

the  
**GOLDEN THREAD**  
le  
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*The Terry Fox Humanitarian  
Award Program Newsletter*

*Le journal du Programme du  
Prix Humanitaire Terry Fox*

**Winter 2007**



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## To Apply or Not to Apply?

### How to Make Applying for Scholarships a Successful Experience

By Christopher Beausoleil

*This article was adapted from an article that first appeared in the Fall 2006 issue of Circle of Friends, the Canadian Cystic Fibrosis Foundation's newsletter that addresses the needs and concerns of Canadian adults with cystic fibrosis.*



Applying for scholarships brings different experiences for everyone. When I look back, I remember all the stressful nights where my mom and I were working on the final touches before we sent it out either via internet or by mail. But I also know that it was time well-spent, as I have earned \$71,000 in scholarships, which definitely will help finance my university education.

From my experiences applying for 20 or more scholarships/bursaries/awards, I have quite a few tips for anyone interested in the process.

First and foremost, prior to applying for anything, be realistic in what you can apply for. I cannot stress enough that you don't need to have a super high average to apply, but being an honour student at 80% or higher is usually required - but not always. What you do need is a well-rounded background in volunteer involvement in your school and community. To top that off, it is wise to have a focus to show that you are trying to make a difference in the world for a specific reason. From the age of ten, I have been promoting the importance of an active lifestyle for people with cystic fibrosis (CF), and I always stressed that in my applications.

Next what you need to do is look for scholarships or financial assistance at the start of your high school graduating year or even earlier like during the summer before your final high school year. Some applications are due in October! Find out what scholarships and bursaries you are eligible for, and make a list month by month in order of the application due dates. Be careful to note if the date is a postmark date, or the date the application must reach the office. Phone or email to get that information if it is not clear on the form. I always made it a point to Express Post my applications, therefore I could track when they were received.

There is a difference between scholarships and bursaries. Bursaries have the element of financial need, which is a hard and fast rule. It is based not only on your circumstance, but also your family circumstance, no matter if you will be paying for your education or not. I applied for a bursary from one organization for which I have done much fairly high-profile volunteer work, yet to my surprise did not receive the bursary. From that I learned how stringent the financial need rule is.

Once you have chosen which you will apply for, from there begin early and take your time to complete portions that require research on your involvements, such as from your "school days" book, photo albums, parents, medals, certificates, etc. Make an impressive "resume" style page or pages which may be sent with some applications, and definitely you will use the information in some form for all applications. Include everything, no matter how small. It all adds up. Make sure to keep this up to date.

You can also prepare your essay answers in advance. Do these in a word processing program to be copied into the form at a later date. With starting early you are able to revise and add more to each application. Many forms have similar questions, but are different enough that you need to combine and revise your answers from one to another. Each form has "number of word" requirements. I always started these by writing my entire answer, and then editing it over and over until it fit the number of words. This can come in handy for big scholarships such as those given by the Canadian Merit Scholarship Foundation (90% required), Millennium Scholarship Foundation, TD Canada Trust and the Terry Fox Humanitarian Award Program.

There are many places in which you can find scholarships, bursaries and financial assistance. Web sites, such as [www.studentawards.com](http://www.studentawards.com), [www.aucc.ca](http://www.aucc.ca), [www.scholarshipscanada.com](http://www.scholarshipscanada.com) as well as searching on Google are a few good starts. Don't forget to go through what your college or university has to offer. Many organizations that you are involved with as well as places of employment have scholarship programs. Your local newspaper often will announce local programs. With Student Awards.com, all you do is sign up and it shows all the scholarships that you can apply for in the upcoming year. But make sure you read the descriptions of each one because there will be some on your personal list that you actually won't be eligible for. Also, keep checking throughout the year as new scholarships are added as the year progresses.

You may be eligible for a scholarship/bursary for people with disabilities and not even realize it. A

disability can range from having a learning disability, Attention Deficit Disorder, chronic medical condition all the way to having a physical handicap. The Association of Universities and Colleges of Canada ([www.aucc.ca](http://www.aucc.ca)) has scholarships available, and in Ontario there is the Aird Scholarship for People with Disabilities. For these, you need to get a form filled out by your doctor. Of course, it's best to get your specialist/pediatrician to fill it out. They may ask you first for some information, so be ready to provide them with written information about volunteering, jobs, school life, sports, etc., which they may choose to use. You want them to realize that the focus should be how you stand out from other applicants in light of your disability, not just information about your disability.

This brings me to the fact that most applications require either reference letters or referee forms to be filled out. Try to choose people as references that represent different facets of your life. Allow at least one month between asking someone to be a reference and your mailing date! Some letters/forms can be emailed to you, some can be mailed directly to the scholarship foundation, but many need to be mailed as part of your application package, so you need to allow enough time for your referees to mail them to you (often required to be in sealed envelopes) so you can mail them out with your package on time!

You can now see that with all these scholarships you will have many hours of frustration if you wait until the last minute. In addition you may be working on two or three at the same time - the due dates seem to be clustered. So, if you follow a plan, allow yourself plenty of time, start early and work on each over a couple of weeks for an hour or two a day, by the end you should feel that you have done a much better job and will be much more relaxed.

For the major scholarships, the finalists are granted an interview from which the recipients are chosen. Some are in person, and you have to travel to them. I had to travel four hours to Toronto for three of these interviews. Others are phone interviews, of which I had two. About two months after the applications are sent in, the finalists are chosen and are notified that they have made it into the interview level. At this point you may be interviewed in front of from three to eight different judges - former recipients, Olympians, authors, doctors, business executives, etc. Of course, the more the judges, the more intimidating it is as they are all taking notes, and asking questions. So a word of advice - be prepared. You need to practice hard for the interview, and do your research. This is one time you

are expected to promote yourself and to show focus as you promote your cause. It is not the time to be shy or humble.

The most important thing to remember in the whole process is that you have to use your time wisely. Manage your time so you have enough of it to finish each scholarship/bursary application you wish to apply for.

Applying for scholarships can be very stressful and frustrating, but in the end the rewards can be great. Think of it as a part-time job. For me, it has been the best paying part-time job I have ever had! Perseverance really does pay off!



## How to Reach That Golden Light

By Jessica Benjamin

It is always a good idea to set a goal for yourself, be it a short-term goal such as how am I going to pass my Grade 12 math class or a long-term goal such as what am I going to do after I complete my undergraduate studies. Yet, on that path one will unfortunately encounter obstacles and if you really want to achieve your goal, you must overcome these obstacles. This may mean that you have a couple of bad days but this is where support from family and friends, a good meal (this is where I introduce you to two great men named Ben and Jerry), or even some uplifting entertainment (such as your favourite movie or CD), comes in. The point is, NEVER lose sight of your goal, even though it only looks like a pinprick of light in the distance. As you get closer to your goal, the light will keep growing until it engulfs you and a feeling of pride will erupt within you. Even though you may have shed many tears and have had to sacrifice a lot along the way, it will definitely be worth it since you now know that you are an individual that embodies strength and determination since you did it. You reached your goal! Congratulations and now you can set your sights on an even bigger goal such as how you plan to pay off your student loans.

# The Inspiration of Children

By Tara-Anne Holland

Children are much more than just a necessity or a result of natural reproduction; children are the light of our future as the human race. Not only do we have to take care of our children to insure the survival of our species, we should be careful how we raise them because they will be in charge some day. When you look into the eyes of a child, you are looking into one of the many souls that will carry hope into the future. I have come to the realization that children are not just cute naive people that we must push through education so that they can become competent adults. Children actually should be looked at as an inspiration, to live our lives more purely and to the fullest. I have discovered this through my many hours of taking care of and playing with kids. We can learn a lot from children if we just take the time to do so.

I am a sparks leader and have been involved with junior leading through Girl Guides for the past four years. I look forward to every Tuesday night all week long. I get to play with 16 little girls, ages 4-7, who live every moment to the fullest, it is more than a fun experience, it is inspiring. They teach me that the best moments in life are the simplest and that you do not need deep intelligent conversation or new technology to enjoy yourself, all you need is your imagination. The mind of a child is filled with unbelievable creativity, while engaging with these young girls I've discovered that their main purpose in life is to have fun and to ensure that everyone around them is enjoying themselves. You can see

this especially when one of the sparks is upset for one reason or another, the other girls become crushed. "What's wrong with her? Is she OK?" and almost always, one of these episodes, ends with one of the girls comforting her by holding the other girl's hand or hugging her. I don't know how many times I have gone to sparks after a long frustrating day, and one of the girls has come over to me and said, "Tara, what's wrong? I missed you!" Such acts prove the sensitivity that children have to other people's feelings. This is something that we, as adults, can learn from. If the world was more sensitive to the emotions of everyone else then we would all be much happier.

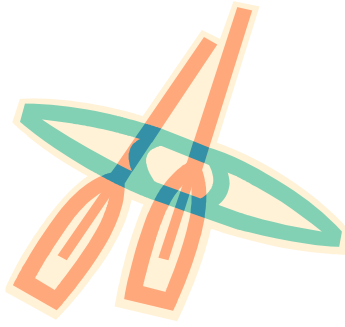
Children live each moment as if it was their last, of course they do not realize this. I also work with children varying in ages at a transition house. These kids come from many different home situations, but you wouldn't know it. The bottom line is that no matter what is thrown at these little people filled with enthusiasm and fire, they rebound, making you look inside yourself and ask whether you are living your life with all of your heart and taking advantage of every opportunity that comes your way.





## *That Day Changed My Life*

*By Sara Olesiak*



September 2003, a brand new school year had arrived, and as a grade nine student, the anticipated, yet stressful transition from middle school to high school was taking place. I was excited to take part in new courses. The large variety of after-school activities offered at my high school was truly overwhelming. Before I had time to sit down and analyze the great changes which were taking place, March had arrived.

It was the last day of school before Spring Break, and I was making my way through the crowded hallways, when I noticed a sign taped to a classroom door, it read "Come and meet new friends, and join the Centennial Dragon Boat Team." I read the attractive sign, but kept walking, I was too excited about Spring Break, and extremely eager to find my locker and start my vacation. I opened my locker, grabbed all my books, ran to a near garbage can to throw out paper bags and food wrappers, in a quick attempt to make my locker a pleasant sight to return to following the break. I was ready to start my vacation; I began walking towards the door, which literally symbolized the brief freedom I would be experiencing the upcoming week. However, once again, I caught a glimpse of the sign on the door, advertising the Dragon boat Club. I felt obligated to peek into the room, and see what "dragon boating" was about. I looked through the window embedded in the door, and saw two of my friends, amongst many kids I had never seen before. I entered the room, and my interruption caused a few heads to turn, but my entrance was not as embarrassing as expected. I sat down, and looked around the room. Ms. Morissette, a well-known councillor, was standing in front of the classroom offering to answer any questions. It was obvious who the experienced and older kids were, as they sat at the back of the room, with serious faces, displaying a hint of smugness. We were told when and where the practices were going to be, what clothes to wear, and what to bring. I left the meeting, and was ready to start my Spring Break. As soon as I arrived home from school, I handed my mother the Dragon Boat information package, and began my Spring Break.

Following Spring Break, I returned to school, and was

looking forward to my first practice. After school, I rushed home, ate a snack, changed into proper paddling clothing, and my mom drove me, along with my two friends to the Barnett Beach Boathouse. Little did I know, I would become very familiar with this area. The three of us got out of the car, and made our way down the path, towards a small building in front of the water. We approached a small door, and knocked...no answer. My friend opened the door; we climbed a staircase, and heard many voices inside a nearby room. We entered the room and saw around twenty fellow peers, ready to paddle. The rest of the practice was spent reviewing safety measures and teaching paddling techniques. That was the very first paddling practice in my life; I was unaware that it was the introduction to life-long friendships, intense competitions, and wonderful memories.

My first year was spent developing paddling skills. I attended practice twice a week, and the unfamiliar faces I saw at the first meeting, were the same people who I invited to my birthday, and went to restaurants with the following year. We competed in several races, like the: Bill Alley Memorial Cup and the International Alcan Festival. Although our team had twenty members, we were extremely close. There were no cliques, or social groups, it was just...the team.

In the summer time I was exposed to outrigger canoe racing, which would become one of the biggest parts of my life. Unlike dragon boats, Hawaiian outrigger canoes have an "ama," which is an extension from the boat, preventing the boat from flipping. It's not as big as the dragon boat, seating six people. Practices became extremely intense, and because there were fewer members, the team became very close. A family was forming. We practiced three times a week. During the winter practice was cut-down to once a week. There were many races, which required the utmost dedication. The second year of my involvement in outrigger canoe racing, I became a junior outrigger paddling champion, with my team of five others. The next year, we worked extremely hard to keep our title. Paddling requires commitment, endurance, perseverance, teamwork and will. I have tried many sports in the past, but this sport is by far my most enjoyable.

As I look back at the first meeting before Spring Break, and the introductory practice, I don't understand what/who allured me to the sport. I often wonder why I attended the first meeting about a sport I hardly knew anything about. Regardless, I'm thankful I did attend the meeting.

# Laughter: The Best Medicine

By Katlyn Smith

Laugh and the world laughs with you! Laughing is the single way of communication that all of us can understand. The sound of roaring laughter is far more contagious than any cough, snuffle or sneeze. In fact, research has proven time and time again that there are many health benefits from a good belly laugh. Laughter helps reduce stress hormones, aids in combating emotional distress, and improves peoples' attitudes. Laughter stimulates both sides of the brain which enhances learning. It releases muscle tension and psychological stress, which keeps the brain alert and allows people to retain more information. When we laugh, the natural killer cells in our bodies, which destroy tumors and viruses, along with T-cells (important for our immune system) and B-cells (make disease-fighting antibodies) increase. People who laugh heartily on a regular basis have lower standing blood pressure than the average person. Laughing increases oxygen in the blood and the amount of nutrients distributed throughout the body. According to a study at the University of Maryland Medical Center, laughter, along with a good sense of humor, may help protect against a heart attack. The study found that people with heart disease were 40% less likely to laugh in a variety of situations compared to people of the same age without heart disease. Are you worried about those few extra pounds you might have put on this summer while relaxing in the sun and enjoying those delicious summer treats? Laughter can be a great workout for your diaphragm, abdominal, respiratory, facial, leg, and back muscles. It is estimated that a good laugh can burn as much calories as a several minute routine on a rowing machine or exercise bike. Laughter can benefit digestion and absorption functioning as well. Being able to laugh at ourselves and situations is so important. Laughing at ourselves can be a way of accepting and respecting ourselves. Lack of sense of humor is directly related to a low self-esteem. Laughing helps us to reveal that small things are not the earth-shaking events that we sometimes make them out to be. Maybe instead of the fast-track, we should all be getting on the laugh-track. Looking at a problem from a different perspective can help us relax and enjoy life like we were meant to. We

are all guilty at times of getting too caught up in work, rent payments, or everyday stress that we forget about what is really important - our family, friends, health, and well being. Humor helps us to avoid loneliness by connecting with others. When we experience humor we talk more, make more eye contact with others, are more open, etc. If you were to be secluded from all people, you would laugh 30 times less often. There are many things we can do to increase the amount of laughter in our lives:

- Look for everyday humor in the absurd and silly activities that go on around you each day.
- Observe infants and small children to learn how to find delight and amusement in the most ordinary things. By the time a child reaches nursery school, he or she will laugh an average of 300 times a day. The average adult laughs 17 times a day.
- Remind yourself to have fun!
- Remember that even in the most difficult of times, a laugh, or simply a smile, can go a long way in helping us feel better. It is much more than mere joke telling. We can all benefit from trying to improve our attitudes and perspectives, our way of looking at life and the lighter side of it.
- Attempt to laugh at situations rather than to find the worst in them.
- Use laughter to release built up feelings of anger or frustration in a socially acceptable way.
- Laugh to reduce tension because laughter is often followed by a state of relaxation.
- Visualize a humorous situation to replace the view of an anxiety-producing situation.
- Take time out of a busy day to enjoy with family, friends and people who make us feel better about ourselves.

"And we should consider every day lost on which we have not danced at least once. And we should call every truth false which was not accompanied by at least one laugh." - **Friedrich Nietzsche**

"That is the saving grace of humor, if you fail no one is laughing at you." - **A. Whitney Brown**

"Laugh and the world laughs with you. Cry and the world laughs at you." - **J.M. Linsner**

"If you can't ignore an insult, top it. If you can't top it, laugh it off. If you can't laugh it off, it's probably deserved." - **J. Russel Lynes**

## Feeling Blue, Work Got You Down

... Get out and

EXERCISE!



By Elliot Gordon

It's that time of year again. Yes, exams are in the air, assignments are piled up, and

it's just right outside – not too cold, not too hot. You've got too many things to do, dividing yourself between exams, assignments, and massive amounts of readings, not to mention your best friends party, after-school football practice, and work. It's all too much to handle and you feel really down. The good news is that according to a study conducted by Duke University researchers, thirty minutes of vigorous exercise three times per week is equally effective as conventional therapies (i.e. medication or psychotherapy) in relieving the symptoms of depression (Babyak et al. 633-638). While this does not seem like a major breakthrough, the real news is patients who exercised were less likely to see a return of their depressive symptoms relative to those individuals taking medication. While this study focused on patients with depression, it has also been found that exercise is an effective measure used to increase energy, productivity, and an overall feeling of wellness. Most of us probably feel that there is no time left in the day to get out and exercise for 30 minutes especially after a long hard day. Here's food for thought – tape that TV program that you want to watch and go for a jog; get a group of friends to play basketball for a half an hour...whatever it is that you need to do will wait for a half an hour. The effects of the time spent jogging will not only improve your mood and energy levels, but you'll be more productive and better able to deal with the everyday stresses of life.

Lace up and get going!

Babyak, Michael, James A. Blumenthal, Steve Herman, Parinda Khatri, Murali Doraiswamy, Kathleen Moore, W. Edward Craighead, Teri Baldewicz, and K. Ranga Krishnan. "Exercise Treatment for Major Depression: Maintenance of Therapeutic Benefit At 10 Months." *Psychosomatic Medicine* 62.5 (2000): 633-638.

## An unforgettable Experience

By Elysse Dennis

Three nursing students from the Nursing Education Program of Saskatchewan were selected to attend the annual Mental Health Camp this summer as part of their clinical rotation. I was quite excited when my instructor told me I was chosen to go. I felt that this was a great opportunity and I accepted the challenge. To my surprise when I shared my enthusiasm with my peers, many of them wondered why anyone would want to go, since we were expected to be available to our clients 24 hours a day for five consecutive days. In addition we had to attend several organizational meetings, plan social activities for the 3-hour bus trip and for select days at the camp, on our own time. What was supposed to be a privilege was starting to feel like a lot of extra work.

I decided I would not let the opinion of some of my peers dampen my enthusiasm, and would work hard to help the campers have a great time. The campers consisted of people who suffer from various forms of mental illness (i.e.) bipolar disease, schizophrenia, depression, post-traumatic stress disorder, severe anxiety disorders, etc. For many of them this is their one opportunity each year to get away from their families, caregivers or institutions, and enjoy 'normal' camping activities in a beautiful setting. Those attending the camp could have a holiday and feel independent. More importantly, they would have a chance to remove themselves from the stereotypes associated with having a mental illness. They would have an opportunity to create new friendships with others who suffer from similar problems, and just be themselves.

Something I noticed before going to camp was a general lack of knowledge and understanding about mental health issues. When I was planning activities for the bus ride, I asked some of my friends and family members if they had any ideas. Almost all of them replied with answers like; "so you'll need something very easy", or "you won't be able to have games that require reading or writing", or "will you even be able to play games with these people?" I always knew that there was a stigma around mental health challenges, but I never realized how significant it was until going to this camp. Many recollections by individuals at camp, described missed opportunities and unwarranted restrictions put on them for being different. These people have shown me the talents they possess and how often they get overlooked because of their illness. It is so unfortunate that many people judge others without trying to understand them and their situation.

The five days that I spent at the camp were very intense and the responsibility was huge. I was both exhausted and exhilarated when it was over. I got to converse with many different people suffering from various forms of mental illness and gained incredible experience from the many unique and diverse situations that arose at camp. One of the most important things I learned from attending this camp was that everyone is an individual regardless of their physical or mental strengths and weaknesses. It is unfair to draw conclusions or judge others, without an awareness of their circumstances.

*"Treat people as if they were what they ought to be, and you help them to become what they are capable of being."*

- Johann Wolfgang von Goethe

## *In Memory of Myron Angus*

*By Michael Kuipers*

My dear friend and mentor, the late Myron Angus, spent his life helping to liberate people with physical disabilities from a dependent lifestyle on others. This amazing man was born with arthrogyrosis, a condition which fuses the joints in the body. Myron's affliction did not keep him from living a life like anyone else; in fact, his paralysis made him all the more determined to learn to write by mouth, get his high school diploma, and apply for a job in a garage, painting lettering and logos on the door panels of trucks.



*Myron in his atelier, surrounded by his artistic creations.*

Myron was fascinated with colour, line, and form; his painting skills improved as his love for painting grew, resulting in his first art exhibition on Toronto's Yonge Street and, ultimately, his membership with the M.F.P.A., the Mouth and Foot Painting Artists. As a result of his newly-found financial independence, Myron bought a motor home and, for the next twenty years, traveled throughout Canada, giving lectures and demonstrations at rehabilitation centres, children's hospitals, service clubs, church groups, and schools, encouraging those with physical disabilities to live their lives to their greatest potential. Myron served on many councils and received many awards, including the Vanier Medal



and the Legion des Gens Coeur. He gave new hope to those imprisoned by their physical limitations.

Myron Angus gave me the courage to open new doors and not to dwell on my own physical limitations. Even though he is no longer of this earth, he remains my inspiration and my ocean of wisdom. He will remain with me, always.



*Myron painting at the edge of the forest.*

### *Myron's Masterpiece*

*By Michael Kuijpers*

His eyes lovingly linger on the sleepy  
landscape before him,  
Not missing a single detail, line or hue.  
Tall, slender trees, with green trembling hands  
Reach out to a liquid sky of bright baby blue.

Bushes of berries in blazing reds  
Break the blanket of grasses on the ground.  
The stillness is awakened by a scurry of creatures,  
Creeping and crawling, making barely a sound.

He is ready to mix the treasures on his palette,  
Full of rubies, emeralds, sapphires, and pearls.  
And as he holds the brush steadily in his mouth  
He creates a perfect picture of God's blessed  
world.

## Roles change but volunteering will always be a part of my life

By Kayla Atkey

WUSC, the World University Service of Canada, is a network of Canadian Universities which aims to provide individuals with the skills and knowledge needed to create a more equitable world. Many of you have probably seen WUSC around campus or may even be a part of a WUSC local committee. I joined WUSC in September of last year, when I was looking for interesting groups to join on campus. Volunteering has always been a huge part of my life but I felt like I needed a challenge and what a great way to meet people by joining an organization right on campus. It was convenient, I was able to meet people during my first year and grow as a volunteer. It was a win win! Having volunteered since I was 11 for the Red Cross, an international organization, I was originally attracted to the international scope of the organization and the fact that students had such a large leadership role in the local committee. In September of last year I remember going to my second or third meeting when the opportunity to attend the WUSC annual general meeting in Ottawa was brought up. Initially, I didn't want to apply because I felt that I had not done that much volunteering with WUSC. However it was kind of in the middle of the first wave of midterms and so there were not many people interested in attending. Since all of my midterms occurred during the second wave for some reason, I decided to apply. My past volunteering experience focused on similar kinds of initiatives which were to be discussed at the conference and so I was chosen to attend as a representative of my local committee. Part of the conference focused on an introduction to the Student Refugee Program, a project which

increasingly sparked my interest. Out of all of the things I learned at the conference, the SRP program truly stood out as the pillar of WUSC and something I could really become passionate about.

Last May I received the opportunity to become the SRP coordinator for my WUSC local committee. It is definitely a volunteer position unlike any I have ever had before. The first step of the program is to sort through dossiers in order to determine which students would be best suited for our university. These dossiers are then sent off to WUSC Ottawa and about three weeks later you are informed which student will be attending your university in the fall. Secondly, immigration, housing and admissions all had to be attended to. I received a lot of help from the previous SRP coordinator but was totally in charge of getting a housing bursary and housing confirmation for the student. During the summer, Edmonton has been in a really big housing crunch and so it was no short of a miracle that we got housing and a bursary to top it off. I think the biggest lesson I learned was how to organize myself, make contacts and ensure that things are nailed down the first time around. Also, it was weird for me to handle such a big responsibility as someone else's finances, housing and academic registration. Most of the time, in my previous volunteering experiences, there were always "adults" to oversee what I was doing and the steps I was taking to get there. With WUSC, the responsibility for ensuring the success of the SRP program truly rested with the individuals of the local committee.

Our student, originally from the Sudan, came on August 23<sup>rd</sup> from a refugee camp in Kenya. All we had telling us which flight to expect was an email from WUSC Ottawa so you could imagine how nerve-racking it was driving to the airport, hoping we made the right flight. Luckily everything worked out as planned. The student was safely in Edmonton with a great place to live on campus called international house, where people come from all over the world, and was registered in

classes. However, that was only the beginning! From sin cards, to health care cards and bank accounts, all of that had to be dealt with. I think I was probably learning just as much as our student along the way.

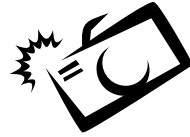
It's quite a culture shock; from not knowing how to cook Canadian food to trying to navigate around campus, I can tell it's all quite a lot to take in. Our first trip to the grocery store was an experience for both of us. None of the fruit, eggs or meat was very appealing because it was not fresh. It was hard to explain the idea that you needed to buy food that would be fast to make because you won't have very much time to eat.

Other students from the Sudan have really helped in getting our student accustomed to the university and have even taught me a lot about the conflict in the Sudan. I'm always amazed at what some of the people my same age have been through and the perspectives they now have on life. One of my friends and fellow WUSC volunteers who is now the chair of our committee went through the SRP program 5 years ago. I remember him speaking at the SRP dinner about life in the refugee camp and how it was not as horrible as we all imagined it might be; that he made friends, learnt languages, played soccer and that it was a vital part of what made him the person he is today. I'm happy to be able to begin this journey with our new student in his pursuit of education and am excited to see him become accustomed to Canadian life, all the while keeping the culture and perspectives his life has thus far afforded him.

This is a huge role for me but I am excited to grow as a volunteer and learn so much from my new adventures and encourage everyone to look for roles that will challenge you. Not only are you giving back but you are also learning so much. Volunteering will always be a part of my life and I am learning that if we step out of our comfort zones and take on roles that are new and exciting, we can both give back and learn so much at the same time!



# Photography...



## *Caught in the Moment*

By Matthew Dyck

For years I have enjoyed volunteering with seniors. Over the years, I had formed a very close relationship with one man in particular—when he was still able to live in his own residence I helped him with household tasks and, in later years, visited him regularly while he resided in a care center.

In July of 2007, at the age of eighty-eight, my dear friend Don passed away. Even though Parkinson's disease had robbed him of much of his communication ability and a stroke had confined him to a wheelchair, this wonderful man, much like Terry Fox,

continued to display immense courage in the face of many obstacles. Whenever we would visit he would revel in the little joys of life and, whether by word or gesture, he would freely share his incredible sense of humour with me.

After his funeral service, while walking the grounds outside the chapel I took several pictures, including one of a yellow flowering shrub. It was only when I came home and zoomed in for a close-up that I discovered the unexpected delight of having "caught in the moment" an insect resting on a flower. Because my friend Don would have revelled in this unexpected delight, this photo serves as an inspiration to continue to use every possible opportunity to bring joy to the lives of others.

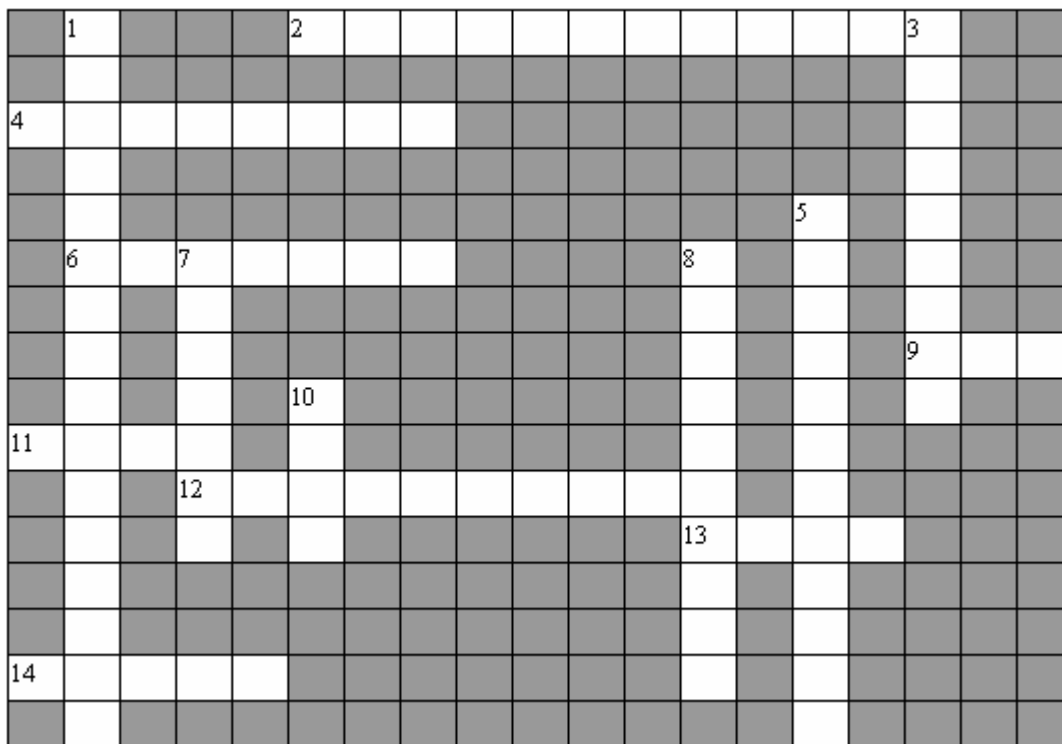


**The Park by Scott Baker.**



**Auckland by Scott Baker.**

# Terry Fox Crossword Puzzle



## ACROSS

- 2. In 1980, Terry announced that he would make a \_\_\_\_\_ run on his prosthetic leg
- 4. Terry Fox was born in \_\_\_\_\_
- 6. Terry's middle name is: Terry \_\_\_\_\_ Fox
- 9. Terry ran through \_\_\_\_\_ provinces
- 11. At the age of 18, he was diagnosed with \_\_\_\_\_ cancer
- 12. Terry passed away on June 28, 1981, he was \_\_\_\_\_ years old
- 13. In 1999, Terry Fox was voted "Canada's Greatest \_\_\_\_\_"
- 14. His \_\_\_\_\_ leg was amputated above the knee

## DOWN

- 1. He was raised in \_\_\_\_\_
- 3. Terry ran to raise funds and \_\_\_\_\_ for cancer research in Canada
- 5. Terry's \_\_\_\_\_ caused him to never give up.
- 7. Terry won "\_\_\_\_\_ of the Year Award" in grade twelve
- 8. The Marathon of Hope started in \_\_\_\_\_
- 10. His older brother's name is \_\_\_\_\_

By Cynthia Ene

Answers on page 16



# Poetry Corner



By Jennelle Sherven

Terry McGarry, is a very special friend of mine whom I had the pleasure of spending the summer with, while working in a museum. Terry was born in London, England at the dawn of WWII. After losing the family home and belongings to the bombing of London, the family moved to County Tipperary in Ireland. In 1968 Terry immigrated to Canada with his wife Philomena and their young family. Terry first began publishing his works in the early 1980's, due to the increasing requests for copies of his poems. Eventually a small business venture - "Terry's Tender Tidings" was formed to keep up with the demand. Personal triumphs and tragedies have sparked a wide variety of his works. A continuing theme of love, support, compassion and encouragement are what makes Terry's works a celebration of life and spirit. His works have been exhibited across the country in many cities. Several of his poems have been published in books and magazines. Terry has a long standing reputation of matching his talents with his generosity. He donated \$1,000.00 to Canada's Police Memorial for fallen officers, in Ottawa Ontario. He has donated thousands of dollars worth of his prints for fund raising and good will projects across North America. After the massive losses in New York on September 11, 2001, Terry sent signed copies of "Wearing the Blue" to every NYPD precinct to show his support and encouragement. Terry's own family has been personally touched by cancer - he lost two brothers to cancer and also two of his own children are cancer survivors. Terry continues to donate \$5.00 from each item sold to Breast Cancer Research.

## *The Next Step*

The road you walk has many turns  
before you reach the end,  
and often it's with doubt and fear  
that you approach a bend.

It's here you face the agony  
of trying to decide,  
all because you can't be sure  
what's on the other side.

Yes, fear may keep you wondering  
if things are as they seem,  
for fear it is that separates  
the dreamer from the dream.

But if you go with courage  
fearing neither foe nor friend,  
it matters little that you know  
what lies beyond the bend.

Seize the moment... boldly walk  
the path as yet untrod,  
with faith and hope and knowledge  
of the awesome Love of God.

And know that as you travel on  
towards your journey's end,  
that you are in the thoughts and prayers  
of one who cares - a friend.

©1992 Terry McGarry

*Submitted by Jennelle Sherven*

# Recipe Favourites

## *Milk and Chocolate "Kaffee" Desert (East-Indian Desert) - 12 square servings*

### Ingredients:

- 2 cups of milk
- 50grams of whipped butter
- 2 tablespoons of cocoa powder
- 2 cups of sugar
- few almonds (for decoration)



### Recipe:

Bring the milk to a boil. Keep on the heat till about half has evaporated add the sugar. When the milk-sugar mixture has reached the consistency of a thick cream add the cocoa powder to the boiling mixture. Then add half of the butter leaving the heat on medium. Keep stirring. When it has dried out into a grainy consistency add the remaining butter. Butter the bottom of a tray, pour the mix and smooth it out to about half an inch deep. Leave the almonds soaking in hot water until they are peelable. Remove the peels and split the almonds into halves. Cut the smoothed out paste into square pieces. Spread the almonds over the surface. Enjoy once it has hardened, with a cup of tea or coffee!

Submitted by Jaskiran Sidhu

## *No Bake Lime Cheesecake*

This recipe is great during the fall season as it is a reminder of the past summer with its light and fresh citrus flavour.

### INGREDIENTS

- 3 cups graham cracker crumbs
- 2/3 cup sugar
- 2/3 cup butter, melted

### FILLING:

- 2 envelopes unflavored gelatin
- 1 cup lime juice
- 1/4 cup cold water
- 1-1/2 cups sugar
- 5 eggs, lightly beaten
- 2 teaspoons grated lime peel
- 2 packages (8 ounces each) cream cheese, softened
- 1/2 cup butter, softened
- 1/2 cup heavy whipping cream

### DIRECTIONS

In a large bowl, combine the graham cracker crumbs, sugar and butter. Press onto the bottom and 2 in. up the sides of a greased 9-in. Springform pan. Cover and refrigerate for at least 30 minutes.

In a small saucepan, sprinkle gelatin over lime juice and cold water; let stand for 1 minute. Stir in the sugar, eggs and lime peel. Cook and stir over medium heat until mixture reaches 160°. Remove from the heat.

In a large mixing bowl, beat cream cheese and butter until fluffy. Gradually beat in gelatin mixture. Cover and refrigerate for 45 minutes or until partially set, stirring occasionally.

In a small mixing bowl, beat cream until stiff peaks form; fold into lime mixture. Spoon into crust. Cover and refrigerate for 3-4 hours or until set. Just before serving, remove sides of pan. Refrigerate leftovers

Submitted by Heather Muir



# TFHAP Recipients in the News

## Intersections to reap benefits of beeps from University Drive to the Ceeps?

By Eva Markowski  
*Gazette Staff*

There will be new sounds coming to campus if an initiative headed by Western students takes hold.

A campaign to install audio signals at campus intersections is underway this year thanks to Western Chirps.

The campaign, the brainchild of third-year media and the public interest students Katy Swailes and Mark DeMontis, aims to make intersections safer to cross for visually impaired students.

The students started the initiative as part of a class project for an alternative media course.

"Mark and I decided to join forces," Swailes said. "We thought we'd found something that could benefit everyone in the school."

Though the campaign is only a few days old, it has a Facebook group that is rapidly gaining members.

"This is a serious issue... Accessibility for students with disabilities is important," DeMontis said.

"I think there needs to be more traffic control at the intersections."

DeMontis, who is legally blind and has used audio signals before, said he thought the campaign would improve accessibility for

visually impaired students.

Swailes agreed, and said she believed the initiative could help other students who are not legally blind, but may become confused by large intersections like University Drive.

The intersection at University Drive is used not only by cars, but also by buses, cyclists and pedestrians.

The signals also would cut down on the dangers posed by jaywalkers to the legally blind, Swailes added.

"Part of how the legally blind cross the street is dependent upon the movement of large groups of people," Swailes noted. "If large groups of people [jaywalk], then that has the potential of a dangerous situation [for the blind]."

Wendy Dickinson, a counselor with Student Development Services, said there was a demand for the project from the 25 visually impaired students on campus.

"The Accessibility Committee for the City of London has recommended [the signals]," Dickinson said.

The audio signals would be installed at busy intersections on campus and the tones would denote when it was safe to cross. Different tones would be used for north-south

PLEASE SEE CITY'S P3



Caitlin McCullough/Gazette

**WHY AREN'T YOU HOLDING MUMMY'S HAND?** Western Chirps, an awareness campaign started by Western students Katy Swailes and Mark DeMontis, hopes to install audio signals for traffic lights at the busiest intersections on campus.



## *Message from the Executive Director*

*Warmest greetings all Terry Fox Scholars:*

I'm sure that many of you will agree that 2007 was a very interesting and exciting year. This was especially true for this year's recipients, who by the time that you receive this edition of "The Golden Thread", will have completed and hopefully survived their first experience with university fall exams.

Those of us who are involved with the administration of the Terry Fox Awards are very proud of the academic achievements and the outstanding continued involvement by all of our award recipients in humanitarian works. Their sincere concern for others and their kindness has benefited hundreds of people who desperately need the help and the support of someone who really cares.

Current recipients are involved in: Kids Cancer Foundation, Easter Seal's Camp, Canadian Diabetes Association, Cancer Care, Relay for Life, Amnesty International, Extended Care facilities, Advocates for Humanity, Food Banks, Children's Hospital, Habitat for Humanity, The Autism Society, and so much more!

We are also very proud of the many Terry Fox Scholars who have "graduated" from the Terry Fox Humanitarian Award Program. They are not only achieving success in their chosen careers, but they also continue to volunteer their time and talent by involving themselves in a great many community organizations, thereby providing many outstanding acts of true humanitarianism.

Each year, the members of the Selection Committee of our Board express a sincere wish that we had additional funds to be able to grant more awards to worthy young Canadians who are involved in serving and helping others. Unfortunately, due to a lack of funds, we have had to turn away hundreds of worthy applicants each year. I am delighted to announce that we are initiating an opportunity for our alumni and others to help us change that situation. This will be accomplished with the establishment of a new program called the One More Award Campaign. The success of this campaign will allow us to assist more young Canadians who are doing volunteer humanitarian work and who have a great desire to attend a post secondary institution in pursuit of their career dreams.

Last spring, in a telephone conversation with one of our alumni, Dr. Kelly McCaul (grad '91), I casually mentioned to him that the program's Selection Committee was preparing the recommendations for this year's award recipients, to be submitted to Board. I mentioned to Dr. McCaul that once again we had more worthy candidates than we had money to grant awards and that inevitably, one of the Selection Committee members would state, "Wouldn't be great if we had one more award to grant."

When Kelly asked what the current cost for an award would be, my response was \$7,000 a year for a possible 4 years (a total of \$28,000). His response was, "Would it help if I was to contribute seven thousand dollars for four years?" My answer was an appreciative, enthusiastic "Yes because this would allow us to assist another student to achieve a dream that they might not be able to attain if this award wasn't available."

In May I reported Dr. McCaul's very kind, humanitarian offer of support to the Board. As a result, this spring, we were able to grant 21 new awards instead of the usual 20.



My first recommendation to the Board was that we announce to the alumni the details of Dr. McCaul's generous offer of financial support. My second suggestion was that we establish a gift giving program, to be called the "One More Award Campaign," thereby allowing alumni and friends of the Terry Fox Humanitarian Award Program, if they so wished, the opportunity to contribute funds which would enable us to help as many worthy candidates as possible. This is a very exciting program that has great potential.

The One More Award Campaign was launched in late November and I am pleased to inform you that we have already received several very generous alumni contributions ranging from \$25 to \$1,000. Please let me assure you that no gift is too small or too large. We encourage everyone to give, to give as they are able.

This program is being very capably chaired by one of our current Board members and dedicated alumni John Rocha (Grad '90) with the help of Tiffany MacRae, our past Administrative Assistant and Jennifer Bergeron, our current Administrative Assistant. John feels other alumni, like himself, greatly appreciate the opportunity that the Terry Fox Humanitarian Award has provided to assist them achieve their career goals. Therefore, John feels all alumni would welcome a vehicle that would provide them with the opportunity to help other deserving young humanitarians who are dreaming about a post-secondary education.

The old but sincere suggestion being made to those alumni who wish to contribute to the One More Award Campaign is "not to give until it hurts but, to give until it feels good!"

I would also like to take this time to recognize one of our current recipients, Mark DeMontis, who was recently involved in a fundraising campaign. He was given the choice as to where the funds would be donated and he chose to donate them to the Alumni Association. His donation was one of the first to be put towards the One More Award Campaign and we would like to thank him for his generosity.

I will endeavor to keep everyone informed on the total amount contributed and how many additional students will benefit from the alumni's generous support of this program.

Each of the current recipients, the alumni, the office staff and all the members of the Terry Fox Humanitarian Award Board are extremely proud of the six graduates of the program who have received the honour of being a Rhodes Scholar. I am pleased to inform you that we will now be able to say that we can add one more to that number. We can now "brag" that we now have seven Rhodes Scholars. We were informed recently that Remzi Cej, who became a Terry Fox scholar in September 2007, and has been attending Memorial University of Newfoundland, will be going to England this fall as a Rhodes Scholar. We congratulate Remzi on the achievement of this great honour.

2007 has been a year filled with excitement, deep pride and appreciation brought about by the success and tremendous achievements attained by each of our current recipients and all of our alumni. As the new year rapidly approaches, I am delighted to be able take this opportunity to extend my most sincere wish that each of you will enjoy good health, lots of love and success in everything that you do in the coming year. My best wishes for a happy, healthy, joy filled 2008 also go to those you love and all those that love you.

My warmest personal wishes for continued success and happiness in all you do.

*Lorne Davies*

**Crossword Puzzle Answers:**  
1. British Columbia, 2. Cross Canada, 3. Awareness, 4. Winni-peg, 5. Perseverance, 6. Stanley, 7. Athlete, 8. St. John's, 9. Six, 10. Fred, 11. Bone, 12. Twenty two, 13. Hero, 14. Right