



Volunteers make the fabric strong

At Threads of Life we say that the separate threads of our lives, when woven together, provide strength. Our Threads of Life fabric is made strong by the many volunteers who make our work possible. April 10-16 is National Volunteer Week – *read more about our volunteers on page 8.*



MESSAGE FROM THE CHAIR

Bill Stunt

Threads of Life was started by volunteers, and today, thirteen years later, volunteers continue to be crucial to every program and service we offer. An organization called Volunteer Canada sets aside a week each year to recognize volunteerism in Canada. For 2016, the theme is “Volunteers

are the roots of strong communities”. Whatever image we use – roots, or threads – we know that our volunteers bring energy, ideas, funds and their valuable time to build that network of hope and healing for families.

In each issue of Threads, we profile one of our volunteers. This time, we spoke with Lynda Kolly, a long-time member of Threads of Life who has contributed to every aspect of the organization’s work. It has been my honour to serve with Lynda on the Threads of Life Board of Directors for the past eight years (she joined as a director a year before me, in 2007). She is stepping down from the board, but promises she’ll continue to be involved as a volunteer. You can read Lynda’s profile on page 6, along with some of the other contributions volunteers make to Threads of Life.

We are grateful to Lynda, and to all our volunteers, during Volunteer Week, April 10 to 16. And every other day of the year.

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One more day

Father's death in explosion changes his daughter's world by Shannon Kempton



One of the first memories I have with my dad is the trips with him to visit my grandparents every weekend. I can remember my mom getting ready on Friday afternoon and packing us in the car to pick dad up from work and make the two hour drive to our grandparents' house. We loved going there and there were so many fond memories made at that old farmhouse. Every spring he would take my sister and me for a drive in the woods to pick lady slippers. On the way back from these excursions he would pull off the main road into an old field where a road used to be

and take us through that path where the tree branches had grown across so that they were beating off the old truck. My sister and I would laugh uncontrollably and dad would just smile at us and drive home.

Dad was a jokester. He was always smiling or trying to make someone smile. I remember being a teenager and inviting my friends over. Dad always had a nickname for them. I would come home from school and if dad was home I would try to sneak away to my room with whomever I had invited over before dad "caught us" and picked on them.

The other thing that I remember about

my dad was his hands. Dad's hands were always dirty from working on cars. Dad worked as an auto mechanic all his life. Although he dropped out of school in Grade 9 he went on to trade school and received his mechanic's license. When my sister and I came along his life revolved around us. Dad was home every night to have supper with us and tuck us into bed. Not once growing up were my sister or I looked after by a babysitter. Not even for a couple of hours.

When my sister and I turned 16 and wanted to get our driver's licenses dad told us that we could only drive when we knew how to pump gas, change a tire and check the oil in the car. Dad didn't want either of us to ever be stranded on the side of the road. Needless to say he was less than happy with me when I blew the engine in his car because I forgot to check the oil. Nor was he very thrilled the time he had to walk halfway home from work because I didn't put gas in the car.

Dad's home was always my home too. Even after I moved out and bought my own house, dad's house was the place I could go when I needed to get away from things. I always said that dad's was the place I could go when I had nowhere else to go. No matter how many times I moved away the door was always open for me to come back in if I needed to.

That door was shut for me on September 20, 2013. I can remember that day as if it were yesterday. It was a beautiful fall day and it had that smell in the air that you often smell when the leaves are changing and the temperatures are starting to get cooler. I was working that day but decided to sneak out early so I could pack up for a trip to the cabin that weekend. I had just gotten home and I was inside doing some packing.

When my cell phone rang I looked at it and didn't recognize the number. I don't typically answer calls if I don't know who they are but for some reason that day I decided to answer it. The voice on the other end was a woman's voice I hadn't heard before. She told me her name and that she was a friend of my dad's and was calling because my dad had been in an accident at work and he was taken to the hospital. At first I didn't panic because he often took cars for test drives so I thought that maybe

he was in a car accident. I mean if it was really that bad wouldn't the RCMP or hospital be trying to reach me? I called the hospital and told them who I was and they immediately put one of the plastic surgeons on the phone with me. He informed me that dad had been involved in an explosion at work and he was burned pretty badly. He asked if I would be able to come into the hospital and when I could get there.

The drive to the hospital was excruciating. I live an hour from the hospital on a good day but that day there was construction on the highway and traffic was at a standstill. While sitting waiting I started looking at my phone and saw an image on social media of smoke billowing into the air and details that there had been an explosion at a mechanic shop. I still didn't fully comprehend how bad the situation was. I thought that he might have burned his arms up a bit or his legs. I wasn't prepared for what I was about to hear. It wasn't until I saw that RCMP officer waiting for me at the doors of the ICU that I started to think that things weren't as good as I had thought. The officer told us that my dad had been working on a gas tank underneath a car parked outside the garage. Something was nicked and there had been an explosion while he was still beneath the vehicle. He told us that my dad had been badly burned and that the doctors were working on him then. Once he told us what had happened and got my contact information he called into the ICU. We were met at the doors by a social worker who took us to a private family room where a surgeon met with us. We were told by the doctor the full extent of his injuries and were informed that they were doing all that they could for my dad but things didn't look good. He had sustained burns to 95 per cent of his body and over half were third degree. The only part of him that had not suffered burns was the bottom of his legs and feet where he had been protected by his work boots.

The next few hours went by in a blur. Hospital staff were working as quickly as possible to dress the wounds that my father sustained so that my sister and I could go see him. Other staff members were taking me in to fill out paperwork for what I'm sure they knew was to come. Family from away was called to come as was my dad's best friend. We waited at the hospital for two and a half hours before the doctors finally said that we could go in and see him. The social worker did her best to describe to us what was happening and what to

expect when we were finally allowed to go in to the room but no one can prepare you for what we saw.

My dad, the person who I looked up to for all my life, the man who was invincible to me, was lying in a bed with tubes coming out of him everywhere, bandaged from head to toe and completely helpless. I tried to stay strong but was falling apart inside.

The night moved along with checks from the doctors on how he was doing. Family and friends moved in and out of the ICU. And my sister and I stayed there taking turns going in and sitting with him. The next morning the doctors called me in to a meeting where they told me that the machines were keeping my dad alive and it was probably time for me to make the decision to stop treatment. I can still remember thinking: how can they expect me to sign a paper saying that it was ok to let my father die? It was incomprehensible to me but in that moment I remember a conversation I had overheard when I was younger between my parents. My dad said that he never wanted to be kept alive by a machine. Somewhere I found the strength to do what I knew he would have wanted and dad passed away peacefully almost 24 hours after the explosion.

The company my father worked for was issued a stop work order immediately after the explosion and subsequently issued 24 compliance orders which included not having proper welding equipment and training on site. They were also issued a compliance order relating to lack of employee training.

On September 10, 2015, just 10 days

shy of the second anniversary of the explosion, the employer that my father worked for was charged with 12 Occupational Health and Safety charges. In addition, the owner was charged with criminal negligence causing death through Bill C-45, the Westray bill, a first in Nova Scotia. If convicted, he could face up to life in jail.

Not only did the explosion take my dad from me but it took away my sense of security and some of the innocence that I still had. I thought that my dad was invincible and he would always be there when I needed him but in one fateful moment he was torn away from me and things would never be the same again. I struggled with many regrets following my father's death, some of which I still struggle with today. No one ever thinks that someone's last day is going to be their last day. My dad was healthy and only 58. I thought I would have lots of time to do the things with him that I was putting off.

Two years have passed since that day and although my life continues, things are not the same, nor will they ever be. I often think that my life has been split into two lives: life before my dad died and life since my dad died. I don't trust as freely as I used to. I worry more. Worry about the people in my life being taken from me just as dad had been.

I wish for more time with my dad. One more day so that I can tell him that I love him. One more day so that I can take him to our cabin. One more day to just hang out like we used to do when I was a kid.



Peter with Shannon's sister

The story of my father

Asbestos exposure leads to death of stationary engineer

by Renee Guay



John Guay

My father was an

incredible father. As a young child I remember him reading me story books such as *The Never-ending Story* and singing me French lullabies to help me sleep. He would always spend time with my brothers and me that he called personal days – days with each of his children just one on one. He was the kind of father who was always there for me when I needed someone to talk to about anything. He didn't judge me, he just listened and wanted to hear my opinion.

He was always so funny yet could be so serious when trying to guide me in the right direction. I felt that his perspective was that he may not like every decision I make and I will make mistakes but he will be there to hear all about it.

My father loved to work out and he did so every day, whether it was push-ups, sit-ups, roller-skating, biking or chin-ups. This was his passion, aside from his work.

My father became a stationary engineer and worked with boilers and compressors. He loved his job and could tell you the

specs on a boiler or compressor in much detail, and he was an inspiration for me to pursue the career field I'm in. He created charts and diagrams and logs for these machines he loved and appreciated so much. If only he knew the asbestos within the elbows of the pipes and wrapping around the boilers and compressors would be the death of him.

He called me when I was at a friend's house and said that he was diagnosed with mesothelioma, which is a cancer directly related to exposure to asbestos. This was in April of 2011. He said "I just knew it." There had been signs at his workplace for years and years saying "Caution, Asbestos". My uncle was hired for over 20 years to remediate the broken asbestos from the machinery. My uncle recalls not wearing a mask or properly removing it according to the regulations. He was later diagnosed in 2014 with asbestos-related cancer called asbestosis.

Although my father did not directly work with asbestos, he was exposed to it at his workplace from the machines and from breaching pipes that had airborne asbestos. A company is required to have a documented asbestos management program to record all the locations and conditions of the asbestos at the work site. Although my father was on the Joint Health and Safety Committee, he was unaware of such a document. The company he worked for did not take confirmatory air samples to ensure its employees were not exposed to hazardous levels of asbestos. This is a requirement when asbestos is removed in buildings where employees are still working.

“ He loved his job and could tell you the specs on a boiler or compressor in much detail, and he was an inspiration for me to pursue the career field I'm in.

There is no cure for mesothelioma. It is a death sentence of eight months to two years, with a two per cent survival rate. During this time, you are guaranteed to experience the most excruciating pain you have ever felt.

During the Illness

Even when times were tough, my father still managed to crack a joke. And yet when times were bad, they were really bad. There was a time that he pleaded with me asking, "why is it okay to put animals down and yet when I'm in excruciating pain with every breath I take, it's considered inhumane for us?" I refused to accept the fact that my father was dying. There was no way! I didn't know how to cope and began drinking and smoking excessively, I didn't know how else to numb the pain because I didn't want to deal with the situation. This man who worked out every day, never smoked a cigarette, only drank socially, had 13 per cent body fat; this man that I looked up to and I'm so proud of, I was watching him diminish away. I couldn't stop thinking that this isn't happening, this is just a really, really bad dream and he's going to make it.

I remember the day when my mother and father were sitting on the couch and my father reaches over to my mother and says "you know Dorothy, I love you, you are an amazing wife, mother and caregiver". That moment is still so fresh in my mind.

I recall the day when my brother and I took him to a clinic in Toronto as he wanted to try an alternative therapy called Photodynamic Therapy. Once we left and he couldn't manage to walk to the car because of the pain, I saw in his face, his every hope, his every dream just diminish and fade away. This is the moment he had given up. The cancer was just too painful and excruciating.

He was in and out of the hospital

throughout his illness. He had unbearable pain from breathing and it seemed as though it didn't matter how much pain medication he was taking, it wouldn't control his pain for very long. There were

endless visits to see him at the Juravinski cancer hospital in Hamilton.

I recall being at my parents' house and my father was trying to coordinate a brothers weekend, his last brothers weekend as he loved to do every year. I left to go home

overwhelmed: my mother is not here to help greet people; where is my dad? and for a split second, I looked around – and it hit me like nothing before – this was it – this was it – it happened, he passed away. Even still at that time I didn't want to accept it.

next time you experience this, consider: is it not worth it to speak up for yourself and others? Employees in Ontario have three basic rights at their work place: the right to know, the right to participate and the right to refuse.

“ For a split second, I looked around – and it hit me like nothing before – this was it – this was it – it happened, he passed away. Even still at that time I didn't want to accept it.

and about 20 minutes later, I received a call from my uncle that an ambulance was picking up my father. I immediately turned around the car and proceeded to the hospital. When I saw my dad, I could see despair and lost hope and dreams. What we found out was that he had tried overdosing on morphine because of his pain.

WSIB and Lawyers

My father had decided to not utilize WSIB, which would cover his medical costs. He had requested me to find a lawyer so we could access funds from asbestos manufacturing companies related to my father's exposure. I did so and during one time he was in the hospital, I had to review paperwork with my father in the hospital bed. We wrote out when he was exposed to what kind of boiler and compressor and also had to look at pictures from the lawyers to see if my father recognized what he may have been exposed to. This was an emotionally draining task to ask my father this information when he was so ill.

Since the asbestos companies hid this cancer from asbestos since the 1920s, many are in receivership. What I found out from this experience was that you can't sue a company in Ontario for negligence, because of the no-fault coverage through the Workplace Safety and Insurance Board.

At the wake

Eight months after his diagnosis my father passed away November 6, 2011. He was 59 years old.

It was astounding to me how many people were able to make it to my father's wake and funeral. At this time, my mother had a significant amount of pain in her neck from a slipped disk. At the evening wake, my mother left to rest about half-way through, and more and more people kept coming in whom my brothers and I were greeting. All of a sudden I became

The Aftermath

The death of my father really changed my values and perspectives on what was important to me. For example, I was very money-driven and focused on what I want, the next new shiny car or other shiny materialist thing. I really had to take a step back and re-evaluate what was truly important and where should I be directing my energy. I am blessed for having this insight and change of perspective.

Do you remember a time you've been in a circumstance at work when something wasn't right and you haven't spoken up? This may be from the fear of reprimand, fear of speaking up or any other fear. The

I would also like you to consider your own self-worth and value and how that connects with the experiences that you've had whether beneficial or non-beneficial. My father and I had a conversation once that he didn't always feel his self-value. I believe had he felt more of this, he may have been more inclined to question what was going on around him.

You have the power to create a legacy for yourself and those around you with your voice. Had my father spoken up; had his co-workers spoken up – maybe, just maybe we could have had my father around for a little longer and prevented exposure for others.



Renee with her father

“Did you hear what I said?”

by Shirley Hickman



He came home from work and I asked the usual question: “How was your day?” He seemed excited as he responded “A good day”. “That’s good,” was my reply, then “are you ready for dinner?” During dinner, we sat mostly in silence – the occasional look at each other. Neither of us went into any conversation around what we had done or what had happened during our day. Later in the evening, I asked “what is wrong – you seem very quiet this evening.” “Nothing,” was the response.

Sound familiar?

I had missed at least two opportunities to listen. If I replay the first question and response – what could I have done differently? How do I go back to that space? Perhaps I could have tried “I apologize, I noticed you seemed excited when you responded to my question about your day. I would love to hear about it”.

Listening is not the same as hearing. Listening is an intentional act of communication. We all have a need to be listened to. To be listened to helps us to express all our feelings and joys in both the saddest of situations and the happiest of the events that happen during our day and our lives.

What is listening? Is it a conversation? We all love having a conversation with a friend, with our partner, with our children, with our work colleagues. We learn about their day, their plans for the evening, how the game went, how was work or school. Most of those conversations are easy. Intentional listening may not be.

Let’s review some information:

You can speak at the rate of about 100 – 150 words per minute. You can listen at the rate of about 400 – 800 words per minute. The difference between those two speeds is called ‘lag time’

Lag time can be used creatively or destructively. To use it to

stay with the individual and the story they are telling requires the listener to be very intentional. It is very easy to let our minds turn to our own story or experience that we could share back. This usually ends the storyteller’s line of thought. We are all guilty of doing this and often don’t even realize it.

This is very true with our family members dealing with traumatic events. The storyteller has found someone safe to start to share a portion of their situation and if the listener is intent and able to focus during the lag time, he or she will be able to help the individual move to the next piece of the story. If the listener uses listening skills effectively, the family member may realize they have their own prior experience of coping to draw strength from. This is very intentional listening and requires practice. It also requires a sense of trust; security that the listener will not be judged. Is there ever a time to suggest coping skills? Likely, but the individual sharing the story will let the listener know if that would be helpful and it is usually best for the listener to attempt to ask appropriate questions, using empathy and paraphrasing to help the storyteller identify their own personal coping skill. This is truly difficult to do. Our Volunteer Family Guides continue to take training on listening skills and we try to practice, practice and practice.

Listening means paying attention to all aspects of communication: words, tone, and body language.

I encourage you to think about being an intentional listener. It takes lots of practice. There are great books, information and workshops available. On our blog, please share your ideas or experiences (both the good ones and the not so good) on being listened to or being the listener, and watch for future articles on listening, empathy and communication.

Writing a loss history

(Based on Threads of Life Resource Guide for Volunteer Family Guides, from Joanne Overbeck, Dallas TX)

Writing, in any form, can provide a powerful catharsis. It brings up memories and rekindles feelings. Writing helps you revisit emotions that are important for healing, and express and release those feelings on paper. One very helpful tool for those dealing with a loss is detailing a personal loss history. A loss history highlights how you and your loved ones have dealt with past losses. The information included in the loss history is an indicator for how you will deal with your current loss. Understanding what is normal for you, your loved ones and relatives can be invaluable to your healing.

First, list the losses that have affected you. Include not only deaths, but also divorces, injuries, job losses, illnesses (mental and physical), major moves, etc. Some people find it helpful to plot these on a timeline with your approximate age or the year they happened. Then, look at how you handled each loss. Questions that you could consider include:

- Do you make family visits to the cemetery? How often?
- Do you remember deceased relatives on their birthdays or the anniversary of their deaths?
- Do you ever talk about deceased relatives?
- Are you ashamed of an illness or deformity or do you talk about it openly?
- Is it okay for family members to be sad? Or is that considered a weakness?



- Did you discuss the details of a divorce or did you know not to ask?
- What are your family mottos (e.g. “That’s in the past,” “Don’t cry over spilled milk,” “It’s important to remember the dead”)?

By examining the information that comes from the answers, you become aware of and begin thinking about how you view loss. This awareness will help you understand your coping mechanisms. There are no right or wrong ways to grieve – as long as your actions are not destructive – but it may be helpful to know what to expect from yourself and from others. Most of us have blind spots in dealing with our losses.

The next step in family support - **Local peer support groups**

by Kate Kennington, Manager Family Support

There are now more than 2,300 family members connected to Threads of Life and new families often ask if there is a local group in their own community. Soon, the answer to that question may be ‘yes’ as Threads of Life tests its newest family support program.

Canada’s vast geography means many of our services are ‘virtual’, such as our website, blog and this newsletter. We do know that face-to-face meetings are best, however communicating in any way with someone who truly understands is extremely beneficial. Most of the support that our Volunteer Family Guides provide to families is over the phone or by email. In fact, one of the earliest matches was a dad on one coast supporting a mom far away on the opposite coast of the country. They actually wrote and mailed letters and it was several years until they were able to meet in person.

Fortunately, as we have grown, so has our capacity to provide support and the next important step will be developing local peer support groups. This new initiative will start off small with groups being offered in a few communities. Volunteers for the pilot project recently attended training that focused on advanced listening and group facilitation skills. They will be able to facilitate support groups that provide a safe, non-judgmental place to share stories as a way to offer hope and healing. The sessions will meet over a number of weeks and focus on healthy coping skills as together participants learn to live with their loss. The peer support groups will not replace any of our current services but will be a new and needed addition as more families reach out to Threads of Life.

Lynda Kolly

For Lynda Kolly, being involved in Threads of Life is all about connecting with others. The organization didn't yet exist when her son Burton died on his first day working on a commercial fishing boat on Lake Winnipeg. Later, when she was asked to join the board of directors, she knew very little about Threads of Life "but I thought, you know this is something I believe in."

On her own, and through an organization called Safe Workers of Tomorrow, Lynda had been speaking out for health and safety, she says, "but I found I needed to have more of a connection with family members who were experiencing the same thing as me." She joined the board in 2007, and hasn't stopped giving time and energy since.

Right away, she got involved in helping organize Steps for Life in Winnipeg. While she has since moved out of the city, she still volunteers on the day of the walk. She took training to join the speaker's bureau, and became an in-demand speaker as well as a spokesperson for media interviews. And she joined the volunteer family guides, providing support and understanding to other parents after the workplace death of a child.

Through all of those contributions, Lynda's favourite moments as a volunteer continue to be at family forums. As a family member attending, she says she always learns something useful at the session. But she also tries to "be involved as a helper" at the annual events. When doing public speaking to a group or with the media, she adds, she is able to honour and remember Burton, but she doesn't necessarily know if she's making a difference. But "at a family forum, you're making one-on-one connections and you know you're making a difference for that one person."

After nine years on the board of directors, Lynda is stepping down from that role this spring. But she will continue her other volunteer roles with Threads of Life. And her reasons for volunteering, she says, are really no different today than when she first started.

"It has been my privilege to be a member of this board," Lynda says. While her volunteer role has evolved over the years,



and will continue to change, "my reasons have stayed the same."

Those reasons include not only helping families heal through community support, but also the need to "speak up and lead the culture shift that will eliminate life-altering workplace injuries, illnesses and deaths."

Volunteers make Threads of Life strong!

Volunteering is the heartbeat of Canada – in 2013, 44 per cent of Canadians volunteered their time, according to Volunteer Canada and they contributed close to two billion hours.

For a small organization like Threads of Life, our programs and services wouldn't happen without our volunteers. How do we love our volunteers? Let us count the ways!

- Threads of Life volunteers donated 7,972 hours in 2015!
- Volunteers invented Threads of Life – the founding members were all volunteering their time, and for the first couple of years the organization was run by volunteers – there were no paid staff.
- More than 70 people have completed training to be Threads of Life speakers, and more than 60 have stepped up to the Volunteer Family Guide program
- As well as the speakers bureau and VFG program, volunteers are the backbone of the Steps for Life walk, the Board of Directors, and family forums.

For Volunteer Week, April 10-16, we will be thinking of the many volunteers who make Threads of Life. Thank you!

Building support for Threads of Life

Construction safety organizations ensure a strong foundation for families

Standing before an audience of health and safety consultants, trainers and staff, you could say Trish Penny was preaching to the converted. Trish was telling the story of her brother Luke's death when a foundation collapsed into the trench where he was working. The staff at the Infrastructure Health and Safety Association – who work with the construction, utility and transportation sectors – are all too familiar with the consequences when something goes wrong on a construction site – they work every day to prevent it.

Trish's presentation, as a member of the Threads of Life speaker's bureau, was part of a solid relationship between IHSA and Threads of Life – and IHSA is just one of many construction safety groups across Canada which raise money to help Threads of Life families, and spread the word to ensure other families can find the support they need.

The construction sector is one of Canada's largest employers according to Statistics Canada. In 2012 and 2013, the Association for Workers Compensation Boards of Canada reports that construction industries accounted for more fatalities than any other sector. Construction safety associations in each province and territory help workplaces control hazards to prevent injuries, illnesses and deaths – a goal perfectly aligned with Threads of Life's own mission.

The support of these associations continues to be critical to Threads of Life's success:

- In Newfoundland and Labrador, the NLCSA supports CEO Jackie Manuel to serve as a member of Threads of Life's board of directors. Staff at the NLCSA are also key members of the Steps for Life committee and volunteer at other events.
- In Alberta, members of the ACSA organize a ball hockey tournament which raises thousands of dollars each year. The association also supports Steps for Life in all the Alberta walk communities.
- In Saskatchewan, the SCSA offers information and raises money through a NAOSH barbecue and other events, and supports the province's Steps for Life walks.
- Construction safety associations in other provinces – as well as regional and local associations – bring in Threads of Life speakers, run ads and articles in their publications, donate money, and participate on Steps for Life committees.

“These important partners help us build a future where families won't need us,” says Scott McKay, Threads of Life's Director of Partnerships and Fundraising. “In the meantime, they're so important in letting families know we're here, and ensuring we can continue to provide our programs and services.”

IHSA works not only with the Ontario construction sector, but with workplaces in transportation and utilities as well. Staff members are already giving time, energy and money to support families of workplace tragedy, but still they were touched by Trish Penny's personal story of loss.

“Threads of Life, with its support for families who have experienced a workplace fatality and its advocacy for the elimination of workplace tragedies, is a powerful agent for change,” says Enzo Garritano, acting CEO and President for IHSA. “Much of the time, worker deaths are overlooked in a crowded newspaper, online news channel, or other media outlet. By delivering a personal message and bringing to light the human experience of a workplace fatality, Threads of Life allows us all to share in the loss of a loved one.”

“IHSA is working to change the culture of health and safety in the sectors we represent,” he adds. “As well, we strive to inform the general public, who use the services provided by our member industries, that the risks leading to workplace fatalities are unacceptable. It requires a greater level of engagement among all parties to ensure that these risks are eliminated.”

“Together our message will be stronger and more impactful,” Mr. Garritano says. “We encourage others to support our mutual goal to make sure all workers come home safe.”



Through its program ADM Cares, ADM in Midland Ontario offered a grant of close to \$3,500 to support training for new speakers joining the Threads of Life speakers bureau. Left to right are Kevin Clugston, ADM Commercial Manager, Threads of Life speaker Patti Penny, Threads of Life Regional Development Coordinator Lorna Catrambone, and Wesley Zoschke, ADM Health & Safety Supervisor.



Walk this way!

Registration is open and the plans are set for Steps for Life 2016. This year, 31 communities across Canada will host five-kilometre walks to promote health and safety and raise

funds for Threads of Life. Most walks take place on the weekend of April 30/May 1 – check the location listing on the Steps for Life web site to find your local walk and date. All funds raised are used in Threads of Life’s support programs for families affected by workplace fatalities, life-altering injuries and occupational disease.

Get in the express lane!

Five great reasons to register online for Steps for Life

Planning to lace up for Steps for Life? Your first step might actually be your easiest one: use the Steps for Life web site to register online for your local walk! Online registration is quick and easy for you, it saves you time on the day of the walk, and it helps Threads of Life too. Need more convincing? Here are five reasons to try online registration this year:

1. Go to the head of the line. Checking in on the day of the walk is much faster if you’ve registered online in advance. Many walks even have an express check-in for those who have pre-registered.

2. Save trees! Registering online cuts down on the amount of paperwork required on walk day, because you’ve already signed a waiver and may not need pledge forms.

3. Do unto others. Online registration makes life easier for the people who organize your walk – and they’re all volunteers. They also have a better idea how many people to expect so they can order enough hotdogs for everyone!

4. If you build it, they will come. Make it easy for your friends and family to support you in your Steps for Life fundraising goals. Your online fundraising page offers great tools to reach out and tell people why Steps for Life is important to you. And you can track your progress too!

5. Win-win. Families of workplace tragedy benefit from your participation in Steps for Life and your fundraising. And you have a chance to win too - register online, fundraise online and you may qualify to win a flight for two anywhere West Jet flies. See the information about the WestJet prize on this page.

To get rolling with your online registration, visit the Steps for Life web site and choose your walk community: stepsforlife.ca/get-involved/register/.

RAISE \$200 IN 7 DAYS



All you have to do is ASK!

So you want to fundraise for Steps for Life, but you're not sure where to start? Well, here are seven simple steps to get your fundraising started -- in just one week!

1 SPONSOR YOURSELF

When you register to walk, sponsor yourself for \$15.



2 ASK 3 RELATIVES

Ask 3 relatives to sponsor you for \$20.



3 ASK 6 FRIENDS

Ask 6 friends to sponsor you for \$10.



4 ASK 3 CO-WORKERS

Ask 3 co-workers to sponsor you for \$10.



5 ASK 3 NEIGHBOURS

Ask 3 neighbours to sponsor you for \$5.



6 ASK YOUR SPOUSE OR PARTNER

Ask your special someone to sponsor you for \$20.



7 CELEBRATE YOUR SUCCESS!

Time to do your happy dance. You have just successfully raised \$200!



www.stepsforlife.ca



Fundraise for Steps for Life and win a WestJet flight for two!

This year Steps for Life could help you walk your way to a fantastic vacation!

If you register online and raise at least \$100 in paid online donations for Steps for Life, your name will be entered in a draw for a flight for two to any WestJet destination. Thanks to WestJet for the generous donation! Happy fundraising!

A few conditions:

- To be entered in the draw, participant must register online for Steps for Life.
- Participant must raise at least \$100 in paid online donations (pledges and cash donations are not included). For every additional \$100 the participant raises in paid online donations, he or she will receive an additional entry in the draw.
- Funds must be raised and paid online by midnight on May 30, 2016.
- The prize is valid for round trip travel only, until May 1, 2017. WestJet charters and WestJet Vacations packages are not included. Certain blackout dates (e.g. Christmas, Easter etc.) are not included.
- No purchase necessary – those unable to register for Steps for Life may enter by submitting a 500-word essay on “Why Threads of Life is important in my community”.

Visit the Steps for Life web site to learn more, for the details and the prize conditions. www.stepsforlife.ca

Making it happen

Thanks to our amazing national sponsors who help us make Steps for Life happen every year.



WIN A FLIGHT FOR 2 WITH
WESTJET

Register and fundraise at stepsforlife.ca
and walk your way
to a fantastic vacation!

Learn more at stepsforlife.ca
Happy Fundraising!



Coming Events

Please let us know if you'd like more information or would like to get involved!

Steps for Life – Walking for Families of Workplace Tragedy

April 30 May 1 and May 7
depending on community – find your walk location and date at www.stepsforlife.ca

2016 Regional Family Forums

Atlantic Family Forum,
June 3 – 5, 2016, South Shore, NS

Central Family Forum,
November 4 – 6, 2016, Barrie, ON

Prairie Family Forum,
October 21 – 23, 2016,
Saskatoon, SK

Western Family Forum,
September 30 – October 2,
Edmonton, AB

How to reach us

Toll-free: 1-888-567-9490

Fax: 1-519-685-1104

Association for Workplace Tragedy
Family Support – Threads of Life

P.O. Box 9066
1795 Ernest Ave.
London, ON N6E 2V0

contact@threadsoflife.ca
www.threadsoflife.ca
www.stepsforlife.ca



Association for Workplace Tragedy Family Support

Threads of Life is a registered charity dedicated to supporting families along their journey of healing who have suffered from a workplace fatality, life-altering illness or occupational disease. Threads of Life is the Charity of Choice for many workplace health and safety events. Charitable organization business #87524 8908 RR0001.

MISSION

Our mission is to help families heal through a community of support and to promote the elimination of life-altering workplace injuries, illnesses and deaths.

VISION

Threads of Life will lead and inspire a culture shift, as a result of which work-related injuries, illnesses and deaths are morally, socially and economically unacceptable

VALUES

We believe that:

Caring: Caring helps and heals.

Listening: Listening can ease pain and suffering.

Sharing: Sharing our personal losses will lead to healing and preventing future devastating work-related losses.

Respect: Personal experiences of loss and grief need to be honoured and respected.

Health: Health and safety begins in our heads, hearts and hands, in everyday actions.

Passion: Passionate individuals can change the world.

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SHARE THIS NEWSLETTER!

Pass it along or leave it in your lunchroom or lobby for others to read.



Yes I will, help bring hope and healing to families

Gift Payment Options

- I'd like to make monthly gifts
 \$25 \$50 \$100 \$ _____
- I'd prefer to make a one-time gift
 \$25 \$50 \$100 \$ _____
- I've enclosed a void cheque to start direct withdrawal for monthly giving
- You may also donate to Threads of Life online at www.threadsoflife.ca/donate
- Please send me updates about Threads of Life events via email at: _____

Visa MasterCard

_____ account number _____ expiry

NAME ON CARD _____

SIGNATURE _____

PHONE NUMBER _____

ADDRESS (for income tax receipt) _____

Threads of Life, P.O. Box 9066 • 1795 Ernest Ave • London, ON N6E 2V0 1 888 567 9490 • www.threadsoflife.ca

All donations are tax deductible. Charitable Registration Number #87524 8908 RR0001