



threads of life

VOL.20, NO.2 SUMMER 2022

PREVENTION | SUPPORT | PARTNERSHIP

One big family

We often think of Threads of Life like a big family. And our family expands that much more in the spring when Steps for Life time comes around. It's a big family of people working together to support one another, and to bring an end to workplace tragedies.

Thanks so much to everyone who made Steps for Life an incredible success this spring!



Photo by LIS Photos of Pixels



MESSAGE FROM THE CHAIR

Bill Stunt

One of the great benefits for family members of being part of Threads of Life is knowing that you're not alone. This spring, that feeling was stronger than ever as family members, volunteers, partners and community joined together for one of our biggest and best Steps for Life events ever. There were individuals

and families walking at home, company teams creating their own events, virtual walks, and traditional walks in the park. It all amounted to a huge sense of camaraderie. While the funds raised through Steps for Life sustain Threads of Life's programs, perhaps even more important is the knowledge that so many people share our commitment to health and safety, and to protecting workers young and old, across the country.

INSIDE THIS ISSUE

features

- A hard worker who loved to laugh2
- Young Worker Safety: Advice from Threads of Life families4
- Threads of Life families call for better safety for young workers5

departments

FAMILY SUPPORT

- Challenge yourself to a Self-Care Streak!7

VOLUNTEERS

- Volunteer profile: Treena Dixon 8

PARTNERS AND FUNDRAISING

- Donors like you: Ruth Frolic9

STEPS FOR LIFE

- Thanks for coming to our Steps for Life family reunion!10
- 2022 Team Challenge winners.....11

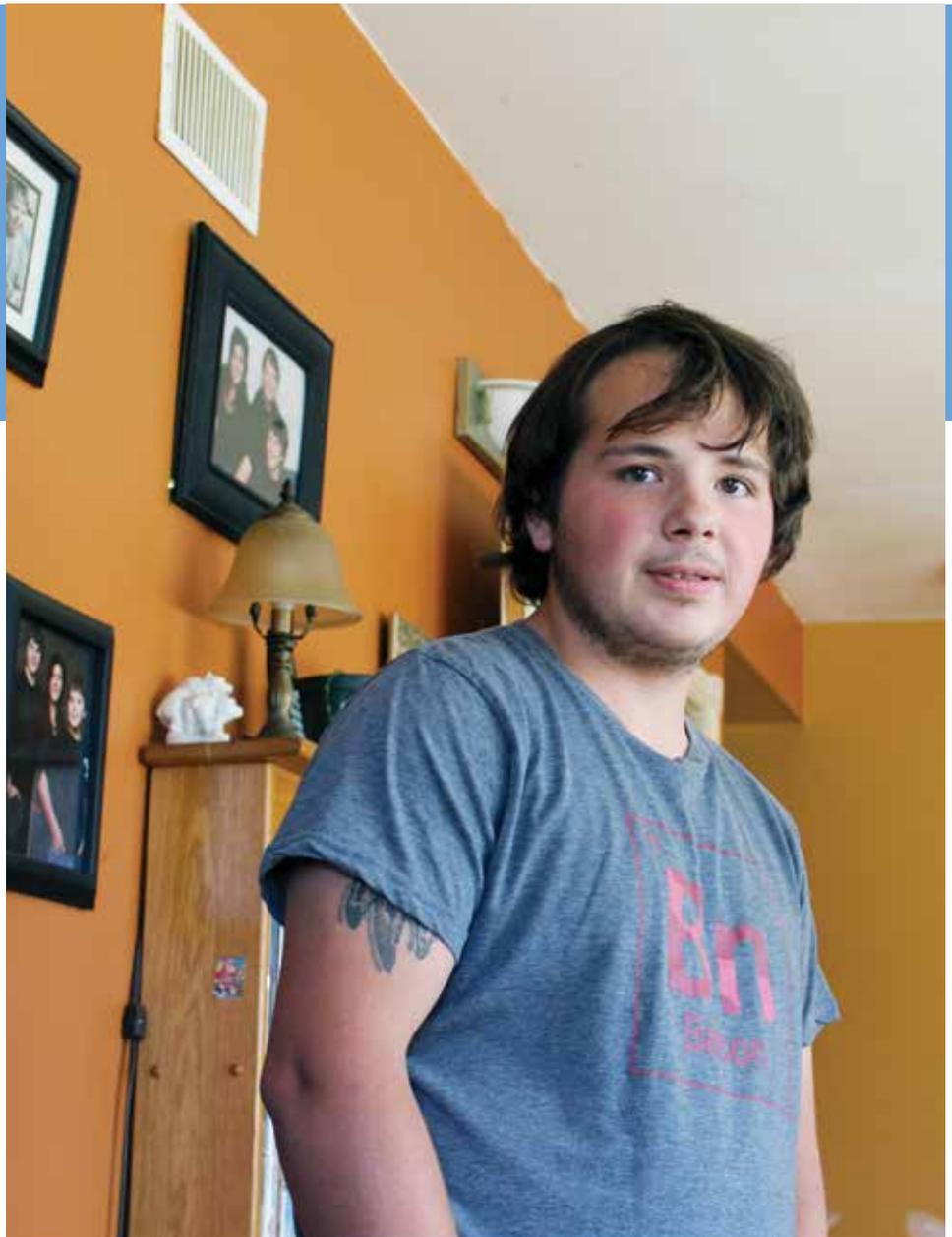
Ryan Durling, 21

A hard worker who loved to laugh

by Pam Durling

Ryan was the youngest of three and loved his siblings dearly. He was closest in age to his brother, Mitchell and they were inseparable when they were young. The two could always be found out searching for mud holes with the four wheelers in the summer and hunting rabbits in the winter. Ryan also had a niece named Nora and a nephew named Keith who were children of his sister, Justine. Although Keith was only about three when we lost Ryan, he still talks about him and will become teary eyed when doing so. Nora doesn't remember him as she was only about nine months of age at the time. Ryan was all about family. He loved family outings, adventures, dinners and reunions. He and his brother would both wrestle with their father, Allan, and would always win.

Although Ryan loved his down time, he definitely kept himself busy. He was involved in 4H but truth be told, he only did that in order to be on the Tug-o-War team. He attended the local gym and attended Taekwondo where he earned his black stripe in April 2018. He was lucky enough to have his uncle Greg, who taught Taekwondo and his uncle Trevor, who taught him how to play guitar. He was also involved in the Special Olympics. Ryan was a lucky man in that he had wonderful mentors while growing up and I will be forever thankful to those who were. He also had a girlfriend at the time of



Ryan

his death whom he cherished.

Ryan absolutely loved to laugh. He was always joking around, saying funny things and was always finding funny memes on the internet. At Christmas time, while he was wrapping gifts for his brother and brother-in-law, he would wrap items so that it was almost impossible to get into them. If he bought a case of beer for someone, he would spray it with spray foam which would harden, making it quite a challenge to free the beer. All the boys in the family did this type of thing so it was like a family tradition. His laughter was contagious and he had an unforgettable smile that could light up a room. As a family, we often sat around the island in the kitchen while we were talking. I remember studying his green eyes and cute nose, thinking of how handsome he was and how

lucky I was to have such a wonderful family.

Ryan graduated high school and went on to attend the Achieve Program at NSCC. After that, he went to work and held down

I will never forget the phone call I received that day.

three part-time jobs, at the same time. He was employed with Allan's Mill, where he bagged shavings, the Co-op Country Store where he worked on cash and stocked feed and EFR Waste Removal, helping out with the bi-annual clean up. When he went to work for them, it was only temporary so his other employers agreed to hold his jobs for him. He had worked with this company the

previous fall, but tragedy struck during the spring, when he lost his life on May 10, 2018. He would soon have finished his work period for them and on the day of his fatal accident, the crew was almost done for the day.

When I think back to that day, the details are all so clear in my mind. Ryan was heading off to work in the morning nearing one of his last days working for the waste removal firm. It was the last time I would ever see my son alive. He was 21 when he left us forever.

I will never forget the phone call I received that day. I was just on my way home from work and had to pull over as my mother was calling. We began discussing the fact that we didn't have a family doctor and as I spoke with her, another call came in saying "private number". I told mom I would have to let her go and that perhaps this was news that we had been waiting for about a family doctor. I answered the call. A nurse was on the other end and told me that Ryan had been in an accident while working. When I asked if he was ok, the nurse just told me to go to the hospital. I quickly called our family and told them to meet me at the hospital. The whole time driving there, my mind was racing, wondering what could have happened. I thought he may have gotten hit by a car while doing the clean-up.

Ryan's brother, sister and father met me at the hospital and I will never forget, a nurse met us at the door and led us down a long narrow hallway. We went inside, got seated and she proceeded to tell us that Ryan had been in an accident while working and had passed shortly upon arriving at the hospital. We were all completely devastated. When asked how this happened, the medical team guessed that he had literally entered the compactor's access door of the truck to urinate, tripped and somehow activated the compactor switch crushing him inside the truck. It is now a known fact that workers were urinating in the back of the trucks while working in residential areas and where there were no bathroom facilities available.

The Nova Scotia Department of Labor immediately put a "stop work order" on the truck and took it away to inspect it. An investigation would then begin. In the days and weeks following Ryan's death, the questions we had were mounting. The investigator told Ryan's father and me that it could take years to get answers to how this could happen. It did take that length of time to get answers. The investigator's conclusion as to what happened that day was that Ryan had tripped while inside the truck and somehow activated the compactor switch. As for why

there was not a lock on the access door or a device to prevent the compactor from engaging, that was the company's failure to ensure those things were put into place before this event took place.

Many young workers, such as Ryan, just follow suit on either what they are told or what they see is a common practice, whether it is safe or not.

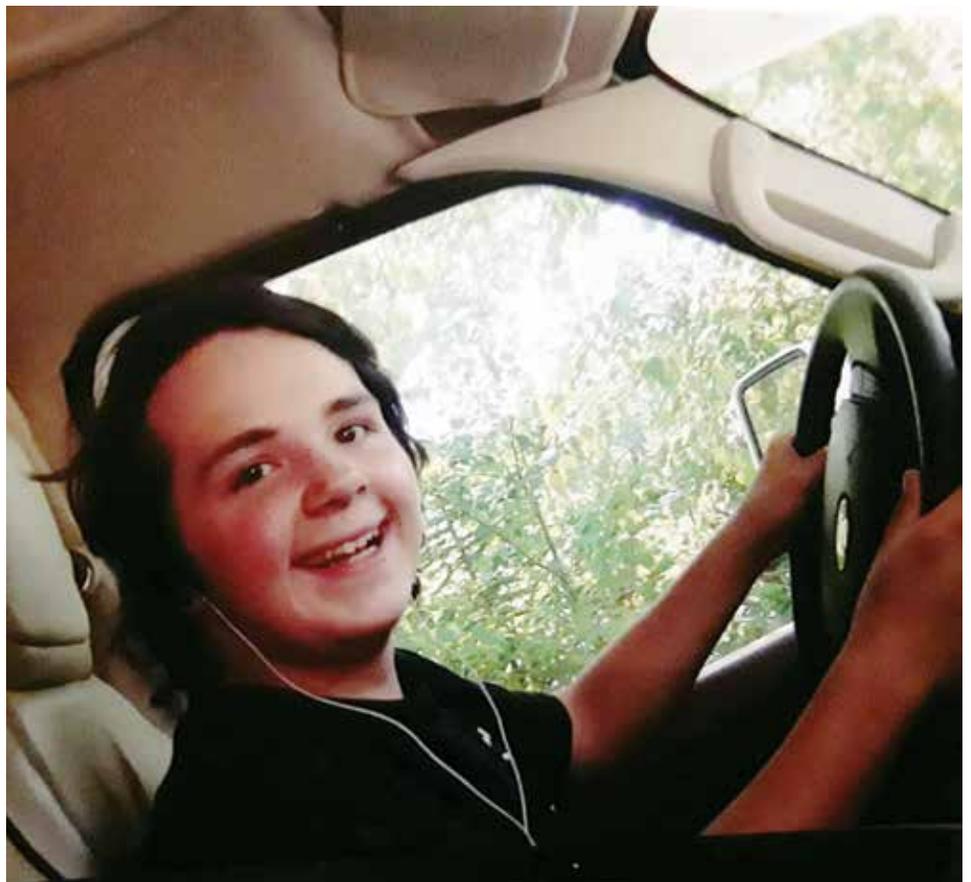
EFR and Royal Environmental Group had four charges laid against them, which included failure to have a lock on the door to prevent access of unauthorized workers, and failure to install an interlocking device to ensure that in the case of an accident, the compactor would shut off. It was a shock to us to learn that the truck being used that day, was previously used in Ontario where it did have a lock on the access door.

This tragedy surely could have been prevented. Sometimes I think that people need

to learn so much more about workplace health and safety and at younger ages. This should begin in school as many young people may be unaware of what dangers could lurk in the workplace and most importantly, they need to learn to tell someone when they think that something is dangerous. Many young workers, such as Ryan, just follow suit on either what they are told or what they see is a common practice, whether it is safe or not. They need to learn that if they address an issue, it needs to be followed up on and that they should not fear repercussions for filing a report on their own behalf as well as fellow co-workers.

In the end, the companies were levied \$57,500 dollars in fines and surcharges and had to pay \$50,000 to be used to put forth for education programs to provide awareness of occupational health and safety.

But what about us? Where has it left us? We are now a family that is torn apart as we just could not keep it all together. Nothing is the same nor will it ever be. One does not simply "move on" following the death of a child. On certain days, the hurt I feel still stings like an open wound that I know will never heal. As a family, we have pizza on Ryan's birthday because that was his favorite food and we reminisce memories of him often. It's all we have now.



Ryan



YOUNG WORKER SAFETY: Advice from Threads of Life families

I am the face of workplace tragedy!

As a Spokesperson for Threads of Life I get the opportunity to not only share my family's personal tragedy but also to impress upon us all that our children are not invincible! It is imperative that we teach our children the importance of working safely, of putting health and safety before all else. They need to know, we all need to know our rights under the Occupational Health & Safety Act. I am honoured to help raise the awareness of the need to always work safely.

-Bob Quarrell, father of Tyler

With many years having new and young employees coming to a ship for the first time, where life is very hazardous at the best of times, we did have a system that worked well for us.

The new employee would be assigned to an experienced mentor. There would be a set of conditions with regard to job, ship and personal safety. Under the mentor's guidance the new employee would have to demonstrate that understanding and knowledge was sufficient in order to perform their duties and assigned tasks safely. The responsibility of the new employee remained with the mentor until a supervisor was comfortable that the employee has reached a level of safety awareness and knowledge of job responsibilities. At that time he would sign off on the process.

-Paul Hickey, father of Kyle

Employers, safety is everyone's responsibility.

You, as an employer, have to take it seriously and provide continuous training, especially for young workers. You have to walk the talk!

Parents, safety is everyone's responsibility. Do you know what kind of a safety record your child's new employer has? Will their training be adequate? Check it out!

-Marj Deyell, mother of John

I believe we have to educate our youth to put safety above all else.

To protect themselves by practicing safe work practices every day. To not let their guard down for one second. The companies we work for can provide all the training possible, but it's up to you as a son, daughter, mother, father, husband etc... to work safely every minute of the shift and go home at the end of your workday.

-Karen Hann, mother of Andrew

Echoing the 4h pledge so important to her family, Wendy-Ellen Nittel, mother of Blaine, writes:

Hopefully people will use their heads to think more carefully as they go about their job and employers will think through the task they have given their employee.

Hopefully business owners will place themselves in their workers' shoes and provide the most safe work environment possible. Would they want their loved one to work in the environment in which they expect their employees to perform?

Hopefully, both workers and employers will commit themselves to a healthy lifestyle and healthy work environment.

Hopefully employers and employees will work for the betterment of themselves, their businesses and their communities.

Students need constant supervision. When you're not watching, that's when, "teens will be teens."

-David Collins, living with life-altering injury

THREADS OF LIFE FAMILIES call for better safety for young workers



Photo by Kindel Media from Pexels

2022 seems like an ideal time to be a student or young worker looking for a job. There are ‘help wanted’ signs everywhere, and employers are desperate to fill vacant positions. First job opportunities are a great chance to grow, and it’s vital that health and safety is the first thing new and young workers learn. Sadly, for some employers, it’s not even on the list.

Threads of Life conducted a survey this spring, among members of the Angus Reid Forum, to learn more about employers’ hiring intentions and safety programs for young workers. A majority of businesses which responded to the survey – 66 per cent – said they planned to hire as many or more young workers (less than 25 years old) in 2022 than they have in the past two years. While 69 per cent of the employers have an orientation program for new workers, and more than half (51 per cent) have a safety program, a worrying 19 per cent have no orientation, onboarding, emergency or safety training for new employees.

Many Threads of Life families have devastating personal understanding of the risks faced by workers who are new to the job, or new to the world of work.

“Our life and our family will never be the same,” says Leica Gahan, whose son Jordan

drowned when the excavator he was operating broke through ice on a water-filled pit. “We will always miss Jordan. We will never get over the hurt of losing our son. We will always be grieving the loss of our child.”

A 2019 study by the Institute for Work and Health confirmed that new workers – whether they are young or are simply starting a new job – are at greatest risk of serious injury during their first year. In fact, the IWH reports, workers are three times more likely to be hurt in their first month in a job than they are after that first year is behind them.

According to the survey Threads of Life conducted, medium-sized and large businesses are the ones most likely to increase their hiring of young workers. Those larger operations are also more likely to have safety and orientation programs in place, while small and micro-businesses made up a greater proportion of the employers with no safety program at all.

Because of their own experience with tragedy, Threads of Life families have an intense personal interest in workplace health and safety and are deeply committed to preventing future tragedies. We want to ensure that all employers are aware of the need for extra attention and supervision to keep young

workers safe on the job. We also want young workers, and their parents/families to understand the risks they face particularly when starting a new job, and their rights and responsibilities for safety and health.

There are many resources available to inform both employers and workers about health and safety. The Canadian Centre for Occupational Health and Safety (<https://www.ccohs.ca/youngworkers/>) is a great place to start, along with ministries of labour, compensation boards and industry safety associations in every province.

About this Study

These are the findings of a survey conducted by Threads of Life from March 23-25, 2022 among a sample of 545 hiring managers who are members of the Angus Reid Forum. For comparison purposes only, a sample of this size would yield a margin of error of +/- 4.2 percentage points at a 95% confidence level. The survey was conducted in English and French.

About the Angus Reid Forum:

The Angus Reid Forum is Canada’s most well-known and trusted online public opinion community consisting of engaged residents across the country who answer surveys on topical issues that matter to all Canadians.

Challenge yourself to a Self-Care Streak!



Photo by Magda Ehlers, Pexels

We all know self-care is important, but that doesn't mean we do it. A million things get in the way. Threads of Life's Self-Care Week is coming up again this July, and it offers a chance to try something new, learn what works for you, share your experiences with others, and maybe have a bit of fun.

If you Google "what is self-care?" you'll come up with more than 6 billion results! With so much chatter, it can be hard to separate the truth from the sales pitches. But at its heart, real self-care is simply taking time to do the things that will restore and build your physical and mental health. If you're coping with illness or injury or grief, then self-care is one important aspect of your healing journey.

At Threads of Life, we talk about self-care often and we have plenty of resources available for you. We'll be sharing some of those during Self-Care Week, which starts July 18 and culminates with International Self-Care Day on July 24. This year, we invite you to join us for a Self-Care Streak! No, not that kind of streak – a streak just means you integrate self-care as many consecutive days as you can. If you miss a day, there's no guilt – just start again the next day and see if you can beat your own streak. The idea comes from Astrid Kendrick, a professor at the University of Calgary.

"Feeling hopeless and helpless in the face of all the stresses caused by the pandemic and climate change is a common reaction," Kendrick writes, "but reaching positive daily goals can build ... buoyancy — the ability to bounce back from everyday stress."

In her work with student teachers, Kendrick encourages them to set aside 15 or 20 minutes each day to engage in a self-care activity, which could be as simple as going for a walk or eating mindfully. She recommends choosing something you enjoy and starting small. To stay motivated, you could track your streak with

checkmarks on a calendar or by posting on social media when you complete your activity.

Your self-care streak could be the same activity every day, or a different activity – whatever works best for you. You'll find plenty of suggestions and support on the Threads of Life website at threadsoflife.ca/self-care. On our social media channels we'll be offering self-care tips and sharing resources. And don't miss the FamiliesConnect online workshop July 20, on Mindfulness and Self-Compassion in Daily Life. If you haven't participated in a FamiliesConnect session before, maybe that could be part of your first Self-Care Streak!

A full menu of workshops to help you connect and heal

With a new topic every month, FamiliesConnect online workshops are designed to meet you where you are, appealing to family members with different interests and at different points on their journeys. Each session begins with a chance to share a little about yourself and get to know others in the workshop. Many participants find they can connect with others, no matter where they may live across the country. All the workshops are interactive, combining learning with activities and discussion, yet each topic and each facilitator is unique. Don't miss the sessions coming up later this year:

- Mindfulness and Self-Compassion in Daily Life
- Guilt & Shame: How to be Gentle with Giant Feelings
- Writing Your Story for Healing and Sharing
- And more!

Visit threadsoflife.ca/familiesconnect for information and to register.

VOLUNTEER PROFILE: Treena Dixon

by **Shari Hinz**, Regional Development Coordinator

When you look for a role model who embodies the definition of community engagement and commitment, Treena Dixon is someone who demonstrates that in many ways. Treena has been involved as a volunteer with Threads of Life since 2011, after moving to the Red Deer region in 2009, serving in numerous roles including co-Chair of the Steps for Life Red Deer committee.

“I’ve been a volunteer since I could walk,” shares Treena. For as long as she can remember, Treena has been a dedicated community volunteer. From a very young age she began volunteering alongside her parents and has continued on as a volunteer into and throughout her adult life. With a background in emergency services and a long standing career in health and safety, she brings a unique perspective to the role of Steps for Life committee Chair.

There are a few reasons why Treena volunteers for Threads of Life. In her previous role as an EMT she saw countless situations related to trauma and injury. With her employment in the health and safety industry she noted, “As a safety professional for the past 20 years, your focus is on prevention and trying to stop incidents from happening”. As an injured worker herself who still deals with the long term impact of a fall, she understands all aspects of how injury and trauma can impact an individual and family. Recognizing that impact motivates her to support not only Threads of Life, but many other community-based non-profit organizations.

Treena has been involved in the creation of the Fallen Workers Memorial in Red Deer, organizes the annual Day of Mourning ceremonies, serves as Treasurer of the local CSSE chapter and assists the Parkland Regional Safety Committee with their initiatives as well. She does hold a special place for Threads of Life. “It’s a fantastic organization,” she says. When fundraising for Steps for Life it helps to create those important conversations surrounding a topic no one ever wants to talk about. “It’s important that Threads of Life exists and that services are available when people choose to call,” says Treena. “Despite our best efforts to educate people about health and safety, things still do happen.” She says that individuals and families need to have an



Treena Dixon

organization that can provide support when dealing with the aftermath of a workplace tragedy.

Throughout her life Treena has been fortunate to have had great support systems and credits her volunteer experience in allowing her to meet others and create special bonds with those working to support causes like Steps for Life and Threads of Life, that have developed into lifelong friendships. She is an integral part of the core group of volunteers who coordinate the Red Deer Steps for Life event, including business owners, safety professionals and others committed to help ensure individuals and families have support available when a workplace tragedy occurs.

Mentoring others is something Treena also takes pride in. She has a willingness to teach others and share her knowledge and experience to strengthen her community and the organizations she serves. Threads of Life is fortunate to have the support of dedicated individuals like Treena Dixon who selflessly give of their time to ensure the foundations of safety are strengthened in their communities and that family support exists when needed most.

Threads of Life believes sharing your experience of workplace tragedy helps you heal.

Are you ready to share? You could write a reflection on one idea, write a poem, draft a post for our blog ([threadsoflife.ca/news](https://www.threadsoflife.ca/news)), or share your full story as a family member did in this issue. To learn more, email: Susan at shaldane@threadsoflife.ca.



Recognizing a few of the many

Hundreds of volunteers give their time and energy to make Threads of Life's programs, services and events happen each year. Some are family members, some are community members, some are safety professionals or the staff of our partner organizations. All are passionate about helping families of workplace tragedy and all are deeply appreciated. Each year we choose a few volunteers to recognize with our annual volunteer awards. Special thanks to these committed and kind-hearted individuals and organizations for 2021:

2021 VOLUNTEER AWARDS

10-year recognition of active & current Family member volunteers	Tami Helgeson Carolyn Sim
A board member of Threads of Life	Bill Stunt
A Partner of Threads of Life	<ul style="list-style-type: none"> • Workplace NL • Ontario Ministry of Labour, Training & Skills Development • Ontario Petroleum Contractors' Association • Aecon • Unifor Canada
Program Advancement in Family Support	<ul style="list-style-type: none"> • Wendy-Ellen Nittel • Barb Murray • Marj Deyell
Program Advancement in Community Action	<ul style="list-style-type: none"> • Eugene Gutierrez • Holly Van Drine • Russel Claus • Virginia Campeau

Steps for Life Length of Volunteer Service Award

Abel Amorim
Charles Baxter
Lori Chynn
Patrick Hauser
Jackie Manuel
Darren Rief
Jennifer Ruszkowski
Veronica Suszynski

Allen Armstrong
Dayle Biggin
Brian Curphey
Lynda Kolly
Jennifer McGillis
Emily Roadhouse
Lindy Silliker
Laura Synyard

Dermott Barrett
Ken Bondy
Cristal Diemer-Ewles
Kathy Lukeman
Bob Ocrane
Mark Roehler
Kerri Stewart
Dan Trottier

Donors like you: Ruth Frolic

Threads of Life is honoured to have many loyal funders and donors. Ruth Frolic has been a monthly donor for many years. Monthly donors like Ruth ensure the organization has sustainable and predictable funding to carry on our programs and services. If you'd like to become a monthly donor, please visit www.threadsoflife.ca/donate and click "monthly" under "frequency" or contact Scott McKay, Director of Partnerships and Fundraising – smckay@threadsoflife.ca or 888-567-9490 extension 104.

We talked with Ruth to better understand why Threads of Life is important to her.



How did you first become connected to Threads of Life?

I first became involved with Threads of Life before Threads of Life even existed. In my mid-20s I started working for Safe Communities Foundation, an organization started by the late Paul Kells. Paul was the father of my dearest friend Robin Kells, and he started Safe Communities to honour his son Sean who was killed in a workplace incident at the age of 19. It was because of Paul's activism that I began this journey of supporting people touched by workplace tragedies. I remember lending a hand of support to Shirley Hickman and others when they started the 100 Families initiative, which was the predecessor of Threads of Life. When I think about my connection to Threads of Life now, I think about people. Wonderful, caring, fierce and strong people, both living and dead, who paved the way for all the ways that Threads now cares for its family community.

What is it about the organization that has kept you involved over the years?

The grassroots nature of Threads of Life is compelling because you know that the organization does what it does to support people. Actual people, actual families, who have been touched in some way by a workplace tragedy. As a therapist I know about the power of community, connection and relationship, to transform and heal pain. When you know you aren't alone it can make it easier to face even the toughest of situations. So often, over the early years of Threads, I would hear over and over from family members: I know I'm not alone now, or, I thought I was the only person going through this, or, I had no idea that I could find a community of people just like me. That's what I appreciate about Threads of Life. I feel proud to have been part of the beginnings of the organization, and I feel proud to be able to be a monthly supporter now.

Why did you decide to commit to a monthly donation?

I decided long ago to commit to a monthly donation because giving of myself is something I'm able to do, and it's the right thing to do. When you donate a regular amount monthly you don't even have to think about it! I'm no longer actively involved in Threads of Life, or in the wider community of injury prevention and family support, but I still believe so deeply in supporting the cause. I trust that Threads of Life will use my donation wisely and well. When I get the newsletters and read the personal stories, or see the events and happenings put on by Threads of Life I feel glad that I have in some small way been able to support the great work the organization is doing all over Canada. Knowing that your donation is going to an organization that you can fully trust makes giving really easy! I also assume it's a helpful way to give to an organization as they are able to plan more easily knowing that they have a certain amount of donation coming in each month, no matter how small it is!

What is the impact or difference you would like your gifts to have?

For me, the most vital aspect of Threads of Life is the family forum and the supports that bring people who are grieving or suffering together. I know from my experience in grief support that nothing can feel quite as healing for so many of us than being part of a supportive community. Threads of Life provides that supportive community and I feel good knowing that my small donation is able to help, even in a small way.

Need a pair of work boots? Consider Mark's

Looking for a pair of anti-slip footwear? Be safe AND support families with Mark's! This large Canadian retailer will donate a portion of proceeds from the sales of the antislip Tarantula line of work boots. Look for our logo on the boot tag.

A portion of your boot purchase will be donated to Threads of Life.

Smart
Clothes.
Everyday
Living.

Mark's





Thanks for coming to our Steps for Life family reunion

There was no potato salad but still, Steps for Life felt like a big family reunion this spring. There was singing, and a little bit of dancing. There was food and team games. And whether the events were virtual or in person, we were just all so happy to be together again!

And what a huge success that reunion was! Steps for Life-Walking for Families of Workplace Tragedy events were held in 27 communities from coast to coast across Canada. On top of that, many teams, organizations and individuals held their own events. All those efforts combined to smash through our fundraising goals for 2022! We weren't sure what to expect this year, so we set what we thought was a reasonable goal – but all of you, our walkers, partners, volunteers and sponsors – showed us what can be done when you're passionate about a cause. You truly walked together – united in commitment to health and safety and united in your support for those affected by work-related fatalities, life-altering injuries and occupational disease.

Our Team Challenge participants went above and beyond too, and made a huge contribution to the fundraising success. See our list of top Challenge teams opposite.

We are so grateful for that support. Every dollar represented on that Steps for Life thermometer will be used to help ease the journey for someone who has experienced a workplace tragedy – and we all know that tragedies continue to happen every single day. Over the two years of the pandemic, more than 300 new family members came to Threads of Life for support – that's on top of the thousands we were already serving. The need is great, and your gift of your time, energy and dollars is making such an incredible difference.

Steps for Life is over for 2022, but you can donate year-round to help families affected by workplace tragedy. And stay tuned for plans for Steps for Life 2023 – we really can't wait to walk with you all again!



Be part of the action for 2023! Join your local Steps for Life planning committee



A great reunion demands a lot of planning. Way back last fall we could feel the buzz of excitement and determination from our Steps for Life committee volunteers. They were utterly committed to making Steps for Life 2022 amazing. From promotion to sponsorship to logistics, they did it all. We can never find enough words to express how much we appreciate these champions.

If you're interested in being part of that family of passionate volunteers, please visit <http://events.threadsoflife.ca/volunteer> to read more about the roles, or contact us for more information.

TEAM CHALLENGE WINNERS

NATIONAL TEAM Winner	EllisDon Toronto	Led by Claudia Wisotsky	Toronto
NATIONAL INDIVIDUAL Winner	Dennis Christie		Toronto
Atlantic Canada TEAM Winner	Dragon Lady	Led by Dayle Biggin	St. John's
Atlantic Canada INDIVIDUAL Winner	Dayle Biggin		St. John's
Central Canada TEAM Winner	TESC Contracting	Led by Andrea Zulich	Sudbury
Central Canada INDIVIDUAL Winner	Mark Vaandering		London
Western Canada TEAM Winner	KLTP - Spread 7	Led by Leah-Ann Maybee	Vancouver
Western Canada INDIVIDUAL Winner	Linda Gerlitz		Peace Region/ Grande Prairie
National Online Event TEAM Winner	WSIB Ontario	Led by Jeffery Lang	National Online Event
National Online Event INDIVIDUAL Winner	Roger Tickner		National Online Event
TEAM - Spirit Award Winner	The Sprackman Team	Led by Jerry Sprackman	Regina

Upcoming Events

- **Central Family Forum** - September 23-25, 2022
- **Western Family Forum** - October 28-30, 2022
- **Families Connect online workshops** - threadsoflife.ca/programs/families-connect-workshops
 - **Mindfulness and Self-Compassion in Daily Life** - July 20
 - **Guilt & Shame: How to be Gentle with Giant Feelings** - August 17
 - **Writing Your Story for Healing and Sharing** - September 21



SHARE THIS NEWSLETTER!

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

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

EDITOR Susan Haldane,
shaldane@threadsoflife.ca

DESIGNER Chris Williams
chriswilliams@rogers.com

GUEST CONTRIBUTORS
Pamela Durling
Ruth Frolic



The Standards Program Trustmark is a mark of Imagine Canada used under licence by Threads of Life.



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 in:

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.

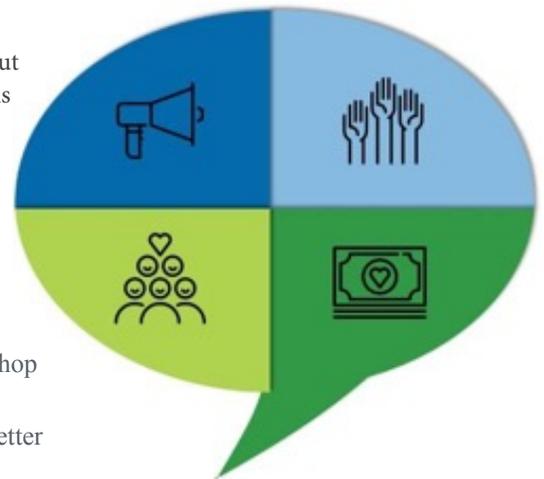
Passion: Passionate individuals can change the world.

How you can help

Like you, we envision a world in which work-related tragedies no longer happen. But while we're working together towards that vision, there are families and individuals who need our help to cope with the pain and grief of a fatality, serious injury or occupational disease.

Here's what you can do:

- **Spread the Word** – Tell someone who needs support about Threads of Life.
- **Volunteer** – Organize a fundraiser or join a Steps for Life planning committee.
- **Participate** – If you're a family member, come to a FamiliesConnect workshop or Family Forum. If you're a supporter, sign up for Steps for Life.
- **Donate** – A monthly gift of as little as \$13.46 will print and mail our newsletter to 20 families. Just \$26.66 per month could send one volunteer to speaker training for a day.



Thanks to our Steps for Life sponsors!

Steps for Life benefits from the support of sponsors both on a national and community level. Thank you for demonstrating your leadership and your commitment to health and safety!



NATIONAL SPONSORS



TOTAL BUILDING ENVELOPE



CONSTRUCTION



Champion Sponsors





NATIONAL SPONSORS

Board of Canadian Registered Safety Professionals - BCRSP
Canadian Centre for Occupational Health & Safety – CCOHS
CannAmm Occupational Testing Services
Cooper Equipment Rentals
EllisDon Corporation
Flynn Canada Ltd
Graham Construction
Mark's Commercial
Modu-Loc Fence Rentals LP
NOVA Chemicals Corporation
PCL Constructors Inc
SPI Health and Safety
Stantec Consulting Ltd

CHAMPION SPONSORS (\$2000+)

Alberta Construction Safety Association - ACSA
Alcumus
Badger Infrastructure Solutions Inc
Bird Construction - Quispamsis, NB
Bruce Power
Carpenters & Allied Workers Local 27
Emera Inc
Enbridge Gas Distribution
HRdownloads
IBEW Local 105
Infrastructure Health and Safety Association - IHSA
King Paving and Construction - KPM Industries
Lindsay Construction
LiUNA Local 183
MAG Silver Corp
Modern Niagara Group Inc
Morguard Investments Ltd
North America Construction (1993) Ltd
Northern Mat and Bridge LP
Nova Scotia Department of Labour, Skills and Immigration
Power Workers Union
Public Services Health & Safety Association - PSHSA
SAFE Work Manitoba
Saskatchewan Government Insurance (SGI)
Saskatchewan Workers' Compensation Board (WCB - SK)
Sika Canada Inc
Unifor Canada
Workplace Safety & Insurance Board Head Office - WSIB
Workplace Safety and Prevention Services - WSPS
Workplace Safety North
WorkplaceNL (WCB NL)
Worksafe NB

COMMUNITY LEADER SPONSORS (\$1500 TO 2000)

Aecon Group Inc
Bird Construction

Carpenters Millwrights College & Local 579
Century Wireline Services
CRCS Disaster Kleanup
The International Association of Heat & Frost Insulators Local 95
Joelle's Technical Resources & Custom Works Inc - (JTR)
Kiewit-Ledcor TMEP Partnership (KLTP)
McIntyre Crane and Rigging
MCR Safety
New Brunswick Community College
New Brunswick Construction Safety Association - NBCSA
Newfoundland and Labrador Hydro
Norland Limited
NS Safety Alliance
Ontario General Contractors Association - OGCA
Ontario Ministry of Labour, Training & Skills Development
Ontario Power Generation (OPG)- Darlington
Rysco Corrosion Services Inc.
Workers Compensation Board of PEI - WCB PE

COMMUNITY SUPPORTER SPONSORS (\$1000 TO \$1500)

Bluewater Power
IBEW Local 586
Salus Technologies Inc
Safety Services Manitoba (SSM)
Trinity Safety and Training Inc

COMMUNITY ADVOCATE SPONSORS (\$500 TO \$1000)

Arlanxeo Canada Inc
Armour Equipment
Central Ontario Building Trades
Dexterra
Edmonton Regional Safety Committee
First Aid & Safety Training Services Inc.
Ironworkers Local 700
Labourers' International Union of North America Local 1089
(LiUNA Local 1089)
The Corporation of the County of Lambton
Mark Roehler Training Services
McNally Construction Inc
Safety Services Nova Scotia
Suncor Energy Inc
Thunder Bay and District Labour Council
UNIFOR Local 848
University of Saskatchewan Culinary Services
Urban Fare (False Creek)

COMMUNITY MEDIA SPONSORS

Coast 101.1 FM
Play107
Rawlco Radio (980 CJME and JACK 94.5)
Saskatoon Media Group
105.9 The Region