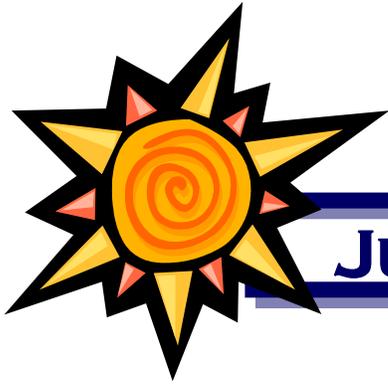


The Golden Thread / Le fil d'or



JUNE 2006 / JUIN 2006



"You're happiest while
you're
making the greatest
contribution."

Robert F. Kennedy



Terry Fox Humanitarian Award Program... in the **NEWS**...

FOR IMMEDIATE RELEASE
June 22nd 2006

25 STUDENTS RECEIVE PRESTIGIOUS TERRY FOX HUMANITARIAN AWARD

We are proud to announce this year's recipients of the Terry Fox Humanitarian Award.

Scott Baker	Victoria, BC	McGill University
Cole Sanderson	Surrey, BC	Semiahamoo Secondary
Ann Ness	Kamloops, BC	Brocklehurst Secondary School
Nicole Harrish	Ponoka, Alberta	Ponoka Composite High School
Meena Assad	Red Deer, Alberta	University of Calgary
Kayla Atkey	Edmonton, Alberta	Archbishop MacDonald High School
Richard Boulding	McLean, Saskatchewan	Indian Head High School
Valerie Cobb-Friesen	Winnipeg, Manitoba	Fort Richmond Collegiate
Bola Famuyide	Winnipeg, Manitoba	Fort Richmond Collegiate
Ramanam Arumugam	Toronto, Ontario	C.W. Jeffereys Collegiate
Nicole Fassina	London, Ontario	Sir Wilfred Laurier Secondary
Katie Charboneau	Mallorytown, Ontario	Athabasca University
Kathleen Courtney	Ottawa, Ontario	Carleton University
Kaleigh Barney	Woodstock, Ontario	Huron Park Secondary
Christopher Beausoleil	Tilbury, Ontario	University of Windsor
Soraya-Kim Rancourt	Princeville, Québec	Seminaire de Sherbrooke
Isabelle Arseneau-Bruneau	Gatineau, Québec	Conservatoire de Musique de Gatineau
Guillaume Lafortune	Saint-Cesaire, Quebec	Cegep de Grandy-Haute- Yamaska
Leanne Alexander	Stephenville Crossing, NL	Appalacia High School
Aaron Mahoney	St. Mary's, NL	College of the North Atlantic
Shawna Stone	Lower Sackville, NS	Sackville High School
Christina MacNeil	Upper Washabuck, NS	Rankin Memorial High School
Jessica Roy	Canning, Nova Scotia	North East Kings Education Centre
Kristen Barnes	Moncton, New Brunswick	Bernice McNaughton High School
Erin MacDonald	St. Peter's Bay, PEI	Morelle Regional High School

Terry Fox Humanitarian Award Program...

in the **NEWS**...



The Terry Fox Humanitarian Award is granted to young men and women from across Canada who demonstrate the highest ideals and qualities of citizenship, who selflessly give of their time and talents to help those in need and who maintain a high academic and social standing. 26 years after the passing of its namesake, the Terry Fox Humanitarian Award Program is committed to ensuring that Terry's legacy of courage and humanitarianism is not forgotten.

"Every year I am astonished by the high quality of our applicants. It's no surprise that the job of the Selection Committee is not an easy one!" said the program's Executive Director, Mr. W. Lorne Davies.

The Terry Fox Humanitarian Award, now in its 25th year, was established by a grant from the Government of Canada in 1982 to commemorate the humanitarian ideals of Terry Fox. A Board of Directors consisting of professionals with academic, corporate and social backgrounds oversees the administration of the award and the selection of new recipients. Recipients are chosen based upon their academic and voluntary humanitarian work as outlined in their application forms and reference letters, and an interview with program alumni. New recipients are notified by the end of June each year.

In May of 2006, Minister Beverly Oda of the Ministry of Heritage and the Status of Women announced a \$10 000 000 grant to the program from the Federal Government. The much needed influx of funding will certainly help secure the future of the program over time, and will allow the Award Program to provide hundreds of young Canadian humanitarians with the opportunity to receive a post-secondary education.

MIKE CARROCCETTO, THE OTTAWA CITIZEN

Lorne Davies, executive director of the Terry Fox Humanitarian Award Program with Beverley Oda, minister of heritage.

Terry Fox awards get \$10M boost

A scholarship awarded to 20 Canadians annually for their volunteer work got a \$10-million boost from the federal government yesterday.

The Department of Canadian Heritage announced the contribution to the Terry Fox Humanitarian Award Program yesterday. The program, which hands out prestigious scholarships to 20 students attending college or university, was started in 1982 with a \$5-million grant from the federal government.

The latest cash infusion will be used to increase the number of new award recipients. The award goes to students who have been constant volunteers in their communities.

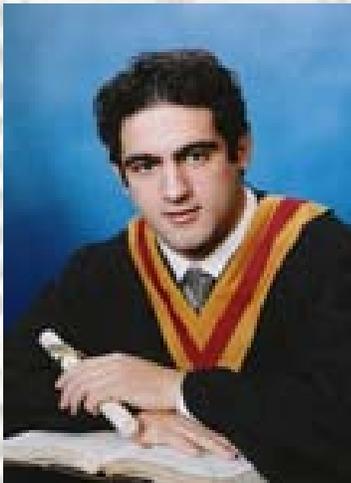
Alumni of the program include more than 70 medical doctors, 50 teachers and six graduates who went on to win the prestigious Rhodes Scholarship.

Article courtesy of The Ottawa Citizen, June 1st, 2006

Terry Fox Humanitarian Award Program...

in the **NEWS**...

Blind student keeps faith with the future



CLARK KIM
Jun. 7, 2006

Every motivational speaker has an inspiring story to tell and Mark De Montis is no exception. The 19-year-old York Memorial Collegiate graduate had already accomplished many things in his young life. He grew up playing hockey since kindergarten and all the hard work and dedication to the sport got him a one-year contract with the Toronto Young Nationals, a Triple A hockey team, in the fall of 2005. That same year, De Montis was elected as student council president. And with grades in the 90s, the high school senior had high hopes of earning a National Collegiate Athletic Association hockey scholarship to play in the United States. But that isn't really where his story begins.

De Montis recounted the exact moment his life changed forever. It was the summer before his Grade 12 year on a golf course by the family cottage near Peterborough.

Teeing off on the third hole, he looked down at the golfball and back up at the flag. His dad watched behind him, waiting to see the long drive.

"Then the most bizarre thing that could've happen occurred," De Montis said. "I couldn't see." Maybe he needed glasses, they both joked. But it was no joke. When they returned to Toronto he saw several doctors and got numerous tests done at the Hospital for Sick Children. Then a team of doctors, his mother and father and De Montis all sat down.

"The doctors took a deep breath and said, 'We have some very bad news,'" De Montis recalled. He had been diagnosed with a rare disease called Leber's hereditary optic neuropathy causing him to be legally blind. There is yet no cure.

Things got worse before it got better. First, he reluctantly gave back his driver's licence. The Toronto Young Nationals hockey team called shortly thereafter and let him go. All hopes for an athletic scholarship were dashed. Instead of giving up, De Montis made the decision to go on. He returned to York Memorial for his final year of high school and faced his friends, classmates and teachers.

They accepted him with open arms. It was a memorable year as he served as student council presi-

dent and saw his grades improve dramatically.

Things were looking up now. He applied to university and got accepted to attend the University of Western Ontario for media studies.

Born and raised in Weston, De Montis knew going away for school would be costly. But that didn't end up being such a big problem.

He became one of 20 recipients of the Terry Fox Humanitarian Award handed out annually across Canada, providing full scholarships to young Canadians who have demonstrated the highest ideals and qualities of humanitarian service while in pursuit of excellence in academic, amateur sport, health and voluntary community service.

"It was a year of adventure," said De Montis, grinning, just having completed his first year of university.

"It was a year of adventure."

Article courtesy of Inside Toronto

Those Who Inspire Us

By Colin Matheson

Good friends of mine have recently experienced a life-altering event that has amazed me and others. I first met Matt & Melanie at Camp Centennial, a summer camp in our hometown of Moncton, NB. They were experienced counsellors at camp, when I was a rookie back in the summer of 2003.

Matt was a wild and energetic guy who could always keep the kids entertained and amused. He loved to challenge himself with exciting activities like mountain biking and rock climbing. Melanie was full of energy as well. The kids always had a ton of fun with her and developed great relationships with her. Although our first obligation is to be focused on the young children in our care, it is not unusual for romance to blossom among counsellors. It probably happens at almost every camp.

The romantic attraction between counsellors often needs time to develop. We must leave our personal lives behind when we begin another day with the kids. Luckily, Melanie and Matt worked together for several years, so they had the opportunity to first become acquainted and impressed with each other's wonderful ways with children. And the after hours social life of counsellors can be pretty, shall we say, lively. Just ask any counsellor you know, and I'm sure they will confirm that their days with campers and fellow-counsellors were the most fun in their lives.

Although Matt and Melanie attended universities in different cities, they still kept in close touch, and like many of us who have experienced the challenges of long-distance romance, they managed to maintain and build on their affection for each other. Returning to camp each summer really helped cement the bonds between them while Matt prepared for a

career in engineering and Melanie became a teacher.

In October 2005, Matt was rock-climbing with a friend near Hampton, NB and accidentally fell over 40 feet, severely injuring his spinal cord and rendering him partially quadriplegic. In the blink of an eye, the lives of Matt and Melanie were radically transformed. Matt's fall initially paralyzed him below the neck and left him clinging to life. Standing by his side, and shoulder to shoulder with Matt's family, Melanie is proving to be a tower of loving strength during Matt's painstaking, gruelling, and courageous rehabilitation.

Many of our Camp Centennial staff gathered in Moncton on March 1st to serve at a benefit auction co-organized by our staff director Owen Fraser, Matt's Aunt Bonnie, and his Uncle Ray. Local businesses donated prizes, including an autographed Sydney Crosby Jersey. Hundreds of generous patrons bought tickets and spent money at the auction, all in support of Matt's rehabilitation. Over \$30,000 was raised by the event to help Matt, his fiancé Melanie, and his family cover some of the enormous expenses of preparing for the next stages in their lives.

Miracles do happen. Matt has returned home to Moncton/Riverview, after months of rehabilitation in Toronto, to begin a new phase in his life: a life with Melanie by his side. He has worked extremely hard and has regained some control of his arms and hands. You'll be happy to know that Matt has equipped himself with an off-road capable wheelchair, perfect for his adventurous lifestyle. He is also looking into opportunities of being an inspirational speaker and talking about his struggles. We look forward to seeing plenty of Matt and Melanie, leading the kids, and inspiring us all at Camp Centennial again this summer.

A New Perspective

Submitted by: Jen Ross

Going to university is a HUGE milestone in everyone's life even if they have always known it was something they would do. Personally, I always knew that right out of High School I would head off to University but I decided to make things a little more interesting. I grew up in Alberta but have always had family in the Maritimes, and thought I would try going to school there. Knowing what an amazing experience they all had and hearing countless stories of all the great new people they met because of it, I knew that it was an experience I needed to have.

I have amazing friends back home in Alberta and I know that growing up most people sincerely believe that the people they're friends with in High School will be their best friends for life, and for some this holds true. Personally, after the year I've just had with the people I only met in September, I can't imagine my life without them and know just how lucky I am to have such amazing friends, now, from one end of the country to the other.

This is where my entry for this issue of the Golden Thread really begins. When I was 4, I received a life saving liver transplant and growing up in a small town, everyone knew about it. I was always really healthy so people didn't feel sorry for me but it was always something that I knew was a common fact for people. I saw going to school in Nova Scotia as an opportunity to start fresh and decided not to advertise the fact that I had had a transplant. This didn't last very long because I soon realized that it was a part of me and I wasn't ashamed of it, but I still only told people I really considered true friends, and many people still don't know about it. A major reason people didn't know was because I never let it stop me from going out and doing whatever anyone else was doing. Unfortunately, after spring break I started having some "Hick-ups" as my mom likes to put it. One day during this time, I got a call that said I needed to come up and see a specialist in Halifax, which is 2 hours away from Antigonish where I go to school, and that I had to come in the next day. Being car-less and not knowing Halifax at all, I was kind of in a pickle. This is when I realized what amazing friends I had.

One of my friends lent me his car and another drove me to the city and stayed with me for my appointment. When we got there and had talked to the doctor, I found out that they expected me to stay in Halifax, and they didn't know for how long. My friend who was with me basically put her life on hold and even stayed in the hospital with me for three days. Natty had never spent a night in the hospital in her life, and there she was, sleeping on cot with someone else's beeping machines and nurses coming in all through the night keeping her awake. Yet through the whole thing, she never complained. Being in a strange hospital on the other side of the country where you have no family as an 18 year old could be one of the worst experiences ever, but because I had such a great friend sitting there with me, playing catch, watching movies and laughing with, it wasn't bad at all. I don't know if I could have handled that situation by myself, especially since I was from out of province and couldn't leave my single room. There were also people who stayed at school but called to check up on us and had balloons and DVD's for us to watch when we came home, even though it was on St. Patrick's day and they could have all gone out.

The Fact that you can make such strong friendships with people you would never have gotten the chance to meet is such an important aspect of university to me. I know that even in 10 years, after I have a real job and maybe even a family, the friends I made in university will still be there for me and I'll be there for them. Who knows, maybe Nat will need me to return the favour some day and I know that I'd drop anything to be there for her like she was for me. Scholarships like this one really help people make that step and get out there to university for a number of obvious reasons, but also, ultimately provide so many benefits you are not thinking of when you originally apply.

In September, I cried just about all the way from Edmonton to Ottawa because I was so scared and really not knowing whether I was making the right decision leaving everything I had behind me, but last week, when packing my room and saying goodbye to my roommate and new friends, I cried even more than I did when I left. This was the best year of my life and I can't wait for the next 3! Thanks for helping make it possible.



The Difference He Made

by Randy Poole

As a nursing student, I often think about how my actions affect others. Something as simple as smiling could seem like nothing to you, but it could make another person's day. One of my professors read this poem in class. It reminds me to keep helping others even though I may not see any results immediately.

Amidst the morning mist of the swift returning tide
I set out on my daily run, my walkman on my side.
Lost within my private world apart from cares and woes
I ran along the moistened shore, the sand between my toes.

In the distance, I saw a boy, as busy as can be.
He was running, stooping, picking up, and tossing in the sea.
Just what he threw, I couldn't tell, I looked as I drew near.
It seemed to be a rock or shell - as I approached him I could hear:

"Back you go, where you belong. Your safe now hurry home.
Your family's waiting for you little starfish, hurry on!"
It seemed the evening tide had washed the starfish on the shore,
And the swift receding water left a thousand there or more.

And this self-appointed saviour, was trying one-by-one
To toss them back into the sea, against the racing sun.
I saw his plight was hopeless, that most of them would die.
I called out from my private world, "Hey Kid, why even try?"

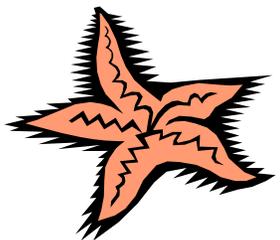
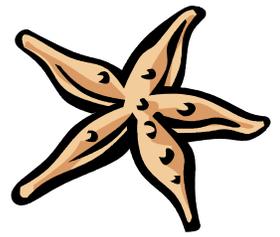
"Must be at least a thousand here, strewn along the beach,
And even if you had the time, most you'll never reach.
You really think it makes a difference, to waste your time this way?"
And then I paused and waited, just to hear what he would say.

He stooped and took another, and looked me in the eye.
"It makes a difference to this one sir, this starfish will not die!"
With that, he tossed the little life, back where there was hope.
He stooped to take another. I could tell this was no joke.

The words that he spoke to me cut like a surgeon's knife.
Where I saw only numbers, he saw only life.
He didn't see the multitude of starfish on the sand.
He only saw the little life he held there in his hand.

He didn't stop to argue, to prove that he was right.
He just kept tossing starfish in the sea with all his might.
So I too stooped, and I picked up, and I tossed into the sea,
And I thought, just what a difference, that this boy has made in me.

Submitted by: Cheryl **Edmunds**



The Great Ride 'n' Stride to Beat Cancer

Submitted by: Paul Cescon

Over the years I have been active in fundraising for the cancer society I have become fond of this special poem about cancer which I wanted to share with you.

What Cancer Cannot Do

~ Author Unknown ~

Cancer is so limited.
It cannot cripple love.
It cannot shatter hope.
It cannot corrode faith.
It cannot eat away peace.
It cannot destroy confidence.
It cannot kill friendship.
It cannot shut out memories.
It cannot silence courage.
It cannot invade the soul.
It cannot reduce eternal life.
It cannot quench the spirit.

Since my diagnosis with and subsequent remission from cancer I have participated annually in my community's

Great Ride 'n' Stride to Beat Cancer – a Canadian Cancer Society fundraiser for cancer research and patient support programs. This year's ride was held on April 30, 2006 and was a tremendous success.

It was the first event with warm weather and sunshine in three years (bad luck, I guess). Nearly 650 people and 100 volunteers helped to raised almost \$200,000 for the Cancer Society.

The Great Ride 'n' Stride isn't just about raising money. Although the event raises a significant amount of funds for the Canadian Cancer Society every year, more importantly it is about bringing friends together and raising awareness about cancer and the effects this disease has on the entire community.

The Great Ride is an important event for my Waterloo Region community – but it is not the only important event. Many other events like the Cancer Society's Relay for Life and the Terry Fox Run are important in bringing people together, raising money and awareness and building a network of support for the fight against cancer. Those fighting cancer see these actions and events and have the confidence of knowing they are not alone in their struggle with cancer.

At the age of eight, during my battle with cancer my family, friends and relatives and people whom I did not even know well rallied around me giving me the support I needed to overcome cancer.



Canadian Cancer Society
Société canadienne du cancer



Sharing the Cookies

Submitted by: Brianna Maclean

I am the proud leader of 26 little Brownies (7 and 8 year old Girl Guides). I was so impressed with them at one of our meetings, and I wanted to share the story with you. We had a meeting about sharing and the value of giving, rather than receiving. We divided the girls into two groups: the first with 20 girls and the second with 6. We gave them each a container of cookies and told them to split them up however they pleased. Not surprisingly, one of the girls said "That's not fair!" However, she was from the smaller group who had been given three cookies each, not the larger group. I asked her how she thought the cookies should be divided. The girls counted the cookies, each took one and gave the remaining 12 to the other group.

We discussed that the small group represented Canada, and talked about why we are so fortunate to live here. We explained that other countries are not so fortunate, and that's why Canadians try to help them in a variety of different ways.

The girls were so inspired by the experience that they wanted to do more to help. They helped the leaders arrange and run a fundraiser for the World Friendship Fund. We had a great time! The girls learned a valuable lesson and we raised over \$300 for countries in need.

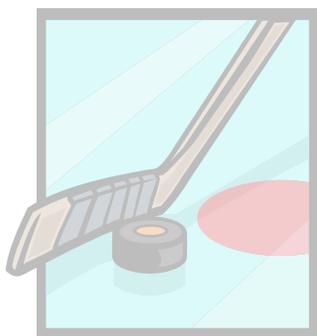
Everyone always says that our future lies in the hands of our children--if that's true, maybe we'll be ok after all.



Our Final Game

Submitted by: Mark De Montis

It is our final championship game. My fellow team-mates and I kneel huddled in a tight circle in our dressing room. Our coaches stand at the entrance. It is silent. My team-mates smile and put their arms over each others shoulders while resting on bended knee. I lift my head with pride and begin to whisper, "Thank you for letting me play, for letting me do what I love to do. You guys have been like family to me. It's been a year of tough battles. There have been many wins and many losses. There have been tears of triumph and tears of sadness. Tonight is our final game as a team. Let's not just play for ourselves. Let's not just play for our coaches, family, arena, or championship trophy. Let's play for our memories together wearing the red, white and black. Win or lose, tonight we play for our memories. I hear the buzzer blow and the referee blow his whistle for our team to take the ice. The dark shadows of my family stand and silently walk out onto the ice. I remain on bended knee in the middle of the dressing room. A tear falls down my face. I smile and look to the sky and whisper, "Thank you for the memories, and for letting me play in our final game."



What is a Hero?

Submitted by: Veronica White

What is a hero? What is that characteristic that makes one able to be considered heroic? The dictionary defines "hero" as (1) A person noted for feats of courage or nobility of purpose, especially one who has risked or sacrificed his or her life; (2) A person noted for special achievement in a particular field. To me, heroes are those everyday people who manage to achieve something amazing... something like saving someone's life or achieving glory in something like sports. A hero is just an ordinary person who manages to achieve the incredible.

And I really do believe that there are many examples of heroes that we are blessed enough to meet each and every day. People like Terry Fox himself can be considered heroes. Terry attempted to run across the whole entire country to try and save people's lives... not his own, but *other* people's! Other heroes include people like the fire-fighters who dash into burning buildings to save the person whose screams they hear... The neighbour who runs out into the street in front of an out of control car to save a child who just wasn't watching... Christopher Reeve, the man who played Superman, played a fictional hero and yet his own life exemplified heroic tendencies at many points... Even the dog that wakes up a family as their house is burning while they sleep at night...

he·ro

n. pl. he·roes

1. In mythology and legend, a man, often of divine ancestry, who is endowed with great courage and strength, celebrated for his bold exploits, and favored by the gods.
2. A person noted for feats of courage or nobility of purpose, especially one who has risked or sacrificed his or her life: *soldiers and nurses who were heroes in an unpopular war.*
3. A person noted for special achievement in a particular field: *the heroes of medicine.* See Synonyms at [celebrity](#).

The principal male character in a novel, poem, or dramatic presentation

So many people go on every day as unnoticed and uncelebrated heroes. I believe that, starting today, we need to change all that. I say that today, we start out by recognizing and celebrating these everyday heroes and giving them credit where credit is due. Overdue, in fact.

So all you heroes out there, those of you who know you are and those who have not yet quite realized it... Congratulations! And thank you, for just *being there*, at the right place at the right time.



[In]Security

By Jessica Sachse

This past year has been one of many challenges. The academic/intellectual challenge of transferring to a new school and beginning a new dissertation in International Development Studies. The emotional challenge of starting new--being alone and having to make new friendships and once again find a comfortable 'niche'. Of course there is the physical challenge, one of continuity that I face no matter where I am. Having a physical disability and dealing with its impact on my health and mental state.

I thought about sending in a poem, or perhaps a refreshing and comical anecdote--things that seemingly fit *The Golden Thread* to a tee, but sometimes, the most inspiring 'reads' are just words. Words from the heart. So I am writing this knowing that many of you may skim over it while others will perhaps be able to relate...

I anticipated, in coming to Trent University that the greatest of my challenges would have been academic challenges. And although I did struggle in that area, I was not at all prepared for the emotional trials that I would face, particularly with my own insecurities.

In finding my niche this year, I ended up finding myself becoming a 'me' that I had never anticipated finding. Through individual ways, the core groups of friends that I have made this year have challenged different sides of me and have particularly challenged my insecurities. The way that I have dealt with having a disability (and the insecurities therein) is to put on a façade of strength; to always be tough; face challenges head on; never break down in front of anyone; and to do tasks without asking for help from anyone unless I find that I need it. Never being vulnerable. I also built a wall around my heart. Up until now, this has worked; I have managed to get by and deal

with being alone while everyone else was dating. But this year was different. The first couple of months, I just started

feeling empty but couldn't understand why. And then...I don't remember when, or why, or how, but I suddenly starting letting people in. Not just partially, but completely. I broke down, and I broke down the wall around my heart. I let these amazing friends of mine know my fears. Fears of spending my life alone, of never feeling adequate, of never being able to let go of my insecurities with my physical appearance (namely my scoliosis), even my uncertainty about my sexuality. And then something amazing happened. They could all relate! Each of my friends let me in on their own insecurities. Some were very different than my own, and surprisingly, others were quite similar. But each one told me that they had a lot of respect for me and that while my insecurities were completely valid, were no to reason to get in the way of my happiness. One person even went as far as to say that I have (unknowingly) helped them with their own insecurities--that I have been an inspiration!

In growing so close to these people and letting them know the real me, I have begun to challenge myself to be the person that I wish I could be--unafraid to speak, write and dance the way I want without worrying about how my disability makes me look.

This entry has been a bit long winded, and for that I apologize, but I challenge you to challenge yourselves; let people in, let them see the real you. It is scary and certainly not an easy task, but it is worth it. Experiencing life without inhibitions, but instead with a lot of loving people at your side is a reason to live. Though my insecurities, I have found the most security.

I have begun to challenge myself to be the person that I wish I could be--unafraid to speak, write and dance the way I want without worrying about how my disability makes me look.

Sarah Steeves shares some of her favourite poems with us...

DETERMINATION

When things go wrong as they sometimes
will,
And it seems like life is all uphill,
But you don't give in - you just give it
time
Since you're intent to make the climb...
That's determination.
When you just can't win, as you sometimes
won't,
And you feel like quitting, but you don't...
When you've met defeat, yet still can smile,
Stopping only to rest awhile...
That's determination.

Written by: Emily Matthews

THE VICTOR

If you think you are beaten, you are
If you think you dare not, you don't
If you'd like to win but think you can't,
It's almost a cinch you won't.
If you think you will lose, you're lost;
For our in the world you'll find
Success begins with a fellow's will;
It's all in the state of mind.
If you think you are outclassed, you are
You've got to think high to rise.
You've got to be sure of yourself
Before you can ever win the prize.
Life's battles don't always go
To the stronger or faster man
But sooner or later the man who wins
Is the fellow who thinks he can.

Written By: C.W. Longnecker



COURAGE

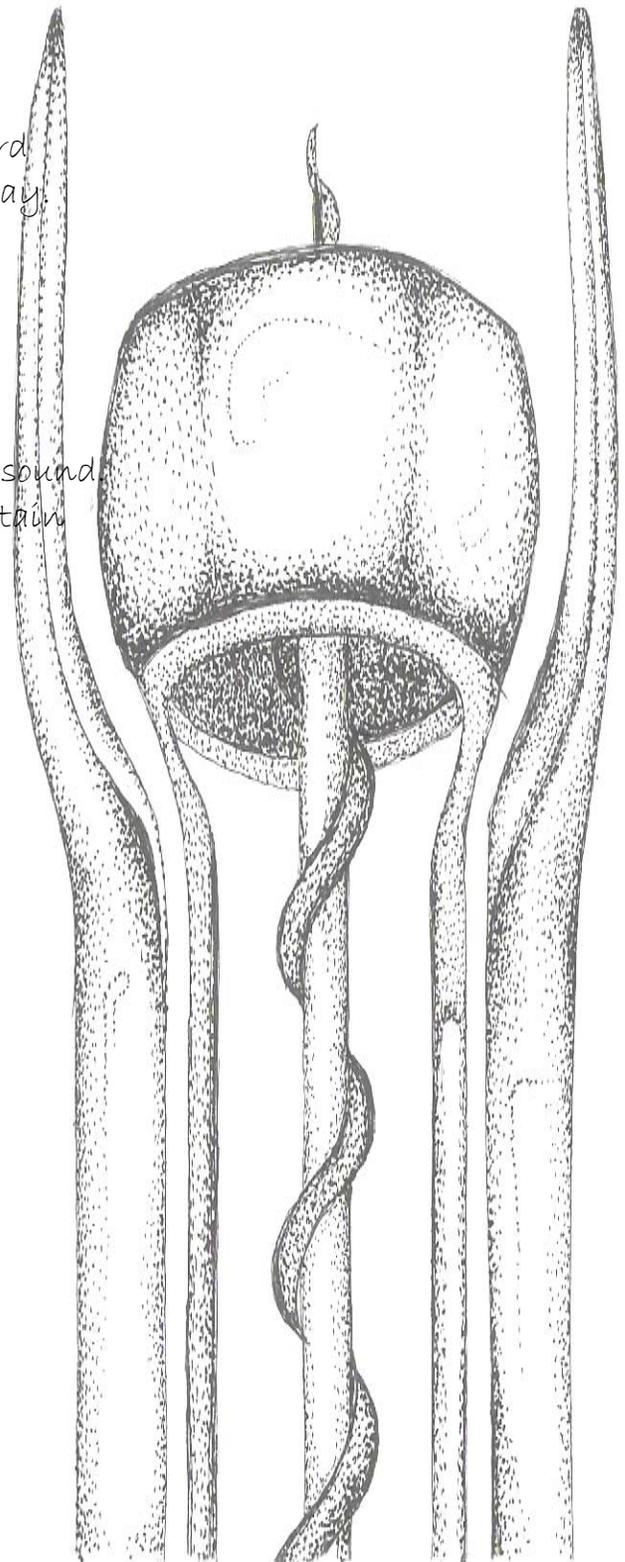
Courage is the strength to stand up
When it's easier to fall down and lose hold.
It is the conviction to explore new horizons
When it's easier to believe what we've been told.
Courage is the desire to maintain our integrity
When it's easier to look the other way.
It is feeling happy and alive, and moving forward
When it's easier to feel sorry for ourselves and stay.
Courage is the will to shape our world
When it's easier to let someone else do it for us.
It is the recognition that none of us are perfect
When it's easier to criticize others and fuss.
Courage is the power to step forward and lead
When it's easier to follow the crowd; their pleas resound.
It is the spirit that places you on top of the mountain
When it's easier to never leave the ground.
The foundation of courage is solid,
The rock that doesn't roll.
Courage is the freedom
Of our mind, body, and soul!

~~ Author Unknown ~~

Images by Erin Summers

Left: "Branches" is a photograph taken in Bottle Cove, NK.

Right: Drawing of a corkscrew



A Tribute to Jack

Submitted by **Allan Clark**

While I was sitting down over the last couple of weeks to write this story it came to me how I've been blessed with the spirit of Terry Fox. I had to look no farther than my wonderful Grandfather Jack. My Grampy was a very proud and noble man. Well respected and a role model to all of his friends and family. His humility was a cornerstone of his personality. Grampy was a very hard working man, his whole life devoted to the family farm and to say the least his family. His spirit and love for life was insatiable. Since I was a little boy he was there to share his wisdom and his many wonderful stories. To be honest I didn't realize how much his wisdom that he shared would impact me the way it has until he passed away. Grampy was always there to support me in whatever I did and his spirit will live in me forever. Determined and motivated I've chased my dreams with my family behind me. Now that he is watching over us all I've never felt more proud to say how glad I am that he was and forever will be my grampy. His determination will live on forever in me, just as Terry's spirit and dream will live on forever. Grampy was never happier than to see a family member or friend succeed. He was very selfless and always willing to help. I could've never asked for a better role model, friend and Grandfather.

Jack Clark
May he Rest In Peace

Untitled

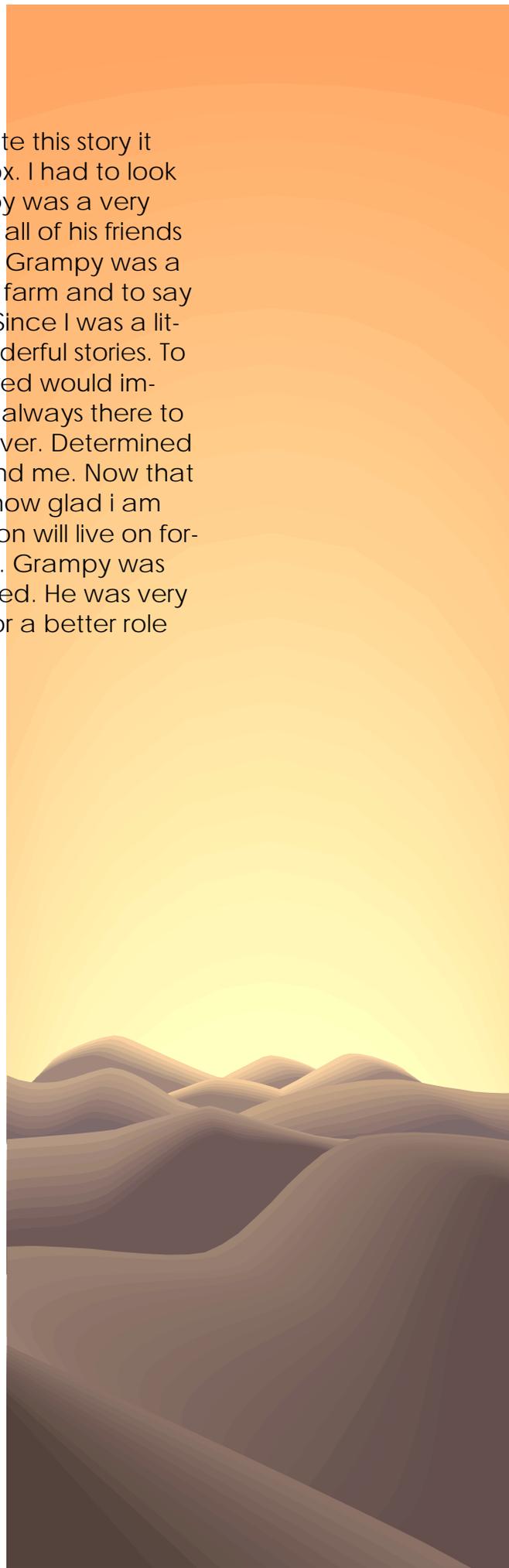
Submitted by: **Roberta MacLean**

Two friends were walking through the desert. During some point of the journey they had an argument and one friend slapped the other 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 slapped and saved his best friend asked him: "After I hurt you, you wrote in the sand and now, you wrote 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. But when someone does something good for us, we must engrave it in stone where no wind can ever erase it."

Written by: Marsha Byfield



Preventing Memory Loss and Dementia

Submitted by: Shannon Sarro

As young athletes, it is too easy to believe that by being physically active and eating right, we're guaranteeing a healthy, graceful aging process. However my experiences working with the residents of the dementia ward of a nursing home have increased my awareness of the widespread effects of mental deterioration. I used to fear the physical aspects of aging such as the loss of mobility, hearing or vision, but ever since recently witnessing a beautiful, fully mobile senior become completely unable to recognize her children, I have become more concerned about the memory and awareness loss that is common in seniors over 65. Fortunately, many forms of memory loss are preventable and can be controlled in the same way that exercise and a healthy diet can be used to reduce the physical signs of aging.

It is currently estimated that 290 000 Canadians are living with some form of dementia or Alzheimer's disease; The Canadian Alzheimer's Society projects that by the year 2031, 750 000 Canadians will be living with mild to severe dementia. Though dementia is suspected to be partially genetic, research has shown there are some steps that can be taken early to reduce memory loss. The Harvard Medical School credits life long exercise habits and post-

secondary education as key ways to prolong mental function when aging, and recommends lifestyle changes like quitting smoking to improve oxygen flow to the brain and eating healthy to prevent strokes. Some of the most interesting tips that research found to improve memory as one ages is getting a consistent night's sleep, taking vitamin E (which can be found in foods such as spinach, broccoli, and peanuts) and vitamin C (which can be found in citrus fruits and most green vegetables), as well as maintaining social contacts throughout life. Researchers discovered that people who continually joined clubs and activities where they met new people as they aged were significantly less likely to experience memory loss and dementia. Completing daily crosswords or math puzzles both improve memory and cognitive ability, and it has been suggested that completing both word and number puzzles are the most helpful.

These tips are quite simple and it is likely that most of us already follow many of these suggestions. However dementia can be a devastating condition for both the individual and the family, and its effects can be delayed or prevented by living a healthy, low stress lifestyle.



Sugar Rush...

BROWNIE SUNDAE EXPLOSION

Brownie

3 1/2 oz unsweetened chocolate, chopped
1/3 cup unsalted butter, cut into pieces
1/2 cup cream cheese at room temperature
1 cup sugar
1 tsp vanilla
2 large eggs
3/4 cup all-purpose flour
1/2 tsp baking powder
1/2 tsp fine salt
6 chocolate sandwich cookies, chopped into chunks

Hot Fudge Sauce

2 oz unsweetened chocolate, chopped
2/3 cup evaporated milk or whipping cream
3/4 cup sugar
2 tbsp unsalted butter
2 tbsp light corn syrup
1 1/2 tsp vanilla
dash fine salt

DIRECTIONS:

Preheat oven to 350 degrees F, and butter and flour a 9-inch square baking pan. In a small saucepot, melt chocolate and butter over low heat, stirring until smooth. Remove from heat. Allow to cool while starting next step. In a mixing bowl, beat cream cheese until soft. Add sugar and cream until smooth. Beat in vanilla and eggs. Stir in chocolate mixture. In a separate bowl sift together flour, baking powder, and salt and add to chocolate mixture, beating just until batter is combined. Stir chopped cookie chunks. Spread batter in pan and bake for 25 to 30 minutes, or until a tester comes out clean.

Hot Fudge Sauce

Finely chop chocolate. In a small saucepan, heat evaporated milk or cream and sugar over moderate heat, stirring until sugar is dissolved. Add chocolate, butter and corn syrup to milk mixture and continue to cook, stirring constantly, just until smooth. Bring mixture to a boil over moderate heat, stirring occasionally, and simmer for 8 minutes. Remove from heat and stir in vanilla and salt. Slice Cookies 'n' Cream Brownies into 9 large squares and place on a plate. Top with a generous scoop of cookies 'n' cream ice cream and slather with hot fudge sauce.



Submitted by: Danielle **Alexanders**

Sugar Rush...

Outrageous Chocolate Chunk Cookies

Makes 2 dozen; Prep time: 20 minutes;
Total time: 45 minutes Do not bake the cookies to a crisp; they are meant to be soft and chewy. Store them in an airtight container at room temperature for two to three days.

8 ounces semisweet chocolate, roughly chopped

4 tablespoons unsalted butter

2/3 cup all-purpose flour

1/2 teaspoon baking powder

1/2 teaspoon salt 2 large eggs

3/4 cup packed light-brown sugar

1 teaspoon vanilla extract 1

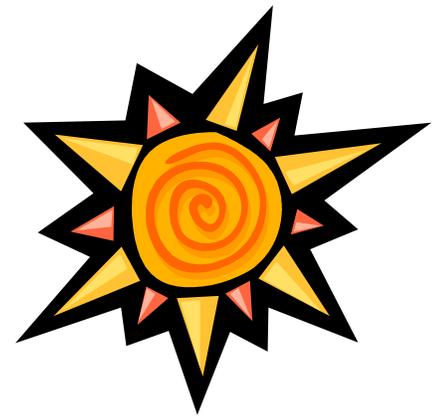
1 package (12 ounces) semisweet chocolate chunks

1. Preheat oven to 350°. Heat chopped chocolate and butter in a microwave-safe bowl in 20-second increments, stirring in between, until almost melted; do not overheat. In another bowl, whisk together flour, baking powder, and salt.
2. In a mixing bowl, beat eggs, brown sugar, and vanilla on high speed until light and fluffy. Reduce speed to low; beat in melted chocolate. Mix in flour mixture until just combined. Stir in chocolate chunks.
3. Drop heaping tablespoons of dough 2 to 3 inches apart onto baking sheets. Bake, rotating sheets halfway through, until cookies are shiny and crackly yet soft in centers, 12 to 15 minutes. Cool on sheets 10 minutes; with a thin metal spatula, transfer to racks to cool completely.



*In the next issue of
the Golden Thread...
Intense fat burning
exercises!*

Once again, summer is upon us! During this time of year, we welcome our new recipients and say goodbye to our graduating students who are joining the rest of our 480 alumni. Most importantly, summer is the time for all of us to rest and regain our much needed energy for the year to come.



It has certainly been a busy few months. Since the last edition of *The Golden Thread*, we have completed our provincial interviews and our annual meeting of the Board of Directors. After which we selected this year's 25 new recipients. As always, finalizing the candidates is never an easy task but the Board of Directors and I are very pleased with the high quality of students that we have inducted into the program.

I would also like to take this time to thank the members of the Provincial Interview Committees. Without their help and dedication, we would not have been able to assess the candidates properly. The members of this year's Provincial Interview Committees included:

Natasha **Affolder** | Erika **Burger** | Brenda **Arsenault** | Tammy **Corness** | Chris **Fuoco**
Paula **Anderson** | Christy **Stockdale** | Andreea **Bandol** | Carolyn **Chin** | Sulaiman **Nanji**
Tara **Neal** | Kelly **Sheppard** | Anita **MacPherson** | Michelle **Mahoney**
Erika **Burger** | Brenda **Arsenault** | Isabelle **Desjardins** | Melissa **Friel** | Mathieu **Carignan**
Shirley **Fortier** | Aaron **Marsaw** | Saul **Miller** | Roshni **Dasgupta**
John **Monahan** | Mark **Singh** | Stefanie **Wiens** | Krista **Wilkins**

Thank you all for your help and support!

I would also like to share with you some exciting news. In April of this year we received a generous \$10 000 000 grant from the Federal Government's Ministry of Heritage and the Status of Women. With the outstanding support of Minister Beverly J. Oda and many others within this Ministry, we were able to secure the future of this program

Finally, I would like to encourage all of you to keep up with your humanitarian services and , as always, we would love to hear your stories along the way!

Have a safe, happy and rejuvenating summer!

All the best,

W, Lorne Davies
Executive Director

TD Waterhouse Donates \$2500 to Terry Fox Humanitarian Award Program

In the first donation of this kind, TD Waterhouse Private Investment Advice made a generous \$2500 donation to the Terry Fox Humanitarian Award Program. The donation was made possible with help from Mr. Brad Berti, Investment Advisor and long time friend of the Program.

TD's Charitable Giving Foundation, who supplied the TFHAP with the donation, is based on three pillars of community giving: children's health, children's education and literacy, and the environment.

We at the Terry Fox Humanitarian Award Program thank TD Waterhouse for their ongoing help and support.