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20 Internship
Dos and Don'ts

Submitted by:
Cynthia Ene
2003 Recipient

pp. 10-11

Do you Need More
Sleep?

Written by:
Erin MacDonald
2006 Recipient

pp. 2-3

News from
TFHAP Alumni

p.20



Do You Need Sleep?

By Erin MacDonald

Each morning when you awake your body has undergone five different sleep cycles which aid in the rejuvenation of the body and its muscle tissues and immune system. Without sleep we cannot function. I find it amazing how little people actually know about a remarkable process that takes up 1/3 of our lives. The wear and tear of each day takes its toll on the human body. Whether it's from a sports injury you received during the last five minutes of a gold medal game, the flu, a workout at the gym, or even everyday activities, the body needs to repair the damage that has been done. Without sleep our bodies lack the ability to perform as it should. Just like a project, if you spend five minutes on a report and receive a "D" for your work, it is most likely because you put no effort into your project, but if you spend days of preparation and receive an "A", your hard work will have paid off. The body works the same way, but it can only get an "A" when it receives enough sleep.

The body is a magnificent "machine" and so much occurs inside of us that the average person is unaware of. When you are young and naive you don't think of these things. We are growing into a world where more work = more money. If that requires working late, over exerting ourselves and having to stay up to all hours of the night to get around to everything else that is in our life besides work the future isn't looking bright. If you look back in time, people worked hard days, they rose early to tend to their fields and crops and pushed their bodies in the heat. The only difference is that when the sun went down at night, so did they. They went to sleep much earlier than the people of today and that lifestyle worked for them, they got their rest and their bodies repaired themselves for the next day in which they could redo yesterday's activities. So it should be obvious to us that something is wrong with the way most of us live today. The extremes come from kids today who sleep in until one or two o'clock in the afternoon and stay up all hours, to people who stay up until 3am, pull all-nighters and still carry out regular daily functions with less than five hours sleep.

Lack of knowledge will be the death of our population. There are no studies in this theory but I believe it's true. Of course no human can possibly learn everything about everything, there is simply too much knowledge out there and not enough time to take it all in. However, we are responsible for our bodies and knowing a little more about



Lack of knowledge will be the death of our population.

them is to our advantage. There are mysteries to everything, and mysteries are intriguing. Kind of like a dream. Did you know that when you sleep, your body goes into an unconscious state but your brain remains highly active. When you dream your body and muscles go into a type of paralysis to prevent one from acting out their dreams. Also during sleep many hormones etc. are pumped through our bodies.

TNF (Tumor necrosis factor) also known as a cancer killer runs through our veins on a nightly basis. Studies have shown that when researched "people who stayed up to 3 am in the morning had one-third fewer cells containing TNF the next day, and that the effectiveness of those remaining was greatly reduced." (Angela Epstein, Daily Mail). So needless to say the body cannot perform to its greatest abilities when it is sleep deprived. All these things are interesting facts and information that people should be aware of. Of course we hear so many studies published each year on how children should receive 10hrs sleep and adults 8...then the next year it is switched around and increased or decreased.

As teenagers we know we need sleep, but how much is too much and how much is not enough. It is hard to tell a University student who has several courses on his/her plate each week plus projects, assignments and tests, and family, friends, eating, sports and other engagements to attend to that he/she needs to make it a priority to get a required amount of sleep. There is simply not enough time in the day to do half the things we want to. So as a result...our sleep is deprived. We know it's wrong and in the end it hurts oneself more than helping oneself; however, at that particular moment when you have two midterms in the

morning along with classes and a pile of reality on your plate the last thing you are thinking about is that "my health will suffer".

You need to finish what's on your plate. That is prioritization, sleep is bumped to the bottom when you have a busy schedule. Does that make it right? Not at all. But today's world, with fast paced lifestyles, a want for money, work and power, we want everything now. Even if that means polluting the environment and causing depletion in the ozone, with factories who are pumping out pollution to feed us our material Needs. We seem to have the mentality that we can

do whatever we want in the moment regardless of risks, high medical bills, doctor visits or car maintenance that we will be seeking immediately after the fact. All of which could be prevented but we still do it because we are suckers for pain and work. Instead of preventing problems we create them, then seek to fix them when it's often too late. That is our lifestyle, we push until we are at the last straw then try and hold on. Our environment is suffering, our economy is suffering, families are suffering, and our bodies are suffering. You can't unteach what has already been taught but we can try to make things different for our children, the children of today. Why don't you try it by getting some rest and looking after your body, so we can start with ourselves, so we have the energy and health to perform our everyday tasks and help those around us. Sleep, you're body needs it.



Worldofinspiration.com

By Veronica White, 2003

So I learned today that www.worldofinspiration.com has some truly wonderful things on it. School has been really kind of rough lately for me, and so I was randomly browsing around on the Internet tonight, trying to find something to inspire me to want to keep going. It's just that certain people from my school out here in Hamilton, Ontario (no names mentioned, of course!) seem to really have it in for me sometimes. And as much as I love my program and most of the people in it, there are a few who just make me want to throw up my hands and say, "I give up!"

So on my random browsing tonight, I came up with this website. You know, reading this quote that they have right there on the front page made me realize... good old Abraham Lincoln was really a brilliant guy. At one point in his life, Abe said...

"We should be too big to take offense,
And too noble to give it."

So this now begs the question to me... when in my life of 22 years have I forgotten this fact? I am sure that it

has been many times, and for that, I now regret it. See, the way I look at this now, life is far too short to worry about taking or giving offense to anyone!

Rather, we need to focus on all the many ways in which people ROCK. The many ways in which we can spread a little LOVE and not so much hate. In my dictionary, hate is just another word for offense anyway.

So thank you, Abe Lincoln, for your words of wisdom. May they always be something that people even today try to remember and live by.



Abraham Lincoln courtesy
of: Google Image

As I have moved further in my education, it's become increasingly difficult to rationalize the world in which we live today. The selflessness of humanity has been temporarily lost in our ruthless pursuit of material happiness. I find myself drowning at times in this growing global crisis, but then a story like this comes along, and I believe there is hope once more.

Darlene Oshanski, 2003

"Much of life can never be explained but only witnessed."

NAIROBI (AFP) - A baby hippopotamus that survived the tsunami waves on the Kenyan coast has formed a strong bond with a giant male century-old tortoise, in an animal facility in the port city of Mombassa, officials said.

The hippopotamus, nicknamed Owen and weighing about 300 kilograms (650 pounds), was swept down Sabaki River into the Indian Ocean, then forced back to shore when tsunami waves struck the Kenyan coast on December 26, 2004 before wildlife rangers rescued him.

"It is incredible. A-less-than-a-year-old hippo has adopted a male tortoise, about a century old, and the tortoise seems to be very happy with being a 'mother'," ecologist Paula Kahumbu, who is in charge of Lafarge Park, told AFP.

"After it was swept and lost its mother, the hippo was traumatized. It had to look for something to be a surrogate mother. Fortunately, it landed on the tortoise and established a strong bond. They swim, eat and sleep together," the ecologist added. "The hippo follows the tortoise exactly the way it follows its mother. If somebody approaches the tortoise, the hippo becomes aggressive, as if protecting its biological mother," Kahumbu added.

"The hippo is a young baby, he was left at a very tender age and by nature, hippos are social animals that like to stay with their mothers for four years," he explained.

This is a real story that shows that our differences don't matter much when we need the comfort of another. We could all learn a lesson from these two creatures. Look beyond the differences and find a way to walk life's path together.



The tortoise and the hippo?

Having just recovered from Valentine's Day, I am Always reminded of one of my favourite articles of all time from a 2004 issue of The Economist. The fact that Science can reduce everything down to, well, a science, always brings a smile to my face!! Enjoy!

Submitted by Tiffany MacRae, TFHAP Administrative Assistant

The science of love

Feb 12th 2004

From *The Economist* print edition

Scientists are finding that, after all, love really is down to a chemical addiction between people



OVER the course of history it has been artists, poets and playwrights who have made the greatest progress in humanity's understanding of love. Romance has seemed as inexplicable as the beauty of a rainbow. But these days scientists are challenging that notion, and they have rather a lot to say about how and why people love each other.

Is this useful? The scientists think so. For a start, understanding the neurochemical pathways that regulate social attachments may help to deal with defects in people's ability to form relationships. All relationships, whether they are those of parents with their children, spouses with their partners, or workers with their colleagues, rely on an ability to create and maintain social ties. Defects can be disabling, and become apparent as disorders such as autism and schizophrenia—and, indeed, as the serious depression that can result from rejection in love. Re-

search is also shedding light on some of the more extreme forms of sexual behaviour. And, controversially, some utopian fringe groups see such work as the doorway to a future where love is guaranteed because it will be provided chemically, or even genetically engineered from conception.

The scientific tale of love begins innocently enough, with voles. The prairie vole is a sociable creature, one of the only 3% of mammal species that appear to form monogamous relationships. Mating between prairie voles is a tremendous 24-hour effort. After this, they bond for life. They prefer to spend time with each other, groom each other for hours on end and nest together. They avoid meeting other potential mates. The male becomes an aggressive guard of the female. And when their pups are born, they become affectionate and attentive parents. However, another vole, a close relative called the montane vole, has no interest in partnership beyond one-night-stand sex. What is intriguing is that these vast differences in behaviour are the result of a mere handful of genes. The two vole species are more than 99% alike, genetically.

Why do voles fall in love?

The details of what is going on—the vole story, as it were—is a fascinating one. When prairie voles have sex, two hormones called oxytocin and vasopressin are released. If the release of these hormones is blocked, prairie-voles' sex becomes a fleeting affair, like that normally enjoyed by their rakish montane cousins. Conversely, if prairie voles are given an injection of the hormones, but prevented from having sex, they will still form a preference for their chosen partner. In other words, researchers can make prairie voles fall in love—or whatever the vole equivalent of this is—with an injection.

A clue to what is happening—and how these results might bear on the human condition—was found when this magic juice was given to the montane vole: it made no difference. It turns out that the faithful prairie vole has receptors for oxytocin and vasopressin in

brain regions associated with reward and reinforcement, whereas the montane vole does not. The question is, do humans (another species in the 3% of allegedly monogamous mammals) have brains similar to prairie voles?

To answer that question you need to dig a little deeper. As Larry Young, a researcher into social attachment at Emory University, in Atlanta, Georgia, explains, the brain has a reward system designed to make voles (and people and other animals) do what they ought to. Without it, they might forget to eat, drink and have sex—with disastrous results. That animals continue to do these things is because they make them feel good. And they feel good because of the release of a chemical called dopamine into the brain. Sure enough, when a female prairie vole mates, there is a 50% increase in the level of dopamine in the reward centre of her brain.

Similarly, when a male rat has sex it feels good to him because of the dopamine. He learns that sex is enjoyable, and seeks out more of it based on how it happened the first time. But, in contrast to the prairie vole, at no time do rats learn to associate sex with a particular female. Rats are not monogamous.

This is where the vasopressin and oxytocin come in. They are involved in parts of the brain that help to pick out the salient features used to identify individuals. If the gene for oxytocin is knocked out of a mouse before birth, that mouse will become a social amnesiac and have no memory of the other mice it meets. The same is true if the vasopressin gene is knocked out.

The salient feature in this case is odour. Rats, mice and voles recognise each other by smell. Christie Fowler and her colleagues at Florida State University have found that exposure to the opposite sex generates new nerve cells in the brains of prairie voles—in particular in areas important to olfactory memory. Could it be that prairie voles form an olfactory “image” of their partners—the rodent equivalent of remembering a person-

ality—and this becomes linked with pleasure?

Dr Young and his colleagues suggest this idea in an article published last month in the *Journal of Comparative Neurology*. They argue that prairie voles become addicted to each other through a process of sexual imprinting mediated by odour. Furthermore, they suggest that the reward mechanism involved in this addiction has probably evolved in a similar way in other monogamous animals, humans included, to regulate pair-bonding in them as well.

You might as well face it...

Sex stimulates the release of vasopressin and oxytocin in people, as well as voles, though the role of these hormones in the human brain is not yet well understood. But while it is unlikely that people have a mental, smell-based map of their partners in the way that voles do, there are strong hints that the hormone pair have something to reveal about the nature of human love: among those of Man's fellow primates that have been studied, monogamous marmosets have higher levels of vasopressin bound in the reward centres of their brains than do non-monogamous rhesus macaques.

Other approaches are also shedding light on the question. In 2000, Andreas Bartels and Semir Zeki of University College, London, located the areas of the brain activated by romantic love. They took students who said they were madly in love, put them into a brain scanner, and looked at their patterns of brain activity.

The results were surprising. For a start, a relatively small area of the human brain is active in love, compared with that involved in, say, ordinary friendship. “It is fascinating to reflect”, the pair conclude, “that the face that launched a thousand ships should have done so through such a limited expanse of cortex.” The second surprise was that the brain areas active in love are different from the areas activated in other emotional

states, such as fear and anger. Parts of the brain that are love-bitten include the one responsible for gut feelings, and the ones which generate the euphoria induced by drugs such as cocaine. So the brains of people deeply in love do not look like those of people experiencing strong emotions, but instead like those of people snorting coke. Love, in other words, uses the neural mechanisms that are activated during the process of addiction. "We are literally addicted to love," Dr Young observes. Like the prairie voles.

It seems possible, then, that animals which form strong social bonds do so because of the location of their receptors for vasopressin and oxytocin. Evolution acts on the distribution of these receptors to generate social or non-social versions of a vole. The more receptors located in regions associated with reward, the more rewarding social interactions become. Social groups, and society itself, rely ultimately on these receptors. But for evolution to be able to act, there must be individual variation between mice, and between men. And this has interesting implications.

Last year, Steven Phelps, who works at Emory with Dr Young, found great diversity in the distribution of vasopressin receptors between individual prairie voles. He suggests that this variation contributes to individual differences in social behaviour—in other words, some voles will be more faithful than others. Meanwhile, Dr Young says that he and his colleagues have found a lot of variation in the vasopressin-receptor gene in humans. "We may be able to do things like look at their gene sequence, look at their promoter sequence, to genotype people and correlate that with their fidelity," he muses.

It has already proved possible to tinker with this genetic inheritance, with startling results. Scientists can increase the expression of the relevant receptors in prairie voles, and thus strengthen the animals' ability to attach to partners. And in 1999, Dr Young led a team that took the prairie-vole receptor gene and inserted it into an ordinary (and there-

fore promiscuous) mouse. The transgenic mouse thus created was much more sociable to its mate.

Love, love me do

Scanning the brains of people in love is also helping to refine science's grasp of love's various forms. Helen Fisher, a researcher at Rutgers University, and the author of a new book on love^{*}, suggests it comes in three flavours: lust, romantic love and long-term attachment. There is some overlap but, in essence, these are separate phenomena, with their own emotional and motivational systems, and accompanying chemicals.

These systems have evolved to enable, respectively, mating, pair-bonding and parenting.

Lust, of course, involves a craving for sex. Jim Pfaus, a psychologist at Concordia University, in Montreal, says the aftermath of lustful sex is similar to the state induced by taking opiates. A heady mix of chemical changes occurs, including increases in the levels of serotonin, oxytocin, vasopressin and endogenous opioids (the body's natural equivalent of heroin). "This may serve many functions, to relax the body, induce pleasure and satiety, and perhaps induce bonding to the very features that one has just experienced all this with", says Dr Pfaus.

Then there is attraction, or the state of being in love (what is sometimes known as romantic or obsessive love). This is a refinement of mere lust that allows people to home in on a particular mate. This state is characterised by feelings of exhilaration, and intrusive, obsessive thoughts about the object of one's affection. Some researchers suggest this mental state might share neurochemical characteristics with the manic phase of manic depression. Dr Fisher's work, however, suggests that the actual behavioural patterns of those in love—such as attempting to evoke reciprocal responses in one's loved one—resemble obsessive compulsive disorder (OCD).



That raises the question of whether it is possible to “treat” this romantic state clinically, as can be done with OCD. The parents of any love-besotted teenager might want to know the answer to that. Dr Fisher suggests it might, indeed, be possible to inhibit feelings of romantic

love, but only at its early stages. OCD is characterised by low levels of a chemical called serotonin. Drugs such as Prozac work by keeping serotonin hanging around in the brain for longer than normal, so they might stave off romantic feelings. (This also means that people taking anti-depressants may be jeopardising their ability to fall in love.) But once romantic love begins in earnest, it is one of the strongest drives on Earth. Dr Fisher says it seems to be more powerful than hunger. A little serotonin would be unlikely to stifle it.

Wonderful though it is, romantic love is unstable—not a good basis for child-rearing. But the final stage of love, long-term attachment, allows parents to co-operate in raising children. This state, says Dr Fisher, is characterised by feelings of calm, security, social comfort and emotional union.

Because they are independent, these three systems can work simultaneously—with dangerous results. As Dr Fisher explains, “you can feel deep attachment for a long-term spouse, while you feel romantic love for someone else, while you feel the sex drive in situations unrelated to either partner.” This independence means it is possible to love more than one person at a time, a situation that leads to jealousy, adultery and di-

vorce—though also to the possibilities of promiscuity and polygamy, with the likelihood of extra children, and thus a bigger stake in the genetic future, that those behaviours bring. As Dr Fisher observes, “We were not built to be happy but to reproduce.”

The stages of love vary somewhat between the sexes. Lust, for example, is aroused more easily in men by visual stimuli than is the case for women. This is probably why visual pornography is more popular with men. And although both men and women express romantic love with the same intensity, and are attracted to partners who are dependable, kind, healthy, smart and educated, there are some notable differences in their choices. Men are more attracted to youth and beauty, while women are more attracted to money, education and position. When an older, ugly man is seen walking down the road arm-in-arm with a young and beautiful woman, most people assume the man is rich or powerful.

These foolish things

Of course, love is about more than just genes. Cultural and social factors, and learning, play big roles. Who and how a person has loved in the past are important determinants of his (or her) capacity to fall in love at any given moment in the future. This is because animals—people included—learn from their sexual and social experiences. Arousal comes naturally. But long-term success in mating requires a change from being naive about this state to knowing the precise factors that lead from arousal to the rewards of sex, love and attachment. For some humans, this may involve flowers, chocolate and sweet words. But these things are learnt.

If humans become conditioned by their experiences, this may be the reason why some people tend to date the same “type” of partner over and over again. Researchers think humans develop a “love map” as they grow up—a blueprint that contains the many things that they have learnt are attractive. This inner scorecard is something that

people use to rate the suitability of mates. Yet the idea that humans are actually born with a particular type of “soul mate” wired into their desires is wrong. Research on the choices of partner made by identical twins suggests that the development of love maps takes time, and has a strong random component.

Work on rats is leading researchers such as Dr Pfau to wonder whether the template of features found attractive by an individual is formed during a critical period of sexual-behaviour development. He says that even in animals that are not supposed to pair-bond, such as rats, these features may get fixed with the experience of sexual reward. Rats can be conditioned to prefer particular types of partner—for example by pairing sexual reward with some kind of cue, such as lemon-scented members of the opposite sex. This work may help the understanding of unusual sexual preferences. Human fetishes, for example, develop early, and are almost impossible to change. The fetishist connects objects such as feet, shoes, stuffed toys and even balloons, that have a visual association with childhood sexual experiences, to sexual gratification.

So love, in all its glory, is just, it seems, a chemical state with genetic roots and environmental influences. But all this work leads to other questions. If scientists can make a more sociable mouse, might it be possible to create a more sociable human? And what about a more loving one? A few people even think that “paradise-engineering”, dedicated to abolishing the “biological substrates of human suffering”, is rather a good idea.

As time goes by

Progress in predicting the outcome of relationships, and information about the genetic roots of fidelity, might also make proposing marriage more like a job application—with associated medical, genetic and psychological checks. If it were reliable enough, would insurers cover you for divorce? And as brain scanners become cheaper and more widely

available, they might go from being research tools to something that anyone could use to find out how well they were loved. Will the future bring answers to questions such as: Does your partner *really* love you? Is your husband lusting after the au pair?

And then there are drugs. Despite Dr Fisher's reservations, might they also help people to fall in love, or perhaps fix broken relationships? Probably not. Dr Pfau says that drugs may enhance portions of the “love experience” but fall short of doing the whole job because of their specificity. And if a couple fall out of love, drugs are unlikely to help either. Dr Fisher does not believe that the brain could overlook distaste for someone—even if a couple in trouble could inject themselves with huge amounts of dopamine.

However, she does think that administering serotonin can help someone get over a bad love affair faster. She also suggests it is possible to trick the brain into feeling romantic love in a long-term relationship by doing novel things with your partner. Any arousing activity drives up the level of dopamine and can therefore trigger feelings of romance as a side effect. This is why holidays can rekindle passion. Romantics, of course, have always known that love is a special sort of chemistry. Scientists are now beginning to show how true this is.



“Do not regret the things you’ve done but those that you have not attempted”

Submitted by: Kristen Barnes, 2006

I once heard a quote from a television show and I never forgot it. “Do not regret the things you’ve done but those you have not attempted”. This quote relates to many others in the sense that you should never hesitate to try anything new, because you never know the success you can make or inspiration you can derive from it.

In the fall of my grade 9 year, I was looking to get involved. I am not too much of an athlete; however I was looking for something I could join and something I could work for. Someone I knew had suggested to me that I should try our High School wrestling team. I have to admit I was very sceptical of the thought at first, but after a bit of coaxing I gave in and went to the first practice to check it out. The coach and the team were very welcoming, and open to a new member, as I only brought the number of wrestlers up to eight. I was paired with a third year veteran to learn some technique and at the end of the practice she said. I know that if you stick with this at the end of the year, you will have a gold medal. Again, I was sceptical, I didn’t know anything about the sport, wasn’t even sure if it was something I wanted to do and the only thing I had going for me was my strength. I returned home and reported to my parents my new interest and even they were unsure of my new ambition.

Through the next month of practices I improved and learned a lot. I began noticing a big difference in my life, found my motivation to be high and my determination solid. At my first tournament I returned with silver and the rest of the year I earned Gold, including provincials! I couldn’t believe it. It was just surreal that something I had before criticized ended up giving me so much. I attained confidence, motivation, endurance and success. I continued the wrestling through grade 12 and of the 3 ½ years that I participated I earned the title of provincial champion 3 times. Besides this, I overcame obstacles that had stood in my way for so long. I had been battling with my weight for a long time, and through the years I lost over sixty pounds. I was even able to prove to myself I was able to overcome that obstacle when I was put in the position of having to lose 17 pounds in 9 days in order to make a weight class.

Finally, it had been so important to me to prove to others that I could succeed in an aspect of my life without allowing my visual impairment to interfere. So despite the accommodations I could have forced upon my opponents to give me the advantage, I instead refused them and accepted the challenge and found that I was as capable as anyone else at succeeding.

Through my life, I have found that you never really know unless you try. I agree with Wayne Gretzky in saying that “you miss 100% of the shots you don’t take.” I can vouch for the fact that anything is worth trying. Had I never taken a risk and allowed my self a challenge, I would not be where, or who I am today.

This is a message everyone should know: to not regret the things you’ve done but those you have not attempted.

20 Internship Do's and Don'ts

Submitted by: Cynthia Ene, 2003

1. **Do** try to obtain at least one internship during your years at University. And **do** try to get multiple internships.

2. **Do** set specific goals for yourself, plan ahead of time. Know what you want to accomplish with each internship.

Personally, I find the following questions help me in my job searches:

- *What are your specific career interests? Try to pick industries that share your same goals and passions. **As a volunteer you probably love working with people and helping people, let that be a starting guide. Don't compromise your values for the sake of just getting a job.***
- *Where do you see yourself in the future? You can call people already working in those fields for “informational interviews” just to ask them about their job, how they like it, what a typical day on the job is like. At the end of it all you'll probably be able to gain a mentor!*
- *Why do you want an internship -- and what do you hope to gain from it?*

3. **Don't** expect all internships to be paid. We wish they all were, but many are not. And **do** at least consider accepting both paid and non-paid internships; some of the best internships may not be paid.

4. **Do** expect to be treated professionally. And **do** act professionally at all times.
5. **Don't** expect internships to just be handed to you; internships must be earned, as with any job.
6. **Do** utilize your network of family and friends to the fullest to get leads on internships. **Network, network, network!**
7. **Do** try and schedule regular meetings with your internship supervisor (for constructive feedback on your accomplishments).
8. **Don't** pass up opportunities to have experiences beyond the regular scope of the internship that lead to chances to learn more about the company or industry.
9. **Do** get as much exposure throughout the internship organization as possible.
10. **Don't** be afraid to ask questions. And **do** be open to learning new skills and methodologies.
11. **Do** find a mentor within the organization, whether it's your internship supervisor or some other manager.
12. **Do** make sure you leave your internship with new skills, a better understanding of your field, and tangible accomplishments.
13. **Do** take advantage of job and career fairs to scout possible internship opportunities.
14. **Don't** forget to take advantage of the career services office at your university -- they typically have leads to numerous internship opportunities.
15. **Do** be sure you have a dynamic cover letter, a superior resume, and polished interviewing techniques.
16. **Do** send thank you letters to all people who interview you -- and all the people who help you find an internship.
17. **Don't** ever give up in your internship quest. And **do** exhaust all possible internship leads.
18. **Don't** burn any bridges -- even if your internship was not the best.
19. **Do** keep in touch with key coworkers from your in-

ternships -- and do cultivate them to become part of the network you developed during your internship.

20. Lastly and **MOST importantly, DO enjoy your internship!!!** Learn from your mistakes and make sure you leave your colleagues with a good impression of you. As a humanitarian and as an ambassador of good will it's important you **let your BIG HEART shine through!**

Some Sound Advice by Kayla Atkey, 2006

After the Christmas holidays I couldn't seem to get back into a second semester routine. I had just gotten my wisdom teeth taken out the first week of school and was out of commission for a while. Right when I got better it seemed that school had already taken off and I found myself feeling really behind. In order to center myself again I decided to come up with a list of things from the first semester that I had learnt from university about maintaining balance and generally getting the most out of my university experience. Some of these things I have been successful with but there is definitely room for improvement. I remember hearing about a woman on a talk show who had written her obituary when she was 30 and it included everything she wanted to accomplish in her life. I thought the idea was slightly odd but definitely interesting. Maybe by having something in writing, something tangible, your thoughts are better able to translate into actions.

So here is a list of thoughts that I am going to use when I feel unbalanced or unfocused. Hopefully some of you can relate and I definitely encourage you all to make your own list!

List continued on next page...

Good Advice

Sound Advice by Kayla Atkey con't...

- √ Be spontaneous – you don't have to be by the book everyday. It might make you more balanced than you think.
- √ Walk outside between classes. The vitamin D and fresh air is good for you.
- √ You don't really need to study on the bus to school. Read a good book, listen to music, or just think.
- √ Be honest if you can't do something or would rather not. People don't mind a straight up answer. Just make sure you give them enough notice.
- √ Study with your friends but get into the habit of actually studying! New perceptions and open dialogue make learning so much more fun.
- √ Limit your time on facebook and the internet in general...and if you don't know what facebook is, I applaud you!
- √ Try to enjoy your lectures and understand the concepts. Do the readings beforehand! If you don't like the material, ask yourself why. It just might tell you important things about yourself and what you should be doing in the future.
- √ Talk to strangers in your classes and smile at everyone. University is so much fun when you know a lot of people.
- √ Make an effort to get to know your professors and also graduate students. They are a wealth of knowledge and are usually more than happy to share.
- √ When you're doing something, do it with your total focus. This just might be the key to getting all you want accomplished and more.
- √ Don't set your alarm at 5:30 am to study when your class starts at 11:00 am. Especially when you know your going to hit the snooze button three times. Just set it for 6:30 am, you'll get more sleep and be more alert as a result.
- √ Take on things you are passionate about and only take on as much as you, as an individual, can handle. Do your best with all that you take on.
- √ Prioritize and get the pressing things done first.
- √ Keep in touch with friends from high school or at least the ones you've made from first semester if you've gone away for school. Having history with people can remind yourself of who you are, if you might have momentarily forgotten.
- √ Finish what you start...you can start 100 things but it's what you finish that really counts.



Eating Healthy

Submitted by Kathleen Courtney, 2006

Ability to balance quality, fresh foods within a budget is a good skill for anyone to have. There are ways to keep your food costs down and your quality high. You can do this by buying foods from markets, or participating in a food co-op.

A simple and positive initiative found across most of Canada is the Good Food Box (GFB) program. The program is carried out by volunteer based organizations that work to bring fruits and vegetables to lots of neighbourhood sites all over the country, all at affordable prices. Once or twice a month, participants have an opportunity to buy different sizes of boxes, between \$10 and \$30, depending on the city. Volunteers at designated neighbourhood sites collect money for the boxes in advance. Advance payment allows volunteers to make deals with farmers and keep the prices down. Boxes are then dropped off at the neighbourhood sites one to two weeks later. The contents of the box depend on what is in season, what is reasonable, and what is good!

The GFB program makes healthy local food more accessible at affordable prices. Volunteers work directly with local farmers which help reduce the amount of damaging truck-imports, while supporting local industry. The GFB is open to anyone regardless income level; it gets communities working together and has benefits for everyone.

Interested searchers can check out Good Food Box Networks at www.foodshare.net, to see what areas have GFB programs running (please note that not all sites are listed!) or to find out

how to start a new one. The program will only get better if more people get into it!



The Two Glasses

Submitted by Shawna Stone, 2006

I wanted to share this poem because I think it reminds us that we have two choices in life; we can be water or we can be wine, and each is within our grasp. It is up to us to make the right decision. Congratulations to all of my fellow Terry Fox scholars for being prime water glasses, and thank you for sharing your stories in this newsletter; many of you have touched, humbled, and inspired me (sometimes all within the same article!) through your courage and your desire to make a difference in the lives of others. You are all amazing human beings who motivate me to become a better person, and I sincerely hope I have the opportunity to meet you all someday. Have a good Spring Break!

There sat two glasses filled to the brim,
On a rich man's table, rim to rim;
One was ruddy and red as blood,
And one as clear as the crystal flood.

Said the glass of wine to the paler brother:
"Let us tell the tales of the past to each other;
I can tell of banquet and revel and mirth,
And the proudest and grandest souls on earth
Fell under my touch as though struck by blight,
Where I was king, for I ruled in might;
From the heads of kings I have torn the crown,
From the heights of fame I have hurled men down:
I have blasted many an honoured name;
I have taken virtue and given shame;
I have tempted the youth with a sip, a taste,
That has made his future a barren waste.
Greater, far greater than king am I,
Or than any army beneath the sky.
I have made the arm of the driver fail,
And sent the train from the iron rail;
I have made good ships go down at sea,
And the shrieks of the lost were sweet to me,
For they said, 'Behold how great you be!
Fame, strength, wealth, genius before you fall,
For your might and power are over all.'
Ho! ho! pale brother," laughed the wine,
"Can you boast of deeds as great as mine?"

Said the water glass: "I cannot boast
Of a king dethroned or a murdered host;
But I can tell of a heart once sad,
By my crystal drops made light and glad;
Of thirsts I've quenched, of brows I've laved,
Of hands I have cooled, and souls I have saved;
I have leaped through the valley, dashed down the
mountain,
Flowed in the river and played in the fountain,
Slept in the sunshine and dropped from the sky,
And everywhere gladdened the landscape and eye.
I have eased the hot forehead of fever and pain;
I have made the parched meadows grow fertile with

grain;
I can tell of the powerful wheel of the mill,
That ground out the flour and turned at my will.
I can tell of manhood debased by you,
That I have lifted and crowned anew.
I cheer, I help, I strengthen and aid;
I gladden the heart of man and maid;
I set the chained wine-captive free;
And all are better for knowing me."

These are the tales they told each other,
The glass of wine and the paler brother,
As they sat together filled to the brim,
On the rich man's table, rim to rim.



A New View on Life:

Submitted by: Kaeleigh Barney, 2006

Since my diagnosis with Ewing Sarcoma (stage 3), a form of childhood bone cancer, my perspective on life has drastically changed. During the 2 years that I spent in the hospital receiving treatments for my cancer, I realized my dream. My dream is to become a pediatric nurse and work in oncology with children fighting cancer. However, when I was feeling low, or was in a lot of pain, this poem helped me to realize that my dream will come true.



This poem inspired me during the biggest fight of my life. This poem inspired me to help others who are also fighting cancer. Today, I happily volunteer for various organizations that support children with cancer and their families. These include Camp Trillium, Child Can, Art Therapy and Child Life. I support children and their families who are fighting cancer and I give them the hope that they need to fight, or continue to fight, long after the battle has ended.

I HAVE CANCER...

I have cancer but cancer does not have me.
 Cancer is not who I am.
 It's only a bend in the road that is my life's journey...
 An unexpected detour on my path.
 It is a lesson in the cosmic schoolroom that is human existence.
 So I will pause to rest and heal
 And study the lesson
 Before I move on to my life beyond cancer.
 I will not give in to fear,
 And I will not be discouraged by setbacks.
 Setbacks are only opportunities to review the lesson.
 I will not be ashamed of my scars.
 My scars are brushstrokes in the masterpiece that is my life.
 I will be thankful for the many blessings that cancer has brought into my life:
 People I never would have known,
 Love that I had never been still or quiet enough to witness,
 Humility I needed,
 Strength I thought I had lost,
 Courage I never knew I had.
 I will remember that I can still have fun
 And that it's okay – even healthy to be silly.
 I will remember that to find the joy in rainbows
 I must endure the rain.
 And I will remember always that
 While I may have cancer
 Cancer does not have me.



Caesar Salad

Submitted by
Christopher Beausoleil, 2006

One of my favourite dishes is Caesar Salad. When I was younger after a good hockey or soccer game out of town, if we stopped at a sit-in restaurant like Pizza Hut, I would never order the pizza. I would always order their Caesar Salad. Most of my friends would laugh and ask, "Why order Caesar Salad?" But I kept ordering it every time, at any restaurant, so my friends got used to it. But my ultimate favourite Caesar Salad is one that has been made with a dressing recipe that has been passed down through three generations of my family. Whenever we have it, I take an extra helping so I can savour the taste it brings to my mouth.



Dressing:

2 cloves of garlic – peel; crush one, rub other all over a wooden bowl
(you could use more if you like heavy garlic)
½ cup olive oil
1 teaspoon salt
½ teaspoon dry mustard
fresh ground black pepper
1 1/2 teaspoons Worcestershire sauce
1 coddled egg
juice of 1 lemon
1/2 cup of parmesan cheese
2 oz. anchovies (optional)

To coddle an egg, you place an egg (with its shell on) in a 2 cup measuring container (or any container close to that size). Pour boiling water over the egg until the container is full and let the egg stand in the hot water for 2 minutes. Coddling the egg creates a rich, creamy yolk that is much more flavorful than a raw yolk would be.

This dressing will keep in the fridge for a few weeks, so you can use it as needed to prepare many Caesar Salads.

Salad:

romaine lettuce
croutons
dressing (above) – amount depends on how heavy you like your salad dressed
optional: real bacon bits
freshly grated parmesan cheese
lemon zest (grated from the yellow rind on the outside of the lemon)
sliced, cooked chicken

Double Chocolate Girl Guide Brownies

Submitted by Michelle Leong

For this issue of the Golden Thread, I'd like to share with you a *Double-Chocolate-Girl-Guide-Brownie* recipe. I learned about this recipe through my current volunteer efforts with the Girl Guides of Canada Brownie's Program; hence the name, and the Chocolate Girl Guide Cookies as an essential ingredient. It's a delicious snack and a wonderful re-energizer!

Ingredients

- 4 squares semi-sweet chocolate
- 1 cup butter (divided)
- 1 and 1/2 cups granulated sugar
- 3 eggs
- 1 package of Chocolate Girl Guide Cookies (crushed)
- 1 cup all purpose flour
- 1 cup white and/or semi sweet chocolate chips
- 1 cup multi-coloured milk chocolate candies

Method

- Melt chocolate and 1/4 cup butter.
- Gradually beat in sugar and remaining butter.
- Add eggs one at a time beating until well combined.
- Stir in crushed Chocolate Girl Guide cookies and flour.
- Spread into a greased 9 x 13-inch pan.
- Sprinkle chocolate chips and candies over top and press lightly into batter.
- Bake in 350°F (180°C) oven for 35-40 minutes.
- Cut when cool.

Enjoy!



Homemade Ice Cream

Submitted by Margot Catizzone

My housemates and I were craving some ice cream with outrageous toppings after we saw someone with some Marble Slab. Naturally, we didn't have the cash to go splurge. So instead we made it like we used to for fun as kids and it was tastier than we remembered! It takes about 20 minutes once you have everything.

Ingredients you need:

- ½ cup **sugar**
 - 1 cup **milk**
 - 2 beaten **eggs**
 - 2 tsp **vanilla** extract
 - 2 cups chilled **cream** (10 or 18%)
- toppings** : anything scrumptious (ie. white and dark chocolate chunks, crushed chocolate bars, cookie dough)

Heat sugar and milk on double boiler until hot. (If double boiler not available, can use a normal pot but must stir constantly). Stir in eggs. Cook the mixture until it thickens enough to coat the spoon. Let the mixture cool to room temperature. When the mixture has cooled, stir in the vanilla, and cream. Toppings come later!

Pour a cup of the ice cream mixture into a sturdy plastic zip-lock bag and seal. Fill a larger (food storage size) zip-lock bag about one third full of ice cubes. Add a cup of salt. Now drop sealed ice cream mix bag in to ice bag.

Squish the sealed little bag around in the salt and ice, making sure that the ice contacts the little bag as much as possible, and that you frequently knead the little bag so the ice cream is smooth.

*NOTE: add the toppings in once the ice creams feels like a paste but before it is too hard.

The entire kneading process takes about 10 minutes...stop when it's the consistency you like.

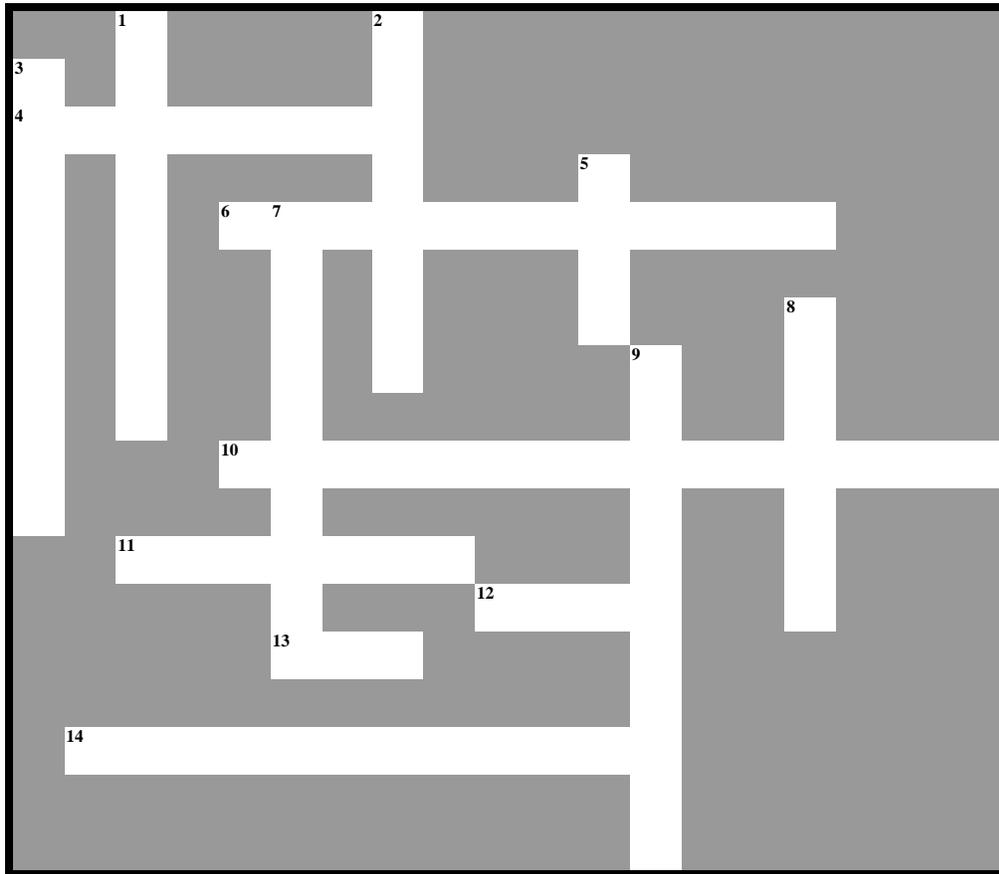
You can let the ice cream sit alone in the ice for a while after if you like harder ice cream.

Then all that's left is to eat!

(you can experiment with the base flavour by melting chocolate in or even simply freezing flavoured yogurt)

Terry Fox Crossword Puzzle

By Meena Assad



ACROSS

- 4. Terry Fox started "The _____ of Hope"
- 6. The bone cancer that Terry had
- 10. Terry's birthplace
- 11. Terry _____ Fox
- 12. In 1999, Terry Fox was voted "Canada's Greatest _____"
- 13. Number of provinces that Terry ran through
- 14. Terry's _____ caused him to try over and over

DOWN

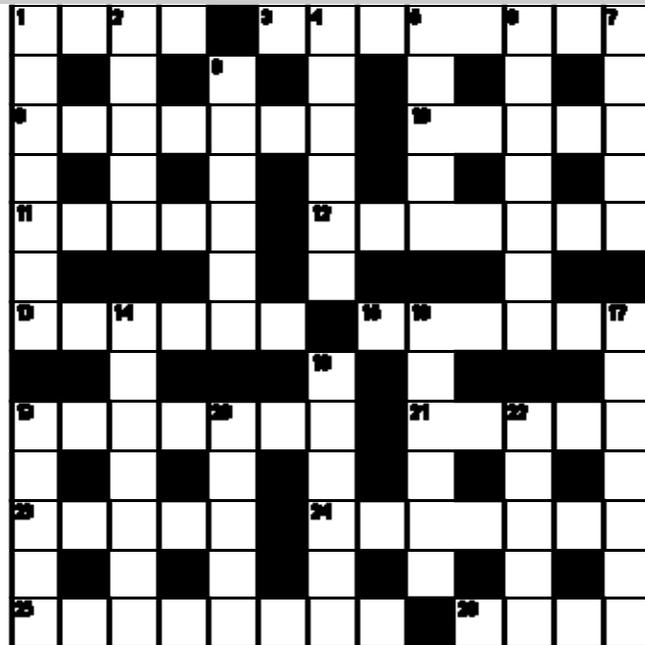
- 1. The average speed Terry ran a day
- 2. Terry was born in this city
- 3. Terry got this treatment for his leg
- 5. Terry's older brother
- 7. The Marathon of Hope started in this city
- 8. Terry won "_____ of the Year Award" in grade twelve
- 9. Arguing increased Terry's _____

- | | |
|--|---|
| Across 4) Marathon 6) Osteosarcoma 10) Winnipeg 11) Stanley 12) Hero 13) Six 14) Perseverance | Down 1) forty-two 2) Port Coquitlam 3) amputation 5) Fred 7) St. John's 8) Athlete 9) Stubbornness |
|--|---|

True or False Crossword

Submitted by: Omobolanle Famuyide

In this crossword there are two clues for each word. Can you work out which is true and which is false?



Across

1. Type of metal / Type of wood (4)
3. Unmarried man / Unmarried woman (8)
9. Dried plums / Dried grapes (7)
10. Type of bird / Type of insect (5)
11. Male relative / Female relative (5)
12. Raise / Lower (7)
13. Strong / Weak (6)
15. Complied / Refused (6)
19. Type of boat / Type of flag (7)
21. Stringed instrument / Woodwind instrument (5)
23. Young men / Young women (5)
24. Concentrated / Watered down (7)
25. Problem / Result (8)
26. Wet / Dry (4)

Down

1. Fruit / Vegetable (7)
2. Worldly / Callow (5)
4. Ask / Reply (6)
5. Animal / Fish (5)
6. Place where books are kept / Place where bees are kept (7)
7. Mountain chain / River valley (5)
8. Type of bird / Type of mammal (6)
14. Bicycle part / Plant part (7)
16. Enlighten / Bewilder (6)
17. Feared / Looked forward to (7)
18. Artist's workroom / Banquet hall (6)
19. Parts of a book / Parts of a clock (5)
20. Valuable item / Worthless item (5)

Where are they now?

John Rocha, Vancouver BC

Presently on the TFHAP Board of Directors, John Rocha is the former President of the Vancouver Whitecaps Football Team and is presently running a successful consulting firm.

Erin Singer, Westmount QC

Erin is currently reporting for CTV News also wrote the Quebec Bar Exam in August 2006

Cheryl Porter, Edmonton AB

Cheryl has her BSC in Molecular Biology & Neuroscience and is currently studying at the University of Alberta towards a Master's Degree in Neuroscience.

Martina Trinkaus, Toronto ON

Martina has her MD from the University of Toronto and will begin a hematology Fellowship at U of T in July of 2007

Mateya Trinkaus, Toronto ON

Mateya has her MD from the U of T and has been accepted into the Medical Oncology Program at the U of T

Aaron Marsaw, Ottawa ON

In November 2006, Aaron moved from Indian and Northern Affairs to Citizenship and Immigration Canada where he offers legal services.

Have you heard from these TFHAP Alumni?

Donna Cameron
 Ronald Crawford
 Sigurd De Brujin
 Karin Derouaux
 John Diakogeorgiou
 Marie Claude Dion
 Claire B. Doucet
 Martin Douchaine
 Gaylene Dueck
 Maude Dupuis

Karyn Engler
 Christine Faust
 Robert Fenton
 Jude Fernandes
 Mark Flynn
 Nancy Ganovsky
 Daniel Gregoire
 Tina Groves
 Mark Hagan
 Laura Hawkins
 Michael Hayden
 John Herbert



Please remember
 that we
 love hearing
 from our
 Alumni...