

the  
**GOLDEN THREAD**  
le  
**FIL D'OR**



The Terry Fox Humanitarian Award Program newsletter  
Le journal du Programme du Prix Humanitaire Terry Fox

**Summer | 2007**

2007 Recipients!

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The Fight Against  
Global Warming  
By Benjamin Gilbert

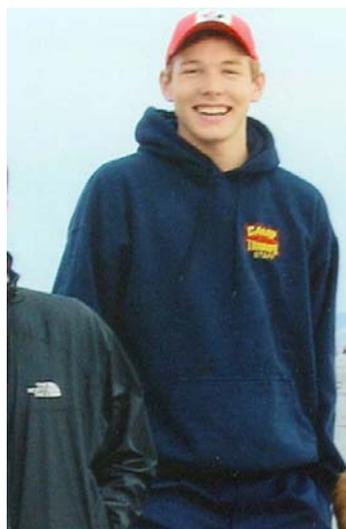
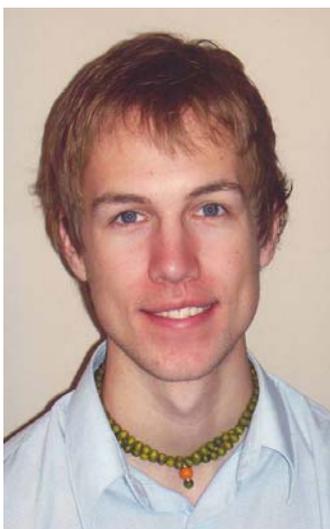
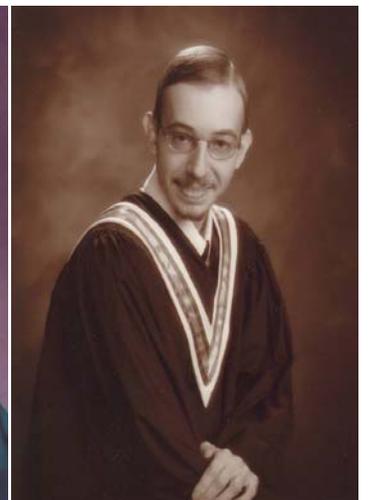
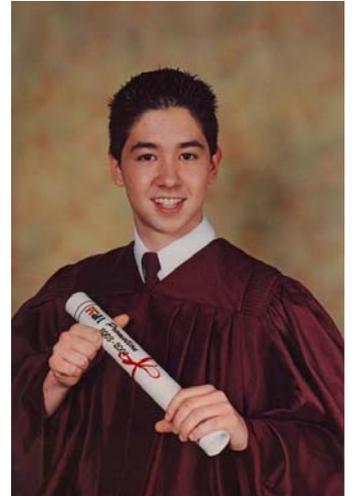
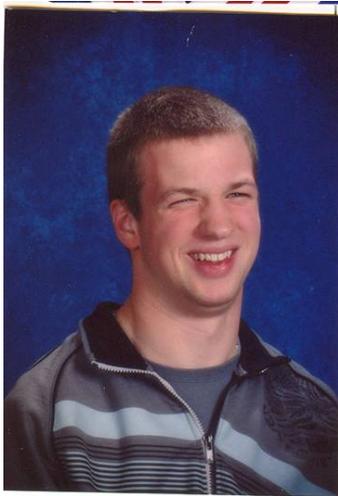
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Our Body  
By Katie Lefevre

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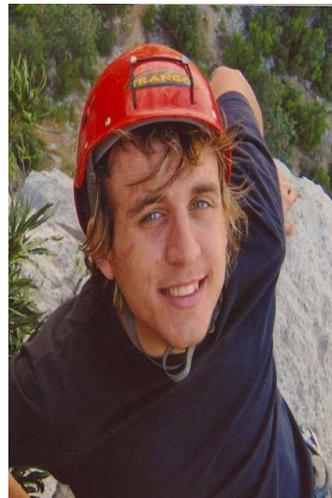
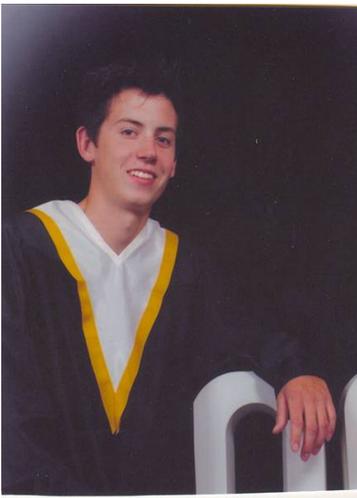
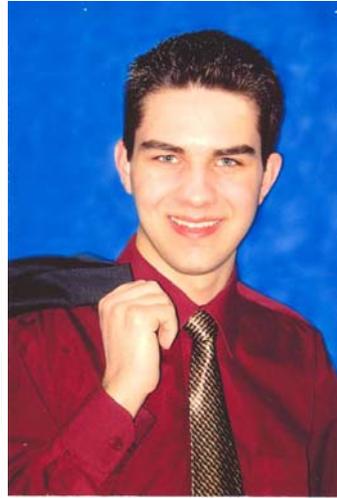
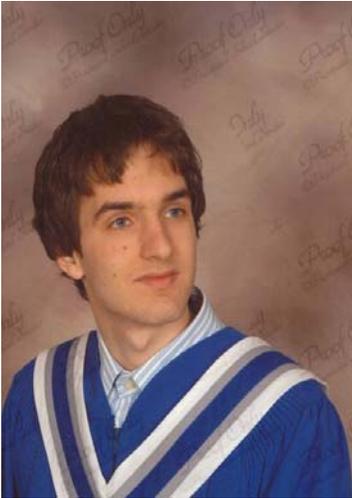


# Congratulations to this year's recipients!



From left: Adam Bishop, Jessica Benjamin, Remzi Cej, Matthew Cheng, Roisin Hartnett, Jacqueline Holding, Tara-Anne Holland, Michael Kuijpers, Steven Roy, Matthew Sheriko, Jennell Shervan, Katlyn Smith

Congratulations to this year's recipients!



From left: Adam Legge, Sarah Craik, Matthew Dyck, Elsie Eyking, Brent Milljour, Laurence-Olivier Neron, Sara Olesiak, Michael Opatowski, Elizabeth Von Rosenbach, Carie Wik

## Joanne and I

By Kathleen Gaudet

When I was sixteen years old, I left Canada and spent a year attending an international school in Italy. While it was one of the best years of my life, in many ways it was also the worst- while there I had to deal with health issues that worsened as the months passed. That said, due to my experiences abroad I feel that I am in a special position to understand and help English as a Second Language students at the University of Victoria. Even though they face different problems than I did, many of the basic issues, such as homesickness and the presence of a language barrier, remain the same.

I started working with Joanne, an exchange student from Hong Kong, in September 2006, when we were matched up as part of UVic's Buddies program. We met for the first time at a coffee shop on campus, and before long we were spending a significant amount of time together. When she mentioned that she wasn't getting any exercise I suggested that we start going for walks, and within a couple of weeks we had worked our way up to a jog and, later, sessions at the gym. Little by little Joanne revealed the extent of her homesickness to me. She had found it difficult to make friends, and she spent most of her evenings by herself or with her homestay mother. In Hong Kong, she explained, she was always very social, but in Canada things were different for her. She felt that people judged her because her English wasn't very good, and she lacked the

confidence to strike up a conversation with classmates or to join a club. I suggested that we attend some of the Buddies social events, and by November Joanne had formed some solid friendships.



One of the most important lessons I have learned from my work with ESL students is that you need to take the time to get to know others before judging them...

One of the most important lessons I have learned from my work with ESL students is that you need to take the



time to get to know others before judging them, because there may be circumstances that lead them to behave in ways that they normally would not. If I hadn't spent so much time with Joanne I would have thought that she was naturally shy, but now I know that nothing could be further from the truth! As I continue working with ESL students, I plan on keeping an open mind and an open heart.

# Our Body

By Katie Lefevre



A body. What is our body? Can we even call it “our body” or is it *the* body? What is the connection between *our* identity and the body that allows such an identity to manifest a physical existence? Questions like these have been perplexing me ever since I underwent and have overcome an obstacle pertaining to my body. However, in actuality it pertained to so much more than that, which is exactly what has offered itself to me as an answer to these puzzling questions.

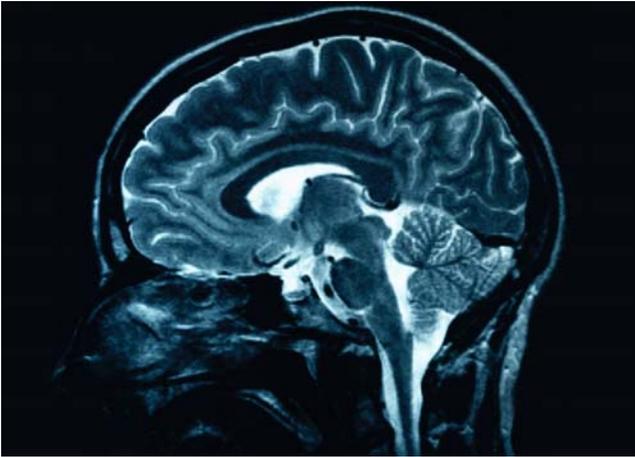
In Western society, there is a strictly accepted view of what a beautiful body is. It must be young, “toned” or “muscular”, tanned or blemish free, and most of all, able. When I tore my ACL and meniscus after a month of arriving at a university, I certainly felt those societal pressures. I most certainly felt self-conscious in a way that I have never before. I felt self-conscious of my slow paced crutching to class; self-conscious of not being able to get food for myself; self-conscious of the looks from others, bearing an expression of anything from pity to disgust to curiosity.

However, like when most obstacles (be they external or internal, or a combination of both) land their way in our path, we develop, innovate, and evolve our path. We create a means to integrate the obstacle into who we are, no longer making it an obstacle, but another one of the many things in life that go into

nurturing the growth of our individuality.

I feel this obstacle did that for me as I am sure many of the challenges that you yourselves have faced have done for each of you. I changed my self-consciousness about not being “able” and that self-consciousness therefore also changed me. I felt like I began to see the world from a different perspective which allowed me to not feel any shame towards how my body was, is, and will be. I began to see that I am in fact so much more able than I think I am in that I have a *choice* to either accept or reject who I am; and yes, my body is most certainly who I am. Of course there’s more to a person than just a body, but it still doesn’t make it “just” a body. Our bodies should not be appreciated merely as instruments, but instead as having an intrinsic value because they are interwoven into all those nonphysical aspects of whom we are (mind, emotions etc...). That is to say, our bodies are valuable in themselves because they cannot be separated from who we are.

Therefore, we must *choose to accept* who we are, which includes accepting exactly how our bodies are the way that they are as it is. That’s not to say one mustn’t ever work at our bodies or undergo rehabilitation as I did. Of course doing that is a positive thing. However, it is truly only positive if it’s done out of appreciation and respect for one’s body as an integral part of who each of us is rather than out of loathe or self-consciousness.



“...it was that intrinsic appreciation and respect for my body, regardless of what it was instrumentally able to do, that allowed me to overcome the obstacle that I encountered.”

For me, it was that intrinsic appreciation and respect for my body, regardless of what it was instrumentally able to do, that allowed me to overcome the obstacle that I encountered. It was an internal change of perspective that allowed me to integrate the obstacle into who I am in life and no longer view my injury as a negative thing; no longer view it as an “obstacle”. My injury is one of the best things that ever happened to me. It provided me not only with answers to questions asking what the connection between our identities and our bodies are, but in seeing that those things are deeply entrenched within one another, it further provided me with such a deeper insight into who I am, and who humans as a whole are. We are creatures that have more ability that we are even aware of when we ironically enough see that our physical attributes are a part of who we are. Ironic because one would at first think that would limit us because the physical appears to be so much more limited than the non-physical. However, this awareness of how close we are to our bodies allows us to truly love our bodies for what they are and just in having that realization of the genuine value

of them, we can see how much agency we have in changing our perspectives. Going from resenting my



injured body to accepting it was a change of perspective that showed me just how “able” I am in my life, and that essentially all of us are if we let ourselves be.



# The Fight Against Global Warming

By Benjamin Gilbert



Joe and Sara Milloy both woke up at six on a Thursday morning to make a big breakfast for their two children, Matthew and Brittany. The house was a bit chilly so Joe cranked up the temperature from 14 degrees to 20 degrees. Seven year old Matthew and six years old Brittany woke up at seven to the delicious aroma of bacon, hash browns, and scrambled eggs. As they entered the kitchen, Joe was hurrying to the bathroom for his shower. Sara was making sure the children got enough food and was eating her own breakfast. Twenty minutes later, Joe re-entered the kitchen and saw that the oven hadn't been turned off. "Oops, we forgot to turn off the oven."

"Silly us. Can you please go out and turn on the van for me?" Sara asked. Joe then went out and turned on the van so it could be warm for Sara to drive the kids to school before heading to work. Joe also idled his car.

Ten minutes later, at eight, all four members of the Milloy family were off to start their day.

At 4:30 that evening, Sara and the kids returned to their house. "Wow, it's warm here!" observed Matthew.

Sara then remembered that nobody turned off the heat when they left. "Oh right, we didn't turn off the heat when we left. Oh well, we'll all be nice and cozy!"

At eleven that night, long after Matthew and Brittany went to bed, Joe fi-

nally turned off the heat. Five minutes later, Sara entered their bedroom and said "Did you know that except the kid's bedroom, every room had the lights on?"

The family you just read about in this short story is fiction. If you read carefully, you will have noticed a few things that the family did that have a great impact on the environment; idling cars, using heat, not turning off lights and more.

The Milloy family as I mentioned is fiction, but the examples are true. I'm almost sure that every family today, mine included, are damaging the environment in at least one of these ways. I realize that it's difficult to stop what we're doing today because we all like warm houses, cars; anything to make ourselves comfortable. Global warming is a very serious topic. Practically every-day, I see at least one article related to global warming in the newspaper. If you stop and take a look around you, you probably won't notice the impact of global warming, but it has already begun its assault on the Earth. Icecaps and glaciers are melting at a rapid pace, eco-systems are collapsing, and temperatures are rising every year. The damage is irreversible, and if we want to stop the trend, then everyone will have to change their lifestyle to some degree.

Obviously, convincing everyone to change is difficult, however we must start putting in a better effort to decelerate global warming. After all, it wouldn't kill us to drive around in a cold car for five minutes or take a ten minutes walk to the store rather than drive. Lowering our household temperature, turning off lights when not in use, and being cognizant of electrical appliance usage are simple, yet undoubtedly worthwhile ways of reducing power consumption, thus helping in the fight against global warming.

## Those Who Inspire Us— Luminaries @ X

**By Colin Matheson**

Near the end of March, several friends from my residence and I participated in the annual Canadian Cancer Society Run for the Cure at St. Francis Xavier University in Antigonish, NS. Before the event, each team member was expected to raise \$100 in pledges. This is a difficult task in a small town where the vast majority of people are impoverished students. Some of us raised a little more than a hundred...some a little less. But overall we were proud to have raised more than the required amount of money.

Before the event started, our team dressed in extremely weird, colourful, crazy, and energetic outfits. We wanted to distinguish ourselves from the other teams but, as it turned out, most teams were dressed in somewhat irregular attire. Many teams had matching costumes, hairstyles, colours, and other hilarious accessories.

Our St. FX gymnasium was designated the common area for all the participants. Considering there were between 25 and 30 teams, each with 10 participants, we were packed into the gym like sardines! However, we're university students after all; and living in residence gives us ample experience packing ourselves into tiny residence rooms. So we were undaunted by the claustrophobic conditions. The close quarters only

added to the groups' excitement.

As the run began, we were thanked by the organizers for our hard work and donations. We also heard a moving speech from a teenage girl who had survived cancer twice in her life. She expressed to us her gratitude for what we were doing and helped us understand the importance of our contributions. The opening ceremonies left us all with a sense of pride and happiness about what we were doing and the benefits it will bring.

During the run, bands performed and there were all kinds of fun activities. During the laps we also had great talks with both old and new friends. The highlight of the event came at about 10 pm. Everyone stopped walking or running, the lights above the track were turned off, and the luminary ceremony began. The inside of the track was lined with white paper bags, each with a name and a drawing on the outside. Each bag had a candle inside. Many of the participants had prepared a luminary for a friend, family member, or loved one who had battled cancer. During the ceremony, those participants stood in front of their luminaries and lit each candle. Next, there was an emotional moment of silence, reflection, and remembrance. The track was dimly lit by the glow of the candles. Everyone was simultaneously saddened by the pain and loss of so many cancer sufferers as well as awestruck and inspired by the unconquerable courage and hope demonstrated by those same individuals.

The ceremony was extremely moving and poignant for everyone present.

The fundraiser was a huge success, partly because of the large amount of money raised to fight cancer...but also because it involved several very important aspects of charity, volunteer, and humanitarian work. Many privileged or able people came together, worked hard, and generously gave of themselves to help others who are suffering and less able. The event propagated a sense of community and shared vision. We felt proud of what we accomplished and shared that pride with others around us. We reflected on our lives and on those around us in order to appreciate all that we have. Likewise we were motivated & inspired by those who must struggle more

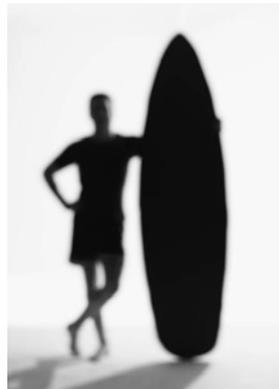
than we do in some aspects of life. Like so many humanitarian endeavours, it was both heart-warming and a ton of fun!



## Surf's Up?

By: Gillian Carr

Having a visible physical disability, I'm used people staring. I've found that later on, when they summon up the courage/figure out that I won't be offended, they'll ask why I walk the way I do. I don't mind telling people that I have cerebral palsy, although it is sometimes a little hard to explain, especially if I'm talking to children.



I never really considered what they must've thought before I told them about CP. That was, until a few years ago.

During high school, I taught at a swimming camp at pools and beaches. Being in a bathing suit, my scars (from the various operations I've had to help me walk better) are a

lot more visible than in other circumstances. But surprisingly, during the whole camp, not one kid asked me about my disability.

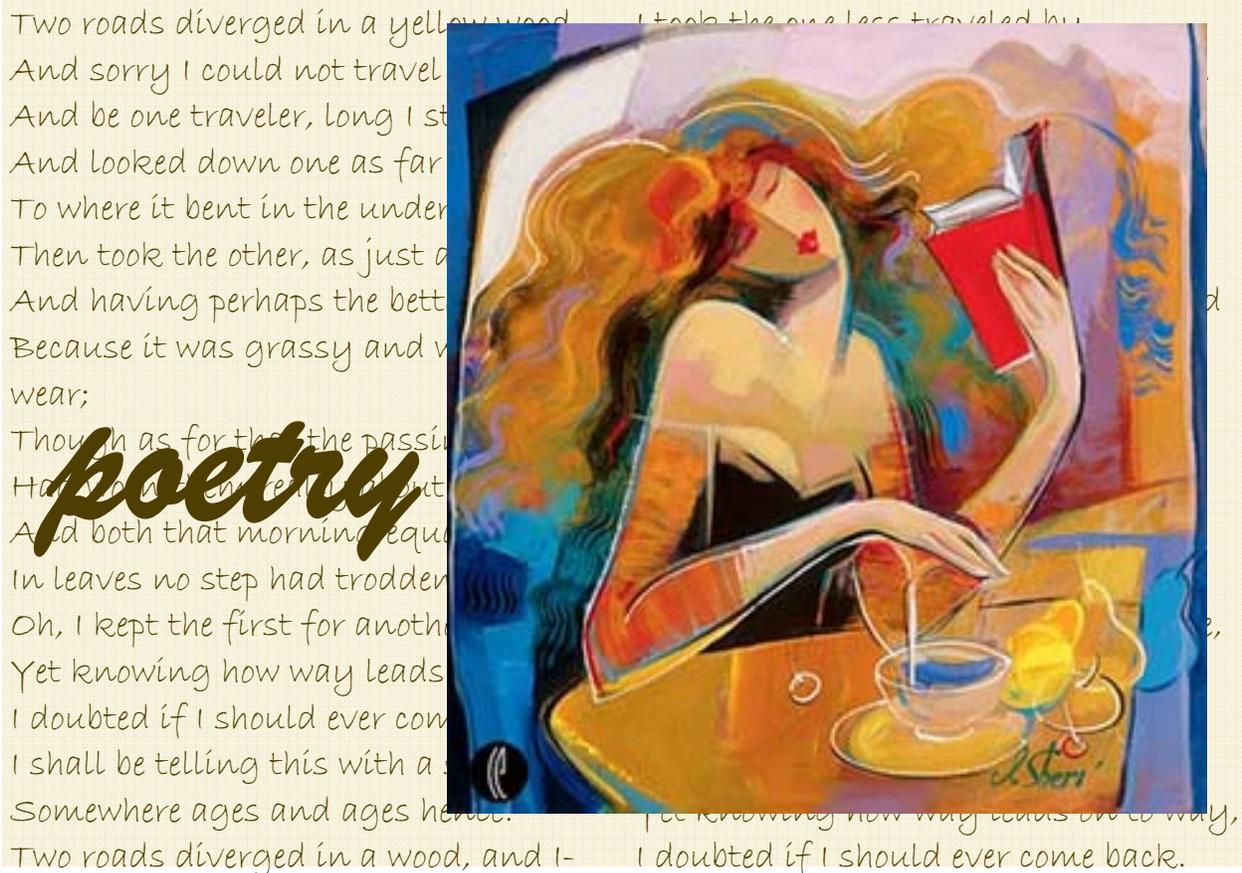
The last day, as I was counting the kids getting on the bus, one of the boys stopped and turned to me.

"Is it true?" he asked. "Is what true?" I replied.

"The other kids told me that you were a famous surfer in Hawaii before a shark bit your legs," he said.

I thought for a moment about how to respond to that. In the end, I just smiled and told him to get on the bus.

After all, I liked it- it was a totally cool explanation and hey, why not maintain a sense of mystery? The legend of Gillian Carr, master surfer and swim instructor. Yeah, that had a nice ring to it.



## This Thing Called Love

By: Katie Charboneau

There was a time when I was different,  
 When my heart just wasn't in it,  
 But then something in my life made  
 all that change.

There was no more laughter,  
 No more happy-ever-after,  
 Just circumstances that caused me  
 so much pain.  
 But then a light came through it,  
 And I knew that I could do it,  
 But no more would I take these  
 things in vain.

I now know there is light beyond the  
 darkness of the storm  
 And for every death that takes a life,  
 another life is born.

For every speck of rain that drops,  
 Doesn't mean the rays of sun will  
 stop.

And for every tear that streams down  
 my cheek  
 Won't mean my smiles will never  
 peek  
 Upon my lips over frown  
 Every time this life may get me  
 down.

There is such thing as heaven on  
 earth  
 And the price of love is always worth  
 The tears, the pain, the yells and  
 shouts,  
 But none of us should ever doubt,  
 This simple thing that is the cure,  
 Something so perfect and completely  
 pure,  
 This little thing we all know of  
 That pulled me through the darkness  
 of

The inspiration and happiness of  
 All of us: is this thing called love.

After recently finishing a challenging year at college and preparing to enter university next year, I looked back at all that I have accomplished. This poem says it all. As a first time college student and a cancer survivor, I found it difficult to move away from home and adjust to a new school with new people. However, this year was one of the best experiences of my life. I met so many new friends and people. So if you are a student entering college or university for the first time, read this poem and remember that life is challenging, but it's also very rewarding!! It's all worth it in the end.

Kaelieugh Barney

## Don't Quit

Submitted by: Kaeleight Barney

When things go wrong as they some times will;  
When the road you are trudging seems all uphill  
When the funds are low and the debts are high;  
When you want to smile but you have to sigh;  
When care is pressing you down a bit,  
Rest if you must but don't quit.  
Life is queer with its twists and turns,  
As every one of us sometimes learns;

Don't give up though the pace seems slow;  
You might succeed with another blow.  
And many a failure turns about  
When he might have won had he stuck it out;  
Success is failure turned inside out-  
The silver lining of the cloud of doubt,  
And you can never tell how close you are;  
It may be near when it seems afar;  
So stick to the fight when you are hardest hit;  
It's when things get worse that you mustn't quit!

Author unknown



food  
for  
thought



Recipes are the most popular submission for The Golden Thread. This issue is no exception. Here are some of the tastiest looking recipe ideas for you to try

*Kevin Dawe shares a whole bunch of **pancake** recipes to ensure that we all get off to a good start every morning!*

### Apple-Cinnamon Oat Pancakes

**1/2 cup whole wheat flour**  
**1/2 cup quick-cooking *or* old fashioned oats**  
**1 tablespoon granulated sugar**  
**1 teaspoon baking powder**  
**1/2 teaspoon ground cinnamon**  
**1/2 teaspoon salt**  
**1 large egg**  
**2/3 cup milk**  
**1/2 cup applesauce**  
**2 tablespoon vegetable oil**  
**1/2 cup finely chopped walnuts**



1. Stir together flour, oats, sugar, baking powder, cinnamon, and salt in mixing bowl.
2. Beat egg in separate bowl; stir in milk, applesauce, and oil.
3. Add liquid mixture to dry ingredients, stirring just until blended. Fold in walnuts.
4. Heat greased griddle or skillet over medium heat or to 375°F (190°C). Griddle is ready when a few drops of water bubble and skitter rapidly around.
5. For each pancake, pour scant 1/4 cup batter onto hot griddle. Cook pancakes until puffed, bubbly and dry around edges. Turn and cook other sides until golden brown.



## Blueberry Buttermilk Pancakes

**1 cup all-purpose flour**  
**1 teaspoon baking soda**  
**1/2 teaspoon salt**  
**1 large egg, slightly beaten**  
**1 cup buttermilk**  
**2 tablespoons butter, melted (or use vegetable oil, if desired)**  
**1 cup fresh or frozen blueberries - rinsed, dried and tossed in flour**

1. Stir together flour, baking soda and salt in mixing bowl.
2. Beat eggs in separate bowl; stir in buttermilk and melted butter
3. Add liquid mixture to dry ingredients, stirring just until blended. Fold in blueberries.
4. Heat greased griddle or skillet over medium heat or to 375°F (190°C). Griddle is ready when a few drops of water bubble and skitter rapidly around.
5. For each pancake, pour scant 1/4 cup batter onto hot griddle. Cook pancakes until puffed, bubbly and dry around edges. Turn and cook other sides until golden brown.

## Strawberry-Lemon Pancakes

**4 cups strawberries**  
**1/2 cup honey**  
**1 cup orange juice**  
**2 cups all-purpose flour**  
**1 1/2 teaspoons baking powder**  
**3 tablespoons maple syrup**  
**2 cups milk**  
**3 tablespoons butter, melted**  
**2 large egg yolks**  
**3 tablespoons lemon juice**  
**1 teaspoon grated lemon peel**  
**1 teaspoon grated orange peel**  
**2 large egg whites, beaten**



1. Clean and slice strawberries. Crush one quarter of the strawberries. In a medium bowl combine the crushed berries with honey and orange juice. Gently stir in the remaining berries; set aside.
2. In a medium bowl sift together flour and baking powder; set aside.
3. In a large bowl, blend together maple syrup, milk, melted butter, and egg yolks. Add lemon juice, grated lemon peel, and grated orange peel. Slowly add in flour mixture until just moistened. Carefully fold in stiffly beaten egg whites. Pour about 1/4 cup batter onto a hot, lightly greased griddle or heavy skillet. Cook over medium heat about 2 minutes each side or until golden brown. Serve with the strawberry topping. Makes 4-inch size pancakes.



## Quick Milkshake for anytime

Submitted by Daniella Alexanders



### Ingredients

**½ cup heavy cream**  
**½ lb semi sweet chocolate cut onto tiny bits**  
**1 cup of Vanilla ice cream**  
**1 cup of milk**  
**Fresh raspberries and fresh mint**

### Directions

In a small saucepot, bring cream to a boil  
Place chocolate bits in a large bowl and pour cream over top.  
Stir until cream melts the chocolate and produces a  
smooth chocolate sauce.  
Chill until sauce cools and thickens.

In a blender, add 4 tablespoons of chocolate sauce,  
4 scoops of ice cream,  
½ cup of milk and blend until smooth.  
This will make 2 milkshakes.  
Garnish with fresh raspberries and fresh mint.

*This was a great quick recipe right after exams and on the days that you just needed a sugar rush. Hope everyone will enjoy it and have a great summer.*

### Healthy eating tip



If you must eat fast foods, choose wisely. Choose pizza with half the cheese, a regular size roast beef sandwich, baked potato, or green salad with reduced calorie dressing. Limit high fat offering like french fries, fried chicken or fish sandwiches and watch out for salad dressing.

*We each have special memories of the summertime.*

*Many of my memories involve spending time with my family and enjoying the sun. Summer in Ontario also means the arrival of local produce including freshly picked strawberries and ripe tomatoes. Cooking has always been an activity that I enjoy and to celebrate summer*

*I would like to share some of my favourite summer recipes. Enjoy!*

**-Paul Cescon**



## **Peach and Blueberry Cobbler**

Serves 4

### **Ingredients:**

- 4 cups sliced peeled peaches (5 or 6)**
- 1 cup blueberries**
- 2 tbsp lemon juice**
- 2 tbsp brown sugar**
- 1 tbsp cornstarch**
- 1 tbsp butter**

### **Topping**

- . cup all-purpose flour**
- . cup cornmeal**
- . cup brown sugar**
- . tsp grated nutmeg**
- . cup butter, diced**
- . cup whipping cream**

Preheat oven to 350 F.

Combine peaches, blueberries, lemon juice, brown sugar and cornstarch.

Place in a buttered 8-inch square baking dish and dot with butter.

Combine flour, cornmeal, brown sugar and nutmeg for topping. Cut in butter until mixture is crumbly. Stir in cream until mixture is just moistened.

Drop batter by heaping spoonfuls onto fruit mixture. Topping will spread slightly during baking.

Bake for 30 minutes, or until topping is golden and fruit is bubbling.

*Consider drizzling with Peach Schnapps liqueur and serve with vanilla ice cream!*

*Eat regular meals.* Skipping meals can lead to out-of-control hunger, often resulting in overeating. When you're very hungry, it's also tempting to forget about good nutrition. Snacking between meals can help curb hunger, but don't eat so much that your snack becomes an entire meal.

### **Healthy eating tip**



**TOP TEN BOOKS/SHORT STORIES/PLAYS FOR SUMMER ENJOYMENT:**

**By:** Omobolanle Famuyide

*The school year has come and gone and we are now on summer break. Some of us may working, or be preparing for summer courses. Although, we must remember to relax through the next few months, one of the ways I enjoy to spend my time is through reading. I thought it would be nice to share my top ten favorite novels/short stories/plays.*

**Lives of Girls and Women**

**By:** Alice Munroe  
**Type:** Novel

**Death of a Salesman**

**By:** Arthur Miller  
**Type:** Play/Drama

**Nothing Lasts Forever**

**By:** Sidney Sheldon  
**Type:** Novel

**Leaven of Malice**

**By:** Robertson Davies  
**Type:** Novel

**God Bless You Mr. Rosewater**

**By:** Kurt Vonnegut  
**Type:** Novel

**We'll Meet Again**

**By:** Mary Higgins Clark  
**Type:** Novel

**The Lottery Winner**

**By:** Mary Higgins Clark  
**Type:** Novel

**A Good Man is Hard to Find**

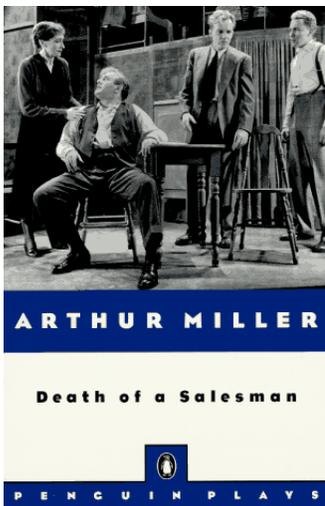
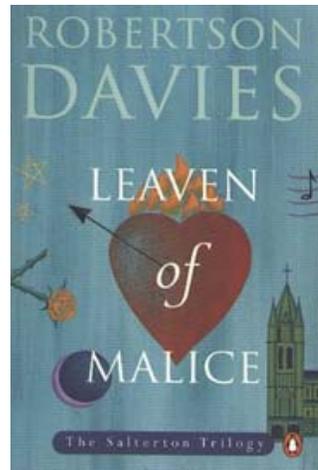
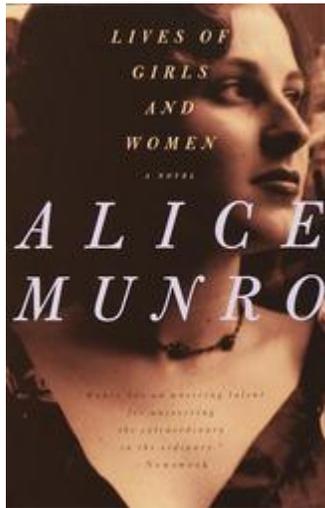
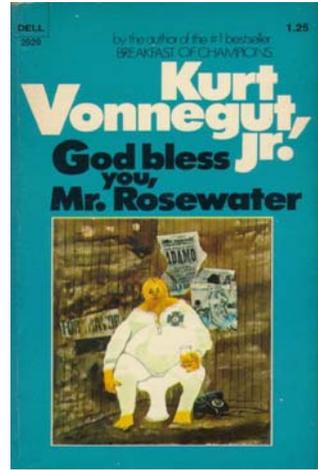
**By:** Flannery O'Connor  
**Type:** Short Story

**The Life You Save May be Your Own**

**By:** Flannery O'Connor  
**Type:** Short Story

**The Ones Who Walk Away From Omelas**

**By:** Ursula K. Le Guin  
**Type:** Short Story



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 500 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 22 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 am also sad to announce the passing of one of our Board members, Dr. Elizabeth Chard. Dr. Chard was tremendous supporter of this program and she will certainly be missed.

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:

CS Ling | Tammy Corness | Chris Fuoco | Carolyn Chin | Quinn Page |  
Shainur Premji | Christy Stockdale| Karen Taylor| Mark Singh| Jill LaPlante|  
Krista Wilkins| Mathieu Carignan| Shirley Fortier | Aaron Marsaw| Tara Neal |  
Brenda Arsenault| Melissa Friel | Anita MacPherson| Michelle Mahoney | Erika  
Burger| Saul Miller| Mateya Trinkaus| Martina Trinkaus|

Thank you all for your help and support.

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

