

The  
**GOLDEN THREAD**

Le  
**FIL D'OR**



**The Terry Fox Humanitarian  
Award Program Newsletter**

**Le journal du Programme du  
Prix Humanitaire Terry Fox**

**Summer 2008**

**Cover photo by Scott Baker**



# Congratulations to all of this year's new recipients!



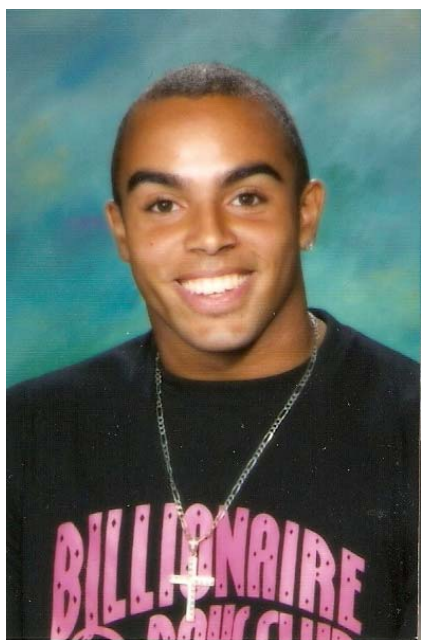
Laura Vollet  
Hudson Bay, Saskatchewan



Ashley Major  
St. Brieux, Saskatchewan



Chelsi Cormier  
Parrsboro, Nova Scotia



Deronn 'Bo' Palmer  
North Vancouver, BC



Amanda Cheong  
Vancouver, BC

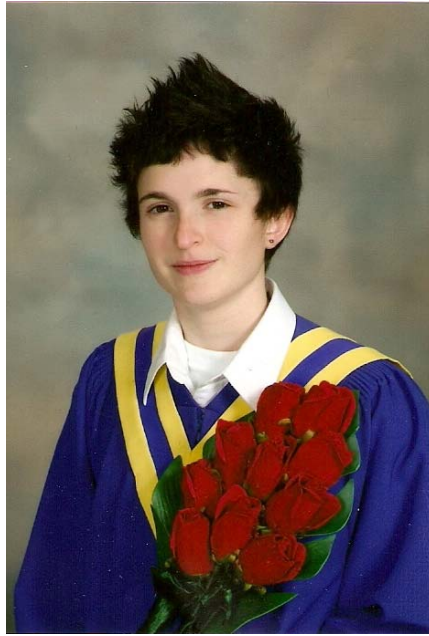


Erica Mills  
Acton, Ontario

# Congratulations to all of this year's new recipients!



Daniel Smith  
Sop's Arm, Newfoundland



Alexandra Tirabassi  
Fonthill, Ontario



Katherine Strapps  
Whites Lake, Nova Scotia



Lori-Anne Thomas  
Dartmouth, Nova Scotia



Jocelyn Swentek  
London, Ontario



Cari McIlduff  
Edmonton, AB



# Congratulations to all of this year's new recipients!



Megan Fester  
Lethbridge, Alberta



Chelsey Dawes  
Airdrie, Alberta



Rachel Goubau  
Gatineau, Québec



Sarah DeBay  
Bathurst, New Brunswick



Jamie Frazier  
Boylston, Nova Scotia



Stacy Topouzova  
Aurora, Ontario

# Congratulations to all of this year's new recipients!



Kerrie-Ann Delaney  
Bolton, Ontario



Andrée-Anne Houle  
Brossard, Québec



Stephanie Foote  
Killarney, Manitoba



Bonnie Schott  
Warren, Manitoba



Zachary Reimer  
Barrie, Ontario



Virginia Arsenault  
Charlottetown, PEI



## Congratulations to all of this year's new recipients!



Erica Noonan  
Stephenville, NL



Mark Ballon  
Vancouver, BC  
No photo available

Rio Mitchell  
Calgary, AB



Anita MacPherson (left) and Michelle Mahoney (right), Terry Fox Humanitarian Award Program Alumni, present the award to new recipient Chelsi Cormier in Parrsboro Nova Scotia.

# CAMP TRILLIUM

By Kaeleigh Barney

As I embark on a busy summer ahead, I am full of excitement to be volunteering at Camp Trillium's summer camps once again. Camp Trillium is one of a kind, and offers the much needed support to childhood cancer patients and their families. Here are some interesting facts about this great organization:

- The Trillium Childhood Cancer Support Centre offers recreational experiences to bring children with cancer and their families together. Camp Trillium also provides an environment that normalizes relationships and experiences, helping children and families in the healing process and enhancing their quality of life
- Each year over 400 children are diagnosed with cancer in Canada. This diagnosis is devastating not only to the child, but also to their entire family. It is Camp Trillium's goal to ensure that children living with cancer have a special place to go to be away from the disease, if only briefly, and to be children and enjoy all that childhood should be--fun and full of friends
- Year-round, Camp Trillium offers 54 programs throughout the province of Ontario for children living with cancer and their families
- Camp Trillium operates two sites in Ontario. Garratt's Island (since 1989), near Sandbanks Provincial Park in Picton, and Rainbow Lake (since 1997) in Waterford. Camp Trillium also travels to ten different Ontario cities, operating Day Camp programs in the summer. Throughout the year, Youth Groups and Trillium in the Community programs are offered in several major centers
- Garratt's Island is located on West Lake near Sandbanks Provincial Park in Picton, just 30 minutes south of Belleville and one hour west of Kingston. This summer facility accommodates 1,500 campers each year. Thanks to a generous donation from Garratt's Island Farm retreat (GIFT), the island has been home to Camp Trillium since 1989
- The Rainbow Lake site, in Waterford, has generously been donated to Camp Trillium by the Long Point Region Conservation Authority. The 140 acre facility is a child's paradise, providing a 35 acre lake for water sports in the heart of a wooded wilderness

- Both sites offer sailing, swimming, canoeing, drama, adventure programs and many more year-round activities
- More children than ever before are surviving childhood cancer; however, the devastation of their diagnosis and their treatments have major implications for the whole family. Camp Trillium has experienced phenomenal growth since its inception in 1984. It is apparent that the support and recreation that they provide is truly necessary. Childhood cancer affects the whole family; therefore, the population includes: children on treatment, children off treatment, brothers and sisters of patients, bereaved siblings and parents
- All of camp trillium's programs are free to the families, as this camp is funded by generous donations from individuals, service clubs, businesses, foundations, and the Canadian Cancer Society--Ontario Division
- Camp Trillium is governed by a Board of Directors that includes an Oncologist from each of Ontario's five pediatric oncology centers. A Nursing Director is a pediatric oncology nurse, and supervises a team of nurses for all the overnight programs. As well, a pediatric oncologist is available on call in case of emergency. Each day, camp trillium has a nurse present at all times. Nurses are responsible for storing and dispensing campers' medication, and taking care of any injuries or illnesses that may occur. If a camper requires cancer treatment while at camp, it can be arranged with the nearest clinic to the site



After reading all of these great facts about Camp Trillium, I am sure that you can realize how vital this camp is to the childhood cancer population. As a childhood cancer survivor, I can definitely articulate how this camp helped me to cope when I was battling childhood cancer and even now as I deal with many long term side effects from cancer treatments. Whether it was the visits that I had once a week while in hospital from my TIC match, or the monthly teen nights where it gave me an opportunity to socialize with other teens in a similar situation. Overall, I wanted to let everyone know a little bit about this great organization, and how volunteering and giving back to Camp Trillium continues to be full of wonderful experiences each time I return.

## Erin

*By Shannon Sarro*

About once a year, news outlets run a follow-up story on one of the most controversial convictions in Canadian law, the Robert Latimer case. Latimer was convicted of second degree murder in the death of his daughter Tracy. The controversy comes in because Tracy Latimer had severe cerebral palsy, and Robert holds that he murdered her because she was in constant, unrelenting pain. There are many people who believe that Latimer is a hero for ending his daughter's suffering; in fact, the first hit you get when you type 'Robert Latimer' into the Google search engine is for a site protesting his conviction. Every time the newspaper editorials flood with opinions on whether Latimer is a self-sacrificing hero or a cold-blooded murder, I follow the comments and articles very carefully. My younger sister, Erin, who is turning 19 in May, has an eerily similar medical history to Tracy Latimer. They share the same type and degree of cerebral palsy, they have had many similar surgeries and have shared many side effects to their complex conditions, including severe scoliosis. Thus every time I hear the argument that, since Tracy had the intellectual capacity of a month old baby and could not understand her pain or suffering, Robert Latimer

is a hero for ending her life, I feel deeply sad that many people do not understand this type of disability.

Beyond the arguments about euthanasia or understanding pain and suffering, I would just like to tell you about my sister Erin. I can't say that this would even compare to Tracy; I never knew her and I don't know the details of what she was like or what she went through. I can only share with you how well medical details can really describe a real person and hope that people will.

On paper (in fact, on a recent form we filled out to have Erin admitted into a new school next year) Erin is described as blind, unable to communicate, wheelchair bound and completely dependent. She cannot walk, talk, learn or communicate with her family. On paper, of course. In 'real life', Erin has a vibrant personality. She has a long list of likes, and she definitely has specific tastes. For example, she absolutely loves the musician Johnny Cash. Upon hearing the first few notes of 'When the Man Comes Around', Erin is laughing hysterically and kicking her legs in excitement, despite her "inability to communicate". On the other hand, like me, Erin really doesn't like the taste of chocolate, something Erin 'communicates' quite clearly if you switch her vanilla pudding for chocolate.

Though Erin is medically considered unable to recognize people, she has the uncanny ability to be perfectly happy all day, but to start whimpering as soon as she hears my dad's voice when he gets home from work. This earns her a long cuddle and some attention from my dad, who falls for this ploy every single time and accuses the rest of the family of ignoring Erin's cries all day. She is most definitely a daddy's girl.

Erin's favorite activity is swimming. When I was in high school, I would take the bus to her school to go swimming with her. As soon as I would say hello, her eyes would get really wide and she would go very quiet, wondering why her sister was at her school. As I began wheeling her down the hall towards the change rooms she would begin to laugh and scream with excitement, which would last from the moment I changed her into her swimsuit until I returned her to her classroom afterwards. Despite being medically



considered unable to retain memories, Erin would show excitement almost as soon as I turned up in her classroom, long before entering the swimming pool.

Like Tracy, Erin has had many surgeries and medical set backs. She is the single toughest person I know. She weathers every infection, every muscle spasm and every surgery by listening to her favorite CD's and playing with her family. There is no doubt in my mind that she suffers chronic pain, but I have seen her laugh and smile way more than I have seen pain in her face. She is a happy person, and she enjoys her life. When people support Robert Latimer because they believe that since Tracy was unable to ever develop intellectually it was wrong to have her in chronic pain, I feel sick. It's unfair to write Tracy and others like her off because they are handi-capped. I have been accused of projecting a personality onto my sister, and have even been callously accused of prolonging her life at the expense of her happiness. But when Erin and I go swimming, or she stops crying immediately after one of us picks her up, or when she sighs happily after a warm bath, I know that Erin has a family that loves her and would protect her from anything. I do not think she suffers from that.



Erin, Shannon Sarro's sister

## A time to relax, a time to reflect and a time for music



By Nicole Fassina

For most of us school has now come to a close and thus it is the perfect time to reflect on the past year. As well I find the summer (or the period just after exams) to be a good time to reflect on your personal study habits. Studying for a university exam is very different than study for a high school exam. Many times information is needed to be understood on a much deeper or specific level. Learning and studying is a constant growing experience that will forever be required in our lives from school to the workplace. And so I feel there will always be room for improvement on our work ethic, preparation and procrastination skills.

I know this does not sound like the most interesting summer adventure but realistically the only way you can improve on those skills is to fully understand how you study best. For example, what time of day you are most alert and least distracted, what kinds of food help you study best, how far in advance you should study for certain classes so that for once you could go to bed the night before feeling the most prepared you ever could for an exam!

But at the same time the summer is also of course a time to relax and well...listen to some good music (so why not do both!).

Here are some of my personal favourite low key artists and songs to study to or reflect to or simply listen to on a daily basis for that matter!

10. And any contemporary classical music
9. Sia (artist): Pictures (song)
8. The Album Leaf : The Light
7. Elliott Smith: Waltz #2
6. Joshua Radin: Winter
5. Ryan Adams: Nobody Girl
4. Regina Spektor: Samson
3. Patrick Watson: Luscious Life
2. Iron and Wine: Trapeze Swinger
1. Damien Rice: Eskimo

Enjoy your summer! You all deserve a break!

## My Grandfather and ALS

*By Christina MacNeil*

My grandfather was diagnosed on June 26, 2007 with Amyotrophic lateral sclerosis (ALS), often referred to as "Lou Gehrig's Disease," a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. Motor neurons reach from the brain to the spinal cord and from the spinal cord to the muscles throughout the body. The progressive degeneration of the motor neurons in ALS eventually lead to death. When the motor neurons die, the ability of the brain to initiate and control muscle movement is lost. With voluntary muscle action progressively affected, patients in the later stages of the disease may become totally paralyzed.

He had been back and forth to doctors for over a year trying to find out what was wrong with him. He was a very active 68 year old man who cut hardwood as a past time and during this past year his legs would give out every so often, he was finding it harder to breath even on the shortest of walks. His eyesight started to go as well in June. The doctors couldn't give him any answers as to what his problem was after numerous trips and tests. He was so disillusioned when right up to the final diagnosis he was told he was just depressed, even that he was just going through "male menopause".

Well that was just a joke. He died a week later after his diagnosis on July 3, 2007 from a heart attack due to a lack of oxygen. He was scheduled to have an assessment for oxygen requirements the next day. Let us say it was quite a shock but the "good" thing, if there is such a thing, is that at least he got to find out what was wrong with him and that it wasn't just nothing let alone the joke of diagnoses that he had been getting all along.

From everything we have researched he was a very lucky man and he would not have wanted to live with the prognosis of the disease. Your mind is as clear and aware but the rest of your body is affected and your speech as well. It is not a well informed disease like cancer and heart disease which is disheartening. It took over a year for my grandfather's diagnosis, and since then we have heard of many cases of ALS. So it is not

something new that just came out of the woodwork.

There is the ALS Society of Canada website you can go to for more information. It has the local chapters for the various provinces. Also in the USA there is a website. We need to get informed and help support ALS. As of now there is no cure, we can only hope that through research something can be done to help with earlier diagnosis and prevention.



## Traveler's Perspective

*By Jen Ross*

The dreams of many young adults nowadays are wrought with a passion to travel and see the world, and because of new technology, these dreams are becoming a reality to many people. Fortunately enough, I am one of those people and was chosen to go on a 4 - month exchange to university in Australia. Two others from my home university were also chosen, and we all decided to take the chance, and travel before we had to settle into uni.

I'm going to tell you that the first time you travel across the world on your own, it is hard to be mentally prepared for what you are about to experience. None of us had a clue of what we were getting ourselves into, but this has definitely become one of the most significant experiences in my life.

We began our trip in Fiji, and unfortunately, we were off to more than a rocky start when we arrived, to discover our bags were still in San Francisco. We quickly made friends with another traveler who was also bag-less and set off into the hostel. The first night was good, and we returned to the airport the next day to find our bags still MIA, and decided to just go out to the Islands anyway. One of the most important experiences I learned from this situation was **take a large carry-on with a supply of clothes, and not just books and meds**. It was a good thing that I had my meds though, as I'm not too sure how trusting I would be with Fijian Healthcare. This was one of the best weeks, and even though we ran into many problems, and I literally only had the clothes on



my back, I really learned a lot about myself, and just how important it is to be able to go with the flow. By the end of this week, I was saying "sanga sa lanka", no problems, all the time.. and I feel like it's a good life motto.

The day we left for Auckland our bags arrived and we were off to see New Zealand! This was my favorite week of the trip as it was action-packed and so much fun! The first day we got there we decided to go big or go home, and went Bungee Jumping! I was the biggest person there so I had to go first in the whole group, and I'm telling you, after diving off of a bridge and hoping that everything works out, the word faith, has a little more meaning. This was an experience of a lifetime, and even though it was VERY VERY scary, once you make that leap, there are definitely no regrets! Doing activities that force you to call on everything you have to follow through, and succeeding, makes doing them in all realms of life much easier I have found. Knowing that I can do crazy adrenalin events makes me really proud, and so grateful for everything in life. The rest of the week was very similar, although no more bridge jumps were involved, and we did everything we could, and met as many people as we could in that one week. It was amazing!

Finally the time to head to Australia had arose, and the travel bug had just bitten! We decided that the best way to see as much as we could, on a budget, would be to rent a campervan and just drive. And did we ever. In the 21 days we had the van, we put on 3100 Km, and literally lived on the sides of roads. The importance of knowing yourself really became apparent when 3, 20 year old girls were forced to live in one little van, and drive 3 in the front, stick shift on the wrong side of the road. There were many laughs, a few tears, and even some brooding silences, but this was an amazing experience, and we really had to be able to trust and support each other, especially when driving in the big cities! We continued to do the touristy thing and plodded along reaching our final destination right on time.. and now life was about to take a significant turn, as we had to leave our traveling lifestyle behind, and become students again.

This is WAY harder than it sounds, and sometimes I still find myself reminiscing and thinking about the van and what we did. Uni in Australia is VERY different from Canada, and even though everyone says that they are very similar, they are also very different. Going back to the first year mentality was hard at first, but once we started meeting people, life slowly returned back to a new normal. It is hard being in such a beautiful area and having to go to class, but like life at home, you do it

because you should. I have met so many people these last 4 months and wouldn't replace this experience for anything.

Last week I caught a bug, and because I had no immune system working for me at the time I got really sick, quite fast. This was a really hard time for me because one thing that I have clearly taken advantage of at home is our healthcare system. For me, I was always grateful, but never quite realized just how good we have it in Canada. During this time, I got really sad and started really wishing I was at home, back in my comfort zone, which I didn't even realize I had created for myself. Having Dr's and nurses who don't know your history and have many patients to deal with came as a big shock to me, as I found it really hard to communicate with them at first. This is when two major things happened for me.

First, my friends really stepped up, and were there, supporting me, and visiting me just like my family, which was amazing. At times when these things happen sometimes I feel like I should just deal with it, and not get others involved, but having that love and support behind you makes a huge difference in the end. The second thing I realized was that as bad as it was to be in the hospital, I know that if I had the choice of not going on this trip, to mean I wouldn't have gotten sick, I wouldn't have changed anything. All of the experiences I have had in the past 4 months have only made me grow as a person, and being hospitalized in another country is a big one. I thought back to the bungee jumping, and how I just did what I needed to, and so I called on that energy again, and did what I needed to do. I actually ended up checking myself out of the hospital because I felt that the Dr's didn't know me, but that I did, and that I was starting to take up much needed bed space. This was one of the hardest decisions I've ever had to make, and needed consulting from friends and family, but once I decided, I followed my instinct and am very happy I did!

I am down to 2 months left here in Australia, and there are still many things on my to-do list that are slowly getting ticked off. The experiences you gain regarding not only the world, but yourself when you travel are truly unique. If I get one point across through this entry, I hope it is that if you have a chance to go out and do something new, do it, and don't let doubt or fear hold you back. I believe that things have a way of working themselves out, and in the case of my exchange, and travels to and around Australia, I couldn't be more grateful and happy that they worked out the way they did.

# Tips to Ease Stress

Written by Jennifer Ottoline  
Submitted by Kevin Dawe



## 1. Extend your boundaries

It is okay to say no. If you are not comfortable committing to a task, or something doesn't feel right to you, then don't do it. We often get in trouble because we ignore our gut feelings, and most of the time it leads us down the wrong path.

## 2. Drop your to-do's

Drop the to-do's that have been on your list for a couple of months. Get rid of those tasks that you keep telling yourself that you will get done but you always find something more interesting/important to do. If you have not done them by now, they are not important and are merely draining your energy.

## 3. Remove clutter

How much time do you waste looking for things? Do you have stuff that you need to get rid of? The more cluttered your space is, the more stressed you are going to feel. When you remove clutter, get rid of stuff that you no longer need, and your life will run more smoothly. In addition, you will create a space for new things to enter your life.

## 4. Define your values

Determine what your values are and live to those values. We often feel conflicted because how we are living is out of sync with our values. For example, if your number one value is family and your job requires you to work 65 hours a week, is it any wonder that you feel unsettled and unhappy? When you're clear about what is important to you, it will be easier to let go of things that don't fit.

## 5. Examine your Beliefs

What are your core beliefs? Some of your beliefs may be limiting your ability to let go of tasks and projects that don't add value. If you believe that you create value by being busy, it is much harder to let go of tasks. If you believe that the only way to make money is to work hard, then you will always work hard. Remember, we look for circumstances in our lives to reinforce what we believe.

## 6. Create priorities

Determine one or two things you want to accomplish within the next year for your career/business, home life, relationships, and self. Work only to those priorities. If your goal is to develop a new income-generating product line, then that is where you should spend significant time focusing your attention.

It's very easy to get distracted from our priorities, because there is so much information out there that attracts our interests. How often do you get diverted to other projects and never finish what you were originally working on? What happens? The year goes by and you did not accomplish any of your objectives. When new ideas do excite us, get an idea notebook and write all your new ideas down for future projects. One note, if you find yourself working on everything but your stated priorities, it may be time to reexamine what you think you want.

## 7. Give yourself permission to relax

We live in a culture that has taught us that relaxing is the equivalent to being lazy so we have created lives that are bursting at the seams and don't give us time to think. There is another way. Give yourself permission to relax. Revel in doing nothing. Give yourself time to just think and do nothing. You will be amazed at all the new and interesting discoveries that come to you.

## 8. If you are struggling - let it go

If something is a real struggle, or you can't come up with a solution, drop it for a while. Giving yourself a mental break will allow your brain to rest and therefore create new ideas. Have you ever woken up in the middle of the night and had an aha? This happens for two reasons, 1) because you are relaxed, and 2) because you were not trying to direct your brain's thoughts. Giving yourself a mental break from a challenge is a great way to consciously create that aha.

## 9. Take care of yourself

Isn't it funny that we take better care of our cars than our bodies? Take care of your body and mind. Eat things that bring you a sense of energy and lightness. Eat to fuel your body. Exercise your body to reduce stress and clear your mind. Exercise your brain with new activities. This will go a long way in helping you feel more calm and relaxed.

## 10. Have fun

Why is it so hard for us to have fun? Make time each week to do something that brings you joy. Do something completely silly. Have fun with yourself. Laugh. Forget all the other stuff for a while and just have fun. You will feel a whole lot better.



# THE KEY TO SUCCESS

*By Matthew Cheng*

Success in life is a hard thing to accomplish. Many factors are to be considered in this great quest. Although I am a mere child in the eyes of many, my past experiences have brought these points to ponder on success:

## **Friendship**

When it comes to friends, do not believe that "the more the merrier".

You must understand that quality is much better than quantity.

True friends are hard to find, so if you come across one, hold on to them, for you could live a thousand lives and have a thousand friends, but never once know the true meaning of friendship.

## **Family**

Friends are great to have, but your family is the backbone of your life.

Reckon that your family acts as a guiding light.

Do not forget that you can never be lost when you are loved.

## **Diplomacy**

Having great people around you is a marvelous asset, but you must learn how to keep these people close to you.

You should know that diplomacy is key.

Remember that diplomacy is thinking twice before saying nothing.

Backstab your fellow men, and see a knife stab your honor.

Raising yourself by lowering others will not aid your cause.

Comprehend that what goes around will come around.

## **Love of life**

In order to enjoy life, you must first learn to master it.

Fear no one.

Fear not the unknown.

Embrace it.

Acknowledge the fact that you can do anything if you set your mind to it.

When there is a will, there is a way. There is nothing you can't do.

Understand that there is no greater strength on this earth, than that of a man's will.

## **Respect**

Respect is one of the most fundamental values in life.

It is therefore logical that it is an important factor to success.

Begin by respecting yourself, otherwise one would be committing suicide at a slow rate.

Although you might not like your fellow neighbor, respect him, for we must all abide to the same golden rule.

## **Modesty**

Some say it is a form of diplomacy, others say it is a sign of intelligence.

No matter what it should be, adopt it.

Conquer; don't triumph.

Modesty is not only an ornament, but also a guard to virtue.

My advice has come from past failures, mistakes and the experience of those who came before me. This next piece however, comes from the heart: Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.

## How to Save a Life

*By Adam Legge*

The Fray, a Colorado based rock band, asks this question in their hugely popular and successful single, "How to Save a Life." Saving someone's life seems to be such a big deal that you or I can't imagine doing something so heroic, something so monumental! Saving someone's life means rescuing a drowning person, performing CPR for a heart attack victim. It's isn't meant for everyday folk like you or I. Right? Absolutely wrong. Let me tell you why.

You have within your means the ability to potentially save up to three lives each time you donate blood. The slogan once used by Canadian Blood Services: "Blood – it's in you to give" is so true. One donor, when being questioned about his continued blood donations, stated: "I don't mind donating blood, I enjoy it – after all, I make it myself". One hour of your time every 56 days can potentially save three lives per donation. It is possible that you may be able to donate 5-6 times each year, increasing the number of lives that you have saved. It doesn't involve great heroics, just your willingness and one hour of your time. Yet, when you think about it, blood donors are definitely heroes.

Approximately every minute of every day, someone in Canada needs blood. Just take a moment to think about that – it's mind boggling. Most of us know someone, who for whatever reasons, has required blood or blood products for medical treatment. How many of us haven't been touched by cancer? Cancer patients can require up to 8 units of blood per week while motor vehicle accident victims can require up to 50 units of blood!

I am alive today because someone, somewhere gave one hour of their time to donate blood. Let me tell you why donating blood is so important to me.

I was born on August 27, 1989, a healthy baby boy, 7 pounds 6 ounces. My parents tell me I was a quiet, pleasant baby. Four months later however, on December 13, I developed what seemed to be a cold. At that time, flu season was on in full force, so my symptoms of a runny nose and slight temperature appeared normal. Within a few days, a variety of other symptoms came and went; everything from vomiting to "strawberry mouth" (reddened, swollen lips) to "bilateral conjunctivitis" (two pink eyes) and so on. Through the next ten days, my parents had me to the doctor on three

different occasions. After some basic tests, my mother was told that "because she was a nurse and a new mother, she was being overprotective" and to "just go home and enjoy Christmas with her new baby".

On December 23, 1989 my mother, still worried, called our family doctor and insisted that I see a specialist immediately. That afternoon I was brought to see Dr. Mila Smrz, a local paediatrician. After very close examination and more blood work, my parents were told to return home and they would be contacted with the results later that day.

Later that same afternoon, upon arriving home, my mother laid me in my playpen while she checked the phone messages. The answering machine reported, "This is doctor Mila Smrz... Please call the office immediately." During the call, my mother learned that I had Kawasaki's Syndrome, which can lead to very serious heart complications. That same day, my parents and I were flown by air ambulance 700 kilometres to St. John's and the Janeway Children's Hospital. After a countless array of tests, Dr. Geoff Sharratt, paediatric cardiologist, confirmed the initial diagnosis. I was immediately transferred to the Intensive Care Unit.

Kawasaki's Disease is an illness that involves the skin, mouth, and lymph nodes, and typically affects children who are under the age of five. The cause of Kawasaki's is unknown; some relate it to a genetic deficiency of a certain protein, but there are many theories as to the cause. If the symptoms are detected early, kids with the disease can recover fully within a few days, without any complications at all. If it goes untreated, it can lead to serious complications that can involve the heart and potentially, other vital organs. Unfortunately, such was the case with me.

The illness is unpreventable, but the telltale symptoms and signs typically include a fever, lasting for least five days, red eyes, sunburn like rash, and severely chapped lips and mouth, agitation and severe joint pain. Usually, if Kawasaki's Syndrome is treated early when the first symptoms appear, no heart problems develop. However if the illness does go untreated, it can develop into "vasculitis", which is an inflammation of the blood vessels. This can become particularly dangerous when the arteries of the heart are affected.

The doctors informed my parents that I had three huge coronary aneurysms. An aneurysm is like a water hose with a weak spot, which causes the hose to bulge. These



weak spots were in three major vessels in my heart.

When my father asked what would be done, he was told that there wasn't anything that could be done other than waiting. Aneurysms of the heart cannot be operated on and if one would burst (a very likely scenario), death would be imminent. I was given a one in ten chance of survival. The hospital gave my family a Polaroid camera and told them to take as many pictures as possible to remember our last days together as a family.

The following day I suffered a heart attack. The next day, a blood clot developed. A day later, a tube placed in my leg for easy access to my blood for the numerous daily tests, became infected, spreading the infection throughout my blood. Death seemed inevitable.

Over that five day period, doctors treated my condition aggressively with high doses of Aspirin and daily intravenous doses of gamma globulin (or purified antibodies), an ingredient of blood that helps fight off infection. After several agonizing days and sleepless nights, my parents were told that I seemed to be doing better.

I did continue to improve daily but I remained in the ICU for five weeks. In late January 1990, I was transferred to the Western Memorial Hospital in Corner Brook (closer to my home) and spent three weeks in hospital there under the care of Dr. Mila Smrz.

My parents spent the next few months trying to live out some semblance of a normal life but it was difficult. My mother constantly worried and my father slept on the floor by my crib for a full month after my discharge from hospital.

At thirteen months old, I suffered a second major heart attack that put me back in the ICU of the Janeway for several weeks, my parents were told that this had destroyed one third of my heart.

My parents were told I would need bypass surgery done by age two but when I turned two, I was doing so well that the surgery was postponed until I was five. At five, I was a normal kid who could run and jump as well as any, so it was postponed again until I reached 12. At twelve doctors ran tests and found that there was no immediate need for surgery. To this day, I have never had any surgery.

Without the product, gamma globulin, that I received, I

don't know what would have happened to me. Thankfully, this product was readily available when I needed it. This product is made from the blood of everyday people, people just like you, who take an hour out of their daily lives to donate blood. One hour! Such a small act that can make such a huge difference! Because of the two heart attacks that I had, I am not allowed to donate blood. I wish I could because I would like to give back the gift of life that was readily available to me when I needed it. That's why I volunteer at our local Canadian Blood Services branch; it's my way of giving back. The staff where I volunteer are phenomenal and they treat the volunteers and donors as if they were family. They make the experience an enjoyable one and most donors look forward to going back to donate again.

Blood – it really is in you to give. Be a hero to someone today and donate the gift of life. Just one hour of your time – it doesn't seem like much when you think about it, but to the person that needs it, it's huge. It's life saving.

If you would like to learn how you could donate blood or volunteer with the organization, go to [www.bloodservices.ca](http://www.bloodservices.ca) to find a branch near you. Find out how to save a life.

## DISability?

*By Katie Charboneau*

Recently, I've been asked one question over and over again: "How do you manage to stay as positive as you are in your situation?" And I have to laugh, because I don't have just one answer, yet the words that always escape my mouth first are "It's easy."

You see, my situation is one that more people find themselves in than is realized. In Canada over 35,000 people are currently living with spinal cord injuries, while each year over 1000 new injuries occur. The most common cause of spinal cord injury is by motor vehicle accident at an alarmingly high 50%. Unfortunately I am an individual among that 50% - in June of 2005 I was involved in a motor vehicle accident which resulted in me becoming quadriplegic. I have no use of my lower extremities and extremely limited use of my upper body - but for these I am thankful. I'm not thankful that I have

no use of them, I'm just thankful for the limited use I do have. And I think it starts there. . .

I don't feel sorry for myself. I don't pity myself. I don't feel blame. I don't feel anger. What I do feel: is happy. I am happy that I have the chance to wake up every day and find out what else I can accomplish. I am not limited by my disability, I am liberated.

I feel like I have so much that I want to do and so much that I want to accomplish everyday that I don't even know where to start. I have so many ideas and aspirations, and every day I work towards those goals. It might be slow and tedious, but I get enjoyment in the work I do and fulfillment when it is completed.

My disability has never held me back. It may have delayed me in the sense that I had to take about a year out of my life to focus on my health and well-being, but it has enabled me to respect myself more as a person. This life-altering situation has allowed me to utilize my full potential. I might be slower now at accomplishing what I set out to do, but I enjoy the challenge and soak in my sense of achievement when I am finished.

Every day I notice more things I can do on my own. I went from not even be able to change the television channel while I was in bed, to being able to type e-mails, talk on MSN, make DVD's, eat AND talk on the phone in bed at the same time! People keep asking me why I don't get frustrated at the things I am not able to do, and my answer is, "Because look at all the things I CAN do!"

The doctors had told my parents, right after my accident, that I would be lucky to be able to shrug my shoulders, I'd have to be on life support for at least three-six months, I'd always breathe through my tracheotomy (a hole in my neck), I'd be unable to talk, and I'd be tube-fed for the rest of my life – basically, my quality of living would be decreased catastrophically. I just laughed: nope, not me! And I was right! Just a little over a month after my accident, after five weeks in intensive care and one week in between a step-down unit and a regular hospital room, I was transferred to a rehabilitation hospital. My second weekend there I went home for three days for my sister's wedding. Just a month after that, I was home for weekends. I applied for university while still in the rehabilitation hospital. Exactly six months and one day after my accident, I

moved home. Two months later I flew to Philadelphia with my mom to visit the Shriner's hospital to gain prospective on what options were available for care-giving or surgeries. Although some invasive surgeries might increase my chance of being able to gain limited use of my wrists or fingers or even arms, I declined. Surgery just simply did not appeal to me – whatever I gained back on my own would be what I would work with. Five months later, a friend and I flew to Calgary for vacation and to visit another best friend. Two months later I began my first year of university.

Now, not quite three years after my accident, here I am! I've just finished my second year of university, I've been to Florida and the Bahamas, went on a cross-country road trip to Nova Scotia, organized major fundraisers, advocated awareness for disabilities, became an Ambassador for the University Hospitals Kingston Foundation, been the youngest and only member of the Canadian Paraplegic Association to lay a wreath on Parliament Hill on Remembrance Day, and the list goes on!

I think the most important thing to remember, whether you are able-bodied, or disabled, is this:

It's not the giant goals you accomplish in your life that establish the greatest sense of pride - it's the small things you achieve on a daily basis that count the most.

My favourite accomplishments, aside from being able to help others, occurred on the days I was left to my own devices. Like when I learned how to dial the phone with my tongue, or eat with my left hand, or began to write with my mouth, or discovered I could plug my microphone into my computer ...I have too many to count! I've learned that the only obstacles that stand in the way of your goals are the ones you limit yourself to.

If you believe it, you can achieve it!

People just need to realize that a disability is not a handicap. It is a chance to learn the value of life that most everyone takes for granted. It is a chance to know yourself and to learn to love yourself and others. I am happy that I have the chance to wake up every day and enjoy my life. My disability has made me appreciate the people I love - one of the greatest feelings is being able to smile in the comfort that is being with friends and family.





## Nature Challenge

By Ann Ness

In one of my first year biology courses, my teacher asked the class to see what their ecological footprint was. When I took the online quiz I was told that if everyone lived like me we would need 4 earths! I felt really bad about this because I thought I was somewhat environmentally conscience but apparently I wasn't doing enough. This intrigued me to find out some of the ways in which I could reduce my footprint.

One of the first things I did was take David Suzuki's Nature Challenge. I was lucky enough to see Dr. Suzuki speak at my university last year and he reiterated that we must all do our part in conserving nature. The nature challenge is an opportunity to take a look at your lifestyle and find ways in which you can make a difference in your home, school and work life. There are a number of the steps I took in my life to try and reduce my footprint:

- Use local transit** - Universities usually include a student fee which allows students to use the local transit system at a reduced cost.
- Buy locally** - One of my favorite things to do in the summer is check out the local farmer's market. The food is organic and it hasn't traveled a long distance to get to you.
- Use reusable tote bags** - Almost every store has them now and a good way to remember to bring the bags to the store is to clip them to your keys.
- Bring Tupperware with you when you go out to eat** - This is great if you are a light eater like me who usually takes food home from the restaurant.
- Public Action** - Take part in events like Earth Hour and petition your local governments on issues such as pesticide use and protection of threatened wildlife.

These are just a few of the things we can do to make a difference. If you are interested in taking part in the Nature Challenge I would strong suggest that you visit the David Suzuki Foundation's website (<http://www.davidsuzuki.org>). If we all do our part, we can help to protect our planet and create a sustainable environment for future generations.

## My 10 km Debut – The Terry Fox Run

By: Ramanan Arumugam

**A**fter having been notified that I was one of the recipients of the Terry Fox Humanitarian Award, I decided the next challenge would be completing the Terry Fox Run in September.

In Toronto, There are over a dozen sites for the race from which to choose from. The largest site in Canada for this run was at Wilket Creek Park, named after Wilket Creek, a tributary of the Don River, which runs right through Toronto, to Lake Ontario. This Park is in the Don Valley ravine which is made up of a succession of parks.

Having taken into consideration the nature of this race, I had to consider training. I wasn't an expert runner neither did I know whether I would be capable of running a 10 km run. I didn't know what my speed was or how long it would take me to complete the 10 km. I didn't even know what an average time for a runner would be. I used the knowledge Mr. Scott, my grade 11 physical education teacher had instructed me about training affectively. I soon found myself working too hard. We had very hot weather in Toronto in July and I was dizzy often times after I ran. In theory, I was losing too many electrolytes from sweating so much. I was determined to complete this race in a respectable time. The training, including weight training for upper body strength, continued until September. I noticed I started to feel stronger. It became easier, the breathing, the stride, the upper body became more rhythmic and the overall feel was a smoother more natural one.

My race buddies, Hammad and Aasish, were also preparing for this run. We were extremely excited for this race as none of us had run a race of this magnitude before. On race day, we arrived at the registration booth around 10 am. I felt as if I was overdressed for the weather which was around

10 degrees Celsius. There is no specific entry fee for the Terry Fox run. Basically what you pay is what you collect in pledges or personal donations, and if you collect over \$20.00, an automatic tax receipt is issued. We all had to sign the waiver which protects the sponsor from liability, in case something happened on the route.

There was a lot of activity at the site. It was alive and vibrant with people, entertainment and a fitness class as a pre-race warm-up. There were several booths – one for registration, another one sold T-shirts, there was complementary food for the runners as well. Bottled water was passed out throughout the race.

We went to the start line which was also the finish line. The official start had been at 9am but we could choose anytime up until early afternoon to do the race. Many runners were wearing the T-shirts from last year, which were issued in honour of the 25<sup>th</sup> anniversary of the race.

The course was very scenic. It wound through a parking lot along a path which followed the river, over a wooden bridge which crossed a rail road track down towards the Elevated Wetlands Project which resembled three large molars.

While crossing Taylor Creek Park, we ran under the Don Valley Parkway and through a very rural looking park to the turn-around-point. The race was a loop- 5 km out and 5 km back. It was almost impossible to get lost as the route was so well marked out. There were two water stations within 5km.

While on course, Hammad, one of my race buddies had an accident. He had tripped and fell, twisting his ankle. He urged us to continue without him, Me and Aasish were forced to continue without him. We crossed the finish line and Hammad caught up with us later. After completing the run we were at ease for having completed the race, stress free and overwhelmed with joy.

When we got back, a cameraman from Global TV was planning many of the activities with the participants of this highly esteemed race. We also got the opportunity to sign the memory wall. Looking around at the site and the displays, I was more than impressed with the organization and hard work that

was put into making the race so successful. We were gratified for having the privilege of taking part in such a festive event.

You can be sure of one thing – I'm hooked on running. I actively take part in the Terry Fox Run; I have run 2 races to date. I encourage you to take part in this extraordinary experience and don't forget to persuade your family and friends to take part in this life changing event. See you next year at the race, and I hope the wind is at your back!

-Dedicated to Barbara Dagleish, my mentor, who inspired me to train and take part in this run.

## More Disgrace

*By Matthew Sheriko*

When the average person thinks about a sport like track and field the first thought that comes to mind should not be the countless number of athletes that have disgraced the sport through cheating.

Marion Jones recently gave the public a reason to think this way. She is a former American sprinter. She has always been seen as one of the most talented. She is certainly one of the most drug tested athletes in history. Up until this October she was lucky to never have tested positive for any sort of performance enhancing drug.

In a letter to close family and friends she apologized. She was apologizing for deceiving them, and the rest of the sporting world. In the letter she admitted to taking the designer anabolic steroid, THG nicknamed 'the clear'. Her former coach Trevor Graham who, Jones says, had her under the belief that it was just flaxseed oil provided her with it. She had been taking it from September of 2000 until she stopped in July of 2001.

During that time she attended the Olympics in Sydney Australia. She was the class of those games, winning three gold medals and two bronze. The following year she won three medals at the World Championships in Edmonton. Jones has since forfeited those eight medals



along with all other results from September 1st of 2000 on.

Jones plead guilty to charges of lying to federal agents about her steroid use on October 5th and is now waiting to be sentenced. She could face six months in jail.

At the 2004 Olympics in Athens Greece, Jones fell off her throne as the world's number one female sprinter, finishing with zero medals. This was a major turning point in her career because many, including her, blamed her poor results on a recent pregnancy that did not allow her to be properly prepared for the Games. It is now definitively clear that it was due to the fact she was no longer taking steroids and therefore was not at an advantage.

Jones is no stranger to drug scandals and lying about the use of steroids. She has always vehemently denied ever taking steroids up until this point. Back in 2000 she stood by her former husband's side and helped try to "clear his name" when he was under-fire for testing positive four times in one year! In 2006, a urine sample of Jones tested positive for the blood booster EPO. She was not charged because the back-up sample came back with a negative result.

What immediately set off an alarm bell in my head and may be the most important part of this admission was the fact the creator of the steroid was the head of the Bay Area Laboratory Co-operative (BALCO). The lab at the centre for the biggest steroid bust in the last decade. It's creator Victor Conte supplied many athletes with this undetectable drug. Why this fact is so important is that 1) It shows that science is always a step ahead of the testers, 2) the defence of the all time home run record holder Barry Bonds is undermined.

Barry Bonds has faced nothing but allegations of steroid use since he has come close to the most coveted record in pro baseball. Also ever since he was linked to the BALCO lab. He has always been able to wiggle his way out of any discipline as a result of lack of evidence. He, like Jones, has never tested positive.

Even though Jones has come clean with this information doesn't mean she is being fully honest. Victor Conte has previously said that he in fact watched Jones inject herself. Jones has of course denied this claim. She even sued him for \$25 million dollars in 2004. Obviously someone is still lying, unless Jones has any more tearful

admissions in her, we might not know who is lying for some time.

The President of the International Olympic Committee believes that this admission by Jones is a good thing for sport. Saying that it shows that everyone will eventually get caught and be forced to face the music.

First of all, Marion Jones was never caught. She gave herself up. She could have kept that secret her whole life if she wanted to. There would be no evidence to suggest she was being untruthful. Therefore there must be more Marion Jones's out there.

Plain and simple cheating has no place in sports. In a sport like Track and Field, any advantage, big or small, can mean the difference between first place and eighth place. This problem will keep eating away at the fabric of sports if athletes such as Jones keep cheating. Sports may lose their integrity if this continues.

## Using community developed software for developing community

*By Steven Roy*

**M**ontreal is an animated, dynamic city known for its innovative art, culinary and cultural community. And nowhere is this innovation more evident than just out of downtown, at the Santropol Roulant.

The Santropol Roulant is a non-profit meals-on-wheels program with a very strong community and sustainability focus. Local young people deliver meals, mostly on foot and by bike, to people with a loss of autonomy living in Montreal. They run bike workshops, roof-top gardens, intergenerational activities and, since 1995, have delivered over 365,000 meals to its members.

"Santropol Roulant is not only a local meals-on-wheels

but a rich network of relationships, bringing people together and creating vital spaces and opportunities that engage people meaningfully." said Andrea Taylor, Director of Operations at the Roulant. "It is an organization that has the value of social change and community development at the heart of all its initiatives and is allows looking to be as inclusive as possible"

One challenge faced by the organization as it has grown has been the management of it's expanding databases of volunteers, clients and donors. Additionally, as the organization grows, so do it's other various IT needs – networking, internet and data sharing, facsimile, workstations. And leave it to Santropol to find a solution that is in sync with it's principles – open source.

Open source describes a type of software that is free to distribute, free to use and free to modify. The central idea is that software can be developed by a community (of programmers, designers and end users) for anyone to use. Essentially, the software is downloaded and used by a large group of people and when a problem or an opportunity to make the software better is found, individuals may change the source code (openly available to them, hence 'open source') and upload the changes for others to benefit from also. The product of this idea is free, available software, that continually evolves into a more functional, more powerful product through the exchange of knowledge instead of the exchange of money. In essence, each person contributes something different to the community since each has something different to offer – something as central to open-source as to Santropol Roulant.

Starting with the move to a open-source Linux server this summer, the Santropol office will follow by implementing a paperless facsimile system, and several workstations loaded with open-source operating systems and productivity and internet software. The changes should allow the growth and integration of it's various information needs well into the foreseeable future.

"We are so excited about the changes - our IT systems have been really poor for a long time. The new software will allow us to shape our IT systems in a way that supports our mission and will enable us to have an even greater impact in our work"

Initiatives that create opportunities for community growth and development are inspiring, especially those the like of Santropol. Even more inspiring though is when such a great community initiative is supported by the work of another.

## An Inspirational Quote

*Submitted by Elliot Gordon*

In April, I had three gruelling weeks of final exams to manage. Towards the end of the exam period, I was feeling rather unmotivated and just wanted to be finished. A close friend sent me this quote to boost my morale and drive me to the finish line. The words are relevant for anyone who has ever felt the way I did.

|| The first step you take is always the most important one. The first steps you take on any journey won't get you where you want to go. But without those first steps and the many more that follow, you would always be standing right where you are, looking towards the future and wondering what it would really be like to see your world the way you always dreamed it could be. One of the greatest lessons in life is the one you learn about moving forward and taking steps to reach your goals. Life rewards those who are willing to be involved in it and take chances. Take your chance and take those first steps, because a better life is just waiting for you."

-Nick Santana



## Recipe Favourites

### HOW TO MAKE A MOUTH WATERING CARNE ASADA

Submitted by Meena Assad

#### Ingredients:

- 1 1/2 lbs. flank steak
- 1/2 cup apple cider vinegar
- 1 cup orange juice
- 1 lemon, juiced
- 1/2 lime, juiced
- 1 tsp. liquid smoke
- 2 tbs. olive oil
- 1 Tbs. sweet teriyaki sauce
- 1 1/2 tsp. dried oregano leaves
- 3tsp. garlic powder



#### **Have you ever tried the Mexican Carne Asada?**

I can assure you as soon as you try this delicious, extravagant smelling, mouth watering Mexican style carne asada your taste buds won't be wanting anything different for along time. Trust me; carne asada recipe is a real treat. If you haven't tried it before you may be wondering exactly what it is?

Well, this scrumptious meal is made up of thin beef marinated for three to four hours, then grilled or baked by a pan but of course you don't eat the carne asada by itself. You should stuff the carne asada, guacamole, salsa and perhaps if you want some cheese all into a fresh from the oven, warm tortilla.

Of course, this meal will take up a lot of time (say 4 -6 hours maximum) but as soon as you swallow this luscious Mexican food you won't regret it.

#### **How do you make a Carne Asada?**

Exactly how do you make the carne asada, well all I can say is there are many ways to make it but the way I would prefer is marinating it for at least an hour and preferably longer, say 4 to 6 hours. But that's not all. It's how you cook it too. If you are grilling the meat, get the barbeque nice and hot. You should take the beef out a little earlier and wait for it to come to room temperature.

If you are barbequing the meat then you should put your barbeque on medium or high (use high if you want to cook a little faster but watch out it may be able to burn faster too). Let each side stay one for at least 4 to 6 minutes or until you can see it going a nice salmon pink inside. When made you should let it stay out for at least 5 to 10 minutes. There's only one more step left and that's cutting the beef into nice and thin pieces.

If you can do this then you've probably mastered the carne asada.

## POETRY CORNER

### *We all have a dream*

*By: Tara Holland*

Some dreams are big

Some dreams are small

Some change other people's lives

Some change our life

Some seem achievable

Some seem unachievable

He had a dream

That families would no longer suffer

That people would no longer face that uncertain future

That children would not feel the loss of a parent

That parents would not bury their children

That we could beat this horrible disease

We all have dreams

Just dreams

Make your dream live

Make your dream matter

Make your dream true

Believe in it

Eat it

Breath it

Your life

Your thoughts

Your Dream

Realized And Pursued

### Peace

*By Kathleen Lefevre*

Oh! How sweet You are to I  
When my Spirit feels the Hand  
That caresses Agitation  
Into a Fertile Land.

Where the Plow 's neatly Ordered  
Sprinkled Seeds that hath been Sewn  
Not far away the Dawn Day Speaks  
Of Times be yet Unknown.

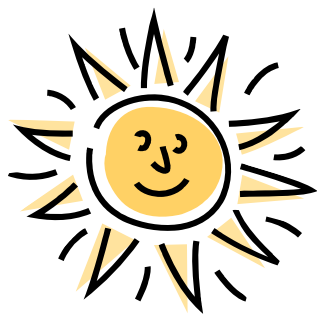
And How It Unfolds to I  
What a Willingness To Give!  
Only can that be Understood  
When with You I Live.

Oh! And Who are You to I?  
How I Tremble when I Ask  
Of the Sweetly Powerful Force  
Turning Fire to Glass.

In Steady Breath You're Seated  
Reins in Hand, You Warm and Cool  
The Dust that Must Begin to Calm  
My Restless Spirit's Pool.

Oh! You Are the Silken Pond  
The Plowed Land we Learn to Trust  
The Sun that Rises Every Morn  
The Stars that Speak to Us.

You're the Mother to my Soul  
Soothing Song makes Worry Cease  
How Steadily you Work this Land!  
Oh Yes, You are But Peace.



## *Message from the Executive Director*

**W**ith summer in full swing we're enjoying the beautiful sunny weather and welcoming our new recipients to the program. This year we welcome 27 students from across Canada who were chosen among nearly 700 applicants. As you likely saw, their photos were included in this issue and a brief biography of each one can be found on our website. As always, choosing the new recipients was not an easy task as we receive applications from so many deserving students each year; however, we are again very pleased at the high quality of students who are now part of our program, I'm sure they will make us proud all throughout their post-secondary education.

While we welcome so many deserving new recipients, we also have to say goodbye to all of our graduating students who are going into the workforce or moving on to graduate studies. We are very proud of all of our graduates and I have no doubts that they will go on to accomplish all of their goals and will continue their humanitarian pursuits.

I am also very pleased with the result of our first year with the One More Award Campaign. As a result of the incredibly generous donations made by our alumni, we were able to give an additional award this year. We are planning to continue this initiative again this year and we will be looking to our alumni once again this fall to help us provide post-secondary opportunities to young humanitarians.

I would like to take this opportunity to thank all of the alumni who donated to our program through the One More Award Campaign. Without your generous donations there would be one less new recipient this year. Thank you for all of your support.

We are so proud of all the men and women who are Terry Fox Scholars. They have all made outstanding contributions to their communities and will undoubtedly continue to do so.

I hope you all have a wonderful and relaxing summer!

Warmest regards,

*Lorne Davies*

Executive Director