



Challenges *of the season*

For all the beauty that comes with winter, it brings its challenges too – bad roads, frozen equipment, heavy layered clothing, short daylight. They say winter is what makes us Canadian. In this issue of Threads, read both the good and the bad of winter: bittersweet memories, and work hazards that were caused or worsened by winter conditions.



MESSAGE FROM THE CHAIR

Karen Lapierre Pitts

As we get older, the seasons fly by. For people coping with the effects of a life-altering injury, occupational disease or the death of a loved one, the passing seasons not only mark time past since their “normal” life changed, they can also signal memories and the difficulties of grieving when everyone else is celebrating.

For Threads of Life, winter means the end of another year’s work, towards our mission of helping families and contributing to the prevention of future tragedies. The need for Threads of Life’s programs and services, sadly, continues to be great. But thankfully, so is the commitment of our many partners and supporters. Throughout 2018 in Threads newsletter, we have explored the ways our supporters help our work with their time, talents, energy, and monetary gifts. As we enter the lovely and challenging winter season, we hope you’ll feel the warmth in your heart of knowing your contribution has made a difference.

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FOREVER 21

Mom uses her loss to learn to help others

by **Arlene Vogler**



Jonathan

Jonathan came into this world on April 4, 1983 full of life and never stopped living that way.

Jonathan loved anything with a motor. The faster it went the better it was. He was a typical young boy who grew up wanting bigger and better things for himself.

Jonathan became a big brother to his baby sister Allyson at the age of seven. He loved his sister more than anything. They were like typical siblings, though, as they squabbled and argued but that just brought them closer together. Jonathan's big dream for his sister was for him to pay for her university education, which of course never happened.

He worked in a local gas bar in our small village of Jacquet River, NB during high school. After high school he decided it was time to find a job and career he loved and to do this he headed out west like many young men. He left in 2003, starting out in the outskirts of Edmonton, Alberta working in a local factory while living with his aunt and uncle. He soon left there to head to Grande Prairie to room

with some of his NB friends, finding a job as a well tester for a well testing company in the oil and gas industry.

Jonathan loved his job. He would call home all the time, telling me how he'd found his calling, loved his co-workers and was constantly learning new things, taking all the courses he needed and had big plans. He bought himself a dirt bike, loved the sand dunes he drove it in and of course he had us send out his pride and joy, his white Z24 car, by rail.

“ Time is bittersweet. Seeing his friends getting married, having children, knowing he missed out on that and we will not have that to enjoy with him.

Jonathan came home in the summer of 2004, making time for all his friends and family. It was a very special time and we made it

into a family reunion. It would be the last time we would all be together and the last time we would see him.

On January 13, 2005, our lives would change in ways we never thought imaginable. A knock on the door at 5:00 am on January 14 proved to be the worse knock of our lives. A local RCMP officer was at our door. I let him in and all I heard was, “I had a call from the Grande Prairie RCMP”. I knew right then and there my precious 21 year old baby boy was gone and life as we knew it, would never exist again. I had to tell his sister Allyson that the sibling relationship she knew had just changed and now she became an only child, a relationship we did not want for either of them.

The trial took almost four years and was full of agony and consumed our lives. The company was charged but then appealed the court's decision and with a different judge in a different city, they won the appeal. No one was held accountable for my son's death. Jonathan died from suffocation due to lack of oxygen while working in a separator shack. He was asked by his supervisor to remove bolts from a bolt head. The supervisor did not do a hazard assessment of the shack nor give him a H₂S (hydrogen sulfide) monitor. The vessel that was attached to the bolt head had been shut down because a part broke due to the minus 40 temperatures. It was still left so not to freeze up, and condensation was forming. When Jonathan removed the bolts, the gas seeped out, taking my son's life.

I was always one of those people who never thought this tragedy could happen to us; one of those who was sad for others who lost a child but in all honesty could not fathom it happening to me. BUT it did. I became the mother of an angel, mother of a child taken too soon and too fast. The mother left with

a hole in her heart, a piece of her missing forever and a family that we now knew was changed forever.

It's been over 13 years now. I have gone through all the stages of grief over and over again. Some days feel like yesterday; some days are harder than others. It destroyed a lot of what I knew, not only the loss of my son but the loss of my family as we once knew it. My grief has not been easy for others to understand but I did what I needed to do in order to survive. Attending other therapies and loss groups along with Threads of Life is what I needed as I am still moving one foot in front of the other.



Jonathan

The investigator for the case told me about Threads of Life and I have been a member of the speakers bureau, the Steps for Life walk and family forums for over 10 years. Threads of Life helped me when I needed it. It helped me realize that I am not crazy, that what I am feeling is my new normal, that I can share my feelings and story with others who have lost

a child. It showed me that there are way too many of us sharing the same loss and feelings but it sure helped me keep my sanity.

is with me no matter where I am or what I am doing. He shows me signs all the time and he is always in my heart.

“ Jonathan came home in the summer of 2004, making time for all his friends and family. It was a very special time and we made it into a family reunion. It would be the last time we would all be together and the last time we would see him.

Over the years I have taken my loss and used it to help others – it has helped me show more compassion, love and I don't let a chance go by to tell my husband, my daughter and my family and friends that I love them. It has helped me in my nursing career. I reach out more now giving my respects, hugs and love to others. I also planted a tree in Jonathan's memory in the ever-living forest at the International Children's Memorial Park in Freetown, PEI. A place we visit every year and a place of serenity and reflection.

Time is bittersweet though. Seeing his friends getting married, having children, knowing he missed out on that and we will not have that to enjoy with him. Seeing his sister graduate, getting married, enjoying her stepdaughter and future children, he is missing out on. I ache for what he missed and what we will never have with him or for him.

I now am able to enjoy life. I can laugh, I can smile, I still cry but I know my son

My son is forever 21. I miss him every day and I know we will meet again!



Arlene visits Jonathan's tree at the International Children's Memorial Park

Unforgettable.

Forget Me Not tells the stories of lives changed forever when a loved one was traumatically injured at work or diagnosed with an occupational disease. Use stories from Forget Me Not to set the stage for training, or hand them out to new hires during orientation. All proceeds go directly to Threads of Life support programs and services for families of workplace tragedy. To order, call 1-888-567-9490.



TIME TIPS THE SCALE TOWARDS HOPE

Cold, fatigue, frustration play a role in death of seismic driller

by **Gaye Montpetit**



Mike Montpetit

There are many types of work accidents: some result in illness, some in injury and too many, in death. Always they are life-changing for individuals and families.

Our family was impacted by workplace fatality. Mike's accident was a "freak" incident resulting in his death on the site where he was a seismic driller in Northern Alberta December 16, 2010.

Michael was a quiet and reserved child, a bit of an introvert but around those familiar with him he exhibited an endearing humour, which I really miss. Although he wasn't scholarly with regards to school, he had an enquiring mind and was a quick learner. He preferred hands-on learning which is likely why he liked working physically. He was interested in progressing up the ladder in his chosen seismic career. During summer he roofed and was proud to be fast and accurate.

Michael was a guy who would defend others, willing to get in trouble for defending a classmate who was being bullied. He didn't party or date a lot, so when he met his "lady"

and fell for not only her but her four children – he was ready to be grown up and a step dad. Because his own youth was not easy (divorced parents, mentally-ill father) he had grown into a kind, thoughtful man whose time had come to have his chance at a happy family life. So his death was a bitter pill.

“ I do believe if my son had not been cold, fatigued, and very likely frustrated, he may have been more mindful and his accident a non-event.

That day, as I was enjoying supper out with a friend, I received the call no mother ever wants. Mike's girlfriend called me to tell me that Mike's boss had phoned her, as she was listed as his contact. The news was that Mike had been in an accident late in the

afternoon.

For hours after her call, I was playing telephone detective, attempting to actually speak with someone and to ascertain just what had occurred. I had to call police, a nursing station (which had voice mail), wait for call backs, call air ambulance myself, contact all Edmonton hospitals where they might be taking him.

By the time I jumped through all the communication hoops, hours had gone by and I was still in the dark.

The day was nearly done when a University of Alberta Hospital doctor finally called to say, "I'm sorry, but your son's heart stopped before air ambulance landed" at the hospital.

Mike had been attempting to fix something on a new, unfamiliar rig in a remote, cold, wintry site, with a "green" helper, when a tossed lever cover landed on a gear shift, setting a machine in motion. Michael was crushed between a truck and a seismic rig.

I was so angry and felt alone the first while after Mike was killed. Waiting on the OHS report was painful, yet when it came I didn't want to read it. It was deemed "worker fault" – though it was a freak accident – one which could not really be anticipated. A gear lever cover tossed in a way that set a gear in motion and led to his crushing death was his action but not something ever covered in any safety training.

It's difficult to accept that simplicity. Perhaps better training on a new rig, and experienced helpers, would have resulted in a different outcome. I can't know, because Mike can't tell his side of the story. If the weather had been better, and had not impacted the air ambulance's ability to actually go to the site, rather than waiting for site transport on a crappy road to take him to the helicopter, he may have survived. I will never know.

who create the work environments, but I am also aware that the workers accept the conditions because ‘the money is good’. But, living is good too.

Spending time with family and having balance is good too. And if you die, that is no longer an option. The companies carry on with different cogs in the profit-engendering wheel. The workers, like Mike, work through their fatigue to provide for families. I do believe if my son had not been cold, fatigued, and very likely frustrated, he may have been more mindful and his accident a non-event. A stupid toss of an item became the event that



“ Only time gradually tipped the scale from being submerged in my sadness to my sadness being submerged – and just a constant aspect of my being.

triggered an emotional tsunami in my life.

My own mother had died quickly without much warning in 2007. I was a single mom, working, but residing in my parents’ home so they could remain there. My dad’s mental health was okay but he needed support physically to live at home. My eldest son suffers some disabilities, but helped however he could. And Mike, after struggling through youthful angst, had finally reached a place of “rightness” in his life and had helped me after my father’s passing in January 2010. So to end that same year losing Michael, was devastating, lonely and life-altering. The retirement I anticipated shattered like glass. I began a new chapter – a grief journey – instead of a comfortable retirement.

It was at least two to three years that I felt I was moving through life in an “opaque quicksand”. I would find myself in knee-dropping despair at random moments. I believe my sanity was saved by road trips, because my car was the only thing I felt I had any control over. I would park by the river and write my emotions on whatever scraps of paper were available.

I was “in life” but not “of” it. I took part in activities, trying to “fake it til I made it”, but really felt distant from whatever close event I was participating in. Only time gradually tipped the scale from being submerged in my sadness to my sadness being submerged – and just a constant aspect of my being.

I still think of my son every day – but not ALL day, but it has been nearly eight years. I still have moments of overwhelming grief and anger at what could have/should have been. But I am able to be more generous with my love for others than at first, when I was so angry I thought I would be unable.

It was the Alberta Occupational Health and Safety contact I had, who informed me about Threads of Life. And after my first numbing year, it proved to be a welcome support when my family had been so, so diminished.

I cannot quite pinpoint just when my grief fog began slowly to dissipate. But as I re-read my copious journaling from the first few years, it seems to coincide with a lessening of the drive to journal my sadness, anger, frustration and despair. At some point, the fear not of death, but of life, eased. I wish I was not in this “club”, but it has helped to know that when some say “I understand”, they truly do.



Gaye with sons Andrew (left) and Michael (right);



Thriving through change and loss

by Audrey Stringer

What prepares us for change and loss?

How can we move on from change?

How to develop resilience?

What are healthy responses?

How can we encompass all of the mind, body and spirit moving forward?

Change is the only constant in our lives. We are never prepared, no matter how prepared we think we are, for loss and change. Until we are facing loss and change only then can we relate. To be honest, the only person who likes change is a wet baby.

To move on from loss and change, we have to bite the bullet and embrace the pain, rather than push away, ignoring or self-medicating with alcohol, drugs or promiscuous behaviour. To use the analogy of swimming in the ocean, if you fight the waves you will get sucked down in the undertow. But if you ride the waves, you will be okay.

For us to develop resilience, we have to choose to be a survivor, not a victim of our circumstance. It is important to practise gratitude but more important, acknowledge your feelings of pain and loss. Go within and reflect on how you coped with previous change and loss. Look to your family of origin, culture, world view and see how you were socialized. You may have had one family experience and learned to keep feelings in, buck up – a ‘suck it up’ family attitude. Was inter-generational trauma passed down to you? If so, learn about, reflect on, work with it and change it for next generation.

Let me tell you the dirty secret about grief and mourning! Grief and mourning loss doesn't disappear in a couple of months like the wind. It is like a tornado, powerful and sometimes out of control; at other times calm but you don't know and can't predict when it is going to rear its ugly head and throw your life in a tail spin. We have to learn to name it, tame it, work with it, embrace and slowly let go.

The healthy response is you have to feel to heal. You have to enter into the pain of loss and change and eventually gently let it go. This is not a one-time event. Healing is individual and unique to each one of us like our thumbprint. When going through change and loss, you may experience a myriad of emotions, feelings and thoughts and often all in one minute. Acknowledging, releasing and accepting the good, bad and ugly is important to live a healthy and a happy life. It is important to have hope. Hope is when you grab onto and believe what is positive is yet to be. Sometimes change is threatening, difficult, fragile and yes, even exciting. Slow down and just be! Be at peace with yourself. This may take time and lots of energy. Keep a gratitude journal, turn off electronics, practise good self-care and reach out for support.

For healing to take place, we have to encompass body, mind and spirit strategies to move forward. It is important to practise good nutrition, exercise, and adequate rest and sleep. For me, believing in a higher power gave me strength and courage. Don't be afraid to reach out and join a support group or start one. You will not heal if you grieve in isolation. Go for a nature walk and stay unplugged. Listen to the birds sing their joyful songs. Watch the children play, join a yoga/meditation group, learn a new language, take a vacation. Join a laughter yoga group to strengthen your immune system. Be conscious of surrounding yourself with uplifting people, especially when you feel like debbie downer. Place your worries in a surrender box. Let the universe take care of them. If you go to the past, don't stay there. If you stray to the future, don't tarry ... bring yourself back to the moment, for that is all we have. Don't waste it.

Audrey is author of Get Over It: Surviving Grief to Live Again, Scaling the Mountain of Grief: Creating a New Normal through Loss and Healing and Buddy's Life Lessons: My Paw Prints on Grief and Loss. She is a frequent facilitator at Threads of Life family forums.

www.astringofhope.com

Milestones on your journey to healing through the holidays

Whatever your cultural or faith background, holidays and festive occasions can impose huge pressure to do everything right, maintain traditions and make everyone happy. Try some of these tips to help you cope with the holidays.

Family members are great, friends are great, but it can all get to be a bit much when you are emotionally depleted and muddling through the holidays. You may feel a lot of pressure to participate in holiday events, but try to be aware of your limits and needs. Thinking through your events and creating plans in advance to take breaks (or leave if you need to) can make a huge difference.

Light a special candle in celebration of the memory of a life and the love shared. Select a candle in your loved one's favourite colour and/or scent.

Really. Other people will tell you, you should say yes to things, get out more, be social. You know what? No. If "being social" gives you the hives, why on earth would you do that? Remember that "no" is a complete sentence. You can say "no, thank you" if you must say more.

We hear so much about seeking gratitude that it feels kind of cliché these days, but the bottom line is that it works. It helps us to shift our focus so we start noticing some of the positive that exists around us, rather than exclusively the negative.



Buy a gift for your absent loved one and give it away to someone who would otherwise not have a gift. Consider adopting a family for Christmas. Or give money you would have spent for gifts to a charity in your family member's name.

Find space

Ask yourself and those you love if you want to carry out the same traditions. Do you need to eliminate some, incorporate new or alter existing traditions slightly?

Remake traditions



Accept help. If you have always been the one in charge of holidays, it can be hard to let go and at the same time, physically and emotionally exhausting to do everything you have done in the past. Choose the things that you want to do yourself.

Then invite others to help with specific tasks like baking, cleaning or decorating the tree. Remember that they love you and they want to help.

Just say NO



Give yourself permission to skip some of the traditional parts of the holiday or occasion if they're too much or don't feel right. Skip the shopping, skip the decorating, or skip the big meal.

Gratitude works



If you find you're really struggling, it's a perfect time to reach out to your Volunteer Family Guide or another Threads of Life family member to share what you're going through.



Jim Dahmer, left, at team reunion

Winter is approaching and with the cooler air, I remember how the chill always affected Jim's breathing. My husband, Jim, was diagnosed with pleural mesothelioma and the colder air, while welcome after the summer heat, was always more difficult for him to enjoy.

We found ways of enjoying the fall colours while travelling in the car, with the windows up, heat on. Seeing frost on the windows meant another extra layer and warming the car up more than usual. A skiff of snow might mean a day inside. Slipping, falling were very real concerns and plowing, shoveling and sweeping became even more important. I also remember how much beauty there was in seeing winter snow arrive for the first time and Jim being unable to go out and enjoy it like he always had.

Winter memories

by **Heather Dahmer**

Jim was a hockey player and winter meant hockey season. Through the latter time of Jim's illness, his hometown hockey team, the Waterloo Siskins, had a 60th reunion and he was invited to attend. He was determined to skate with his former teammates. Every

week, we went to the arena and he skated, ever so slowly, around and around. Each week, a little faster, a little stronger. He made it to the game and skated several shifts, while oxygen waited on the bench. Very special memories were made as he was able to enjoy the game with his son Paul, who had also played for the team. We made it a family week with kids and grandkids. A beautiful, special time for all of us.

Winter always makes me think of Jim and the struggles he had and how he persevered through his setbacks as so many happened during the winter. He also took much pleasure in sharing his journey with others. While he was able, he was a much-loved Speaker's Bureau member and was thankful if he could help even one person. We were fortunate to speak at a number of conferences and a highlight of each year was always attending the Family Forum.

Later, winter came to mean it was soon time to go south. Jim loved travelling while he was able. The breathing came much easier in the sunshine and by the sand, outside. He found fun wherever he could and winter took on a new life when you could spend some of it in shorts and a tee shirt!

Jim passed away in the fall, just before winter arrived and I will always remember the first snow that came after that ... it was not as bright and beautiful as before nor as fresh and clear.

Every year, the first snow holds deep meaning for me and I'm reminded of those so very special times we shared.

Trevor Wieler

by **Susan Haldane**

On Steps for Life walk days in Calgary, as in other walk communities across Canada, volunteers mingle with Threads of Life family members, with community members and with sponsors. And it's those moments that are the most memorable for Trevor Wieler, chairman of the Calgary walk committee.

Seeing the families gathered together; knowing that we've made the impact on a personal side for those families, and that we're making a difference" is the best part of being a volunteer for Threads of Life, Trevor says.

2019 will be the fourth Steps for Life walk for Trevor. He first learned of the event when the Calgary Regional Safety Committee of the Alberta Construction Safety Association sent out a call for volunteers.

"I planned to attend one meeting," he says, but something just clicked. Trevor has coped with the death of his own young child, so he has an understanding of grief and loss, whether at home or on the job. "Our child was meant to grow up and experience life," he says. "I didn't want families to be impacted by tragedy without knowing somebody was there for them."

As a safety advisor in the utility infrastructure industry, the health and safety commitment at the heart of Steps for Life appeals to Trevor. He thinks the nature of the resource-based economy in the Calgary area, with its range of high-risk hazards, means that the cause resonates with many other people too. He has seen Calgary's walk grow into one of the top Steps for Life events in the country (the number one fundraiser in 2018!).

The volunteers on the Calgary organizing committee keep Trevor motivated and inspired. Calgary Steps for Life's secret is the "no-quit attitude" of the committee, he says. "If they get a 'no' they turn it into a 'yes,'" he says. "I don't know how they do it."



The committee puts a focus on education, taking the time to make sure people understand what the walk is all about, he adds. That way, even businesses that can't make a monetary donation help by giving supplies or services, and know they're contributing to making things better for families affected by tragedy.

Trevor also volunteers for the Alberta Children's Hospital, and participates on industry committees and organizations, but Steps for Life is his major volunteer commitment. Calgary will continue to strive to be the best walk, he says, but what's really important to him is that all the walk communities challenge each other and learn from each other. All Steps for Life volunteers share the same goals, Trevor says, of supporting families and preventing future tragedies. To that end, "we'd like to see it that all the walks succeed!" at safety in the workplace."

Do you have a story to share?

If you've been personally affected by work-related tragedy, and would like to share your story in our newsletter, please email Susan Haldane at shaldane@threadsoflife.ca

Many hands **help meet the need**

Over 2018, Threads newsletter has been highlighting the many ways our partners and sponsors contribute to Threads of Life's vision and mission by growing awareness, growing our volunteer base and growing our participation. The fourth piece of the puzzle is growing our revenue.

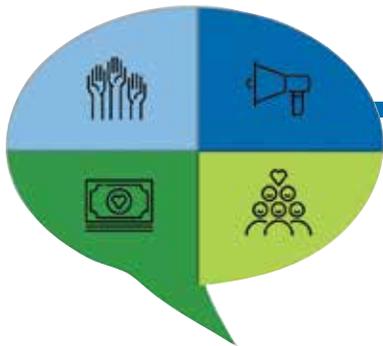
Threads of Life's funding comes from a range of sources and every one of them is crucial. Individual donors form the broad base of our revenues, and these range from people who toss their toonies into a change jar, to givers who've signed up for automatic monthly donations (and by the way, every Threads of Life staff and board member is also an individual donor to the organization!)

There are many one-time donations from companies and organizations, whether in response to a speaker presentation, in support of a Steps for Life team, or the result of a fundraiser like a barbecue or golf tournament. Threads of Life couldn't continue to function

without our loyal sponsors and partners in each province and across Canada, who commit to multi-year funding for our programs and events. (Have a look at our web site to see our corporate, association and government supporters.) These multi-year commitments provide stability, allowing Threads of Life to plan ahead, knowing there will be enough money to carry out our strategies.

Every year, another 200 family members or more come to Threads of Life looking for support. We're pleased that they've found a safe place to land, and we know they represent just a fraction of the families affected by work-related tragedy.

Our goal is to continue to serve all the families who need help, offering programs like our family forums, Volunteer Family Guides, and newsletters like this one at no charge. Every contribution – from our individual donors to our corporate and government partners – helps Threads of Life to meet the steadily growing need



How you help

Our partners work side-by-side with Threads of Life to achieve our mission of helping families heal and preventing future life-altering workplace injuries, illnesses and deaths. Here's how:

Growing awareness: Partners help to spread the word so everyone who could benefit from Threads of Life's programs will be aware of what we have to offer.

Growing our volunteer base: Partners organize events or support their employees' volunteer efforts.

Growing our participation: Partners help Threads of Life to get more people involved.

Growing our revenue: Partners sponsor events or programs, hold fundraisers, make donations and name Threads of Life as their Charity of Choice.

Workplace injuries hurt the most at home



A new health and safety campaign has been launched this fall by the four workplace compensation organizations in Atlantic Canada. Three television ads capture the ripple effects of a workplace tragedy – those little family moments you never realize are important until they're gone.

Threads of Life families were asked to provide early input on the new ad campaign, and the agencies involved – all partners of Threads of Life – are offering information for families who've been personally affected by a work-related tragedy. *Thanks to the campaign partners:*

- Workers Compensation Board of Nova Scotia,
- WorksafeNB,
- WorkplaceNL,
- Workers Compensation Board of PEI.

Unscripted: New promotional video for Steps for Life

Check out our new Steps for Life video

When we set out to make a new video for Steps for Life this year, we knew what we wanted to achieve (letting more walkers, volunteers and sponsors know about our great event!) but not necessarily how we would say it. No need to worry. When our video producer, Nicholas Bradford-Ewart from Archipelago Productions attended several Steps for Life walks last spring, he spoke to participants and volunteers – and they each had a powerful story about what Steps for Life means to them. Thank you, everyone! We couldn't have said it better. To see the video, visit threadsoflife.ca or any of our social media accounts!



A thousand reasons to sponsor. Here are 164:

In 2018, an incredible 164 companies and organizations sponsored Steps for Life – from community supporters who donated food or tents, to major national corporate sponsors. With its focus on helping families heal and preventing work-related tragedies, Steps for Life is a great fit for all kinds of community-minded businesses. But still, each company has its own story – its own reason for choosing to sponsor Steps for Life. Here's how a handful of our 2018 sponsors explained it:

"Aligning with Threads of Life and sponsoring the Steps for Life walk is a rewarding experience for everybody at CannAmm. Everyone at CannAmm works hard to help our clients reduce the risk of workplace incidents, but unfortunately there are still injuries, occupational diseases, and deaths occurring in Canada each day. Seeing our logo on those bright yellow t-shirts provides a sense of pride and reminds us that we are helping support families along their journey of healing. CannAmm is proud to continue our relationship with Threads of Life and sponsor the Steps for Life walks. Being a national sponsor helps us maintain our focus on the importance of workplace safety every day."

-Peter Deines,
CannAmm Occupational Testing Services

"Prime Boiler Services is a proud sponsor of the Steps for Life Walk because we feel it's important to bring safety awareness to our community and to help support workers and their families who have been affected by workplace tragedy. Our employees are eager to volunteer with the Red Deer organizing committee and to participate in the walk each year - it has become part of our safety culture."

-Treena Dixon, Prime Boiler Services, AB

"We participate in Steps for Life because it is close to our hearts".

-Brian Brett, Flynn Group of Companies

If you know a company that might have its own reasons to sponsor Steps for Life, contact your regional development coordinator:

- Heather Lyle, National Steps for Life Manager + interim contact for Atlantic Canada & Quebec - hlyle@threadsoflife.ca
- Lorna Catrambone; Central Canada - lcatrambone@threadsoflife.ca
- Lynn Danbrook; Western Canada - ldanbrook@threadsoflife.ca
- Or call 1-888-567-9490.

Steps for Life: Four steps you can take NOW

Steps for Life – Walking for Families of Workplace Tragedy is still several months away. But there are things you could be doing now to get a head start on walk season!

Fundraising – Some of our keenest walkers and volunteers hold fundraisers through the fall and winter and donate the money to their Steps for Life team. It's a perfect time of year for bake sales and craft fairs!

Following – Find your community's Steps for Life Facebook page and follow it. You'll be sure to receive any updates, and you can help by sharing posts to your own network.

Fitness – Sure, it's only 5 kilometres, but why not keep your fitness levels up over the winter by walking indoors or out, so when May rolls around, that 5K is just a walk in the park? Steps for Life appreciates all participants though, so if you're not able to walk 5K, we'd still love you to come on walk day and walk what you can, or just hang out.

Finding time – Steps for Life succeeds because of dedicated volunteers. If you have a few hours you can spare to help, your local walk committee will be happy to hear from you!

Coming Events

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

Volunteer Family Guide training -
January 24-29, 2019

Speakers Bureau training -
February 28-March 3, 2019

Atlantic Family Forum -
May 31-June 2, 2019

Prairie-Western Family Forum -
September 27-30, 2019

Central Family Forum -
October 25-27, 2019

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



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How to reach us

Toll-free: 1-888-567-9490

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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.



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

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