary commiserate with my extensive experience."
- "I have learnt Word Perfect 6.0 computer and spreadsheet programs."
- "Received a plaque for Salesperson of the Year."
- "Reason for leaving last job: maturity leave."
- "Wholly responsible for two (2) failed financial institutions."
- "Failed bar exam with relatively high grades."
- "It's best for employers that I not work with people."
- "Let's meet, so you can 'ooh' and 'aah' over my experience."
- "You will want me to be Head Honcho in no time."
- "Am a perfectionist and rarely if ever forget details."
- "I was working for my mom until she decided to move."
- "Marital status: Single. Unmarried. Unengaged. Uninvolved. No commitments."
- "As indicted, I have over five years of analyzing investments."
- "Note: Please don't misconstrue my 14 jobs as 'job-hopping'. I have never quit a job."
- "Marital status: Often. Children: Various."
- "Reason for leaving last job: They insisted that all employees get to work by 8:45 am every morning. I couldn't work under those conditions."
- "The company made me a scapegoat, just like my three previous employers."
- "Finished eighth in my class of ten."



Submitted by: Melissa Ratcliff

Where are they Now?

As we enter the 24th year of the Terry Fox Humanitarian Award Program, we've had nearly 800 students come through our program, many of whom have gone on to bigger and better things. However, 24 years is a long time and, as often happens, we've lost touch with many of the alumni of our program. With our 25th anniversary fast approaching, we'd very much like to get in touch with some of the alumni who have fallen through the cracks. If you have any information on any of the alumni listed below, please send us any information about them, or have them get in touch with us.

Audric Beauchesne

Jason Billingsley

Donna Cameron

Christine Ciona

In addition, we're always eager to hear of the many success stories of our alumni. In addition to remitting the alumni association form, we hope that you will consider sending a submission to the Golden Thread about your successes. We would eventually like to compile a list of all the achievements of the many graduates of the Terry Fox Program, and we can't do it without your assistance.

DON'T FORGET TO SEND US YOUR TRANSCRIPTS (JULY 5TH)
CONFIRMATION OF REGISTRATION (SEPTEMBER 13TH)
AND SUMMER QUESTIONNAIRE (NOVEMBER 1ST)
THE TERRY FOX RUN IS SEPTEMBER 19TH

N'OUBLIEZ PAS DE NOUS ENVOYER VOTRE RELEVÉ DE NOTES OFFICIEL (5 JUILLET)
CONFIRMATION D'ENREGISTREMENT (13 SEPTEMBRE)
ET QUESTIONNAIRE D'ÉTÉ (1ER NOVEMBRE)

Anita El

/sky