

WHAT A DIFFERENCE ONE PERSON CAN MAKE

What a Difference Many Can Make

It is truly extraordinary to consider what a difference one person can make—and now, MANY people. After finishing his own cancer treatment, and understanding the need for support, Brian McGregor did something. As the founder of **Cancervive**, Brian, with many others, has been raising support for Canadian cancer survivors and their families. The Cancervive Foundation is a non-profit organization. Their mission, through hope, inspiration and commitment, is to work together in support of those living with and surviving beyond Cancer. Completely volunteer based, one hundred percent (100%) of all donated funds are directed to local Cancer Survival programs.



up whatever the weather. **The peloton** (from French, literally meaning ball and related to the English word platoon) is a large main group in a road bicycle race. Riders in a group save energy by riding close to other riders. The reduction in drag is dramatic; in the middle of a well-developed group it can be as much as 40%. **The peloton travels as an integrated unit, much like birds flying in formation**, each rider making slight adjustments in response

to the riders around them (particularly the one in front of each). Riders at the front are exposed to higher loads, and will take turns as they slip off the front in order to re-join the pack further back. The shape or formation of the peloton changes according to many factors. A strong headwind or a hard effort tends to spread-out or string-out the riders, while a slow tempo or tailwind tends to bunch up the peloton into a wider formation. Side wind forces the peloton to form into echelons in the direction of the wind.

This year the Cancervive Team will ride **2,800 miles over NINE days from Calgary to Philadelphia in August**. That is in relay 24 hours a day, Riding this year, will be a woman by the name of Nancy Wright!

Why are we sharing this story with you? Simply because **ONE Magazine is actively supporting Nancy Wright in this years ride**. Who is Nancy Wright you ask ...and why should we care?

Nancy Wright is a volunteer team member of Wellspring Calgary. She is a mother with a heart that beats for more than just herself and her family. Nancy has been inspired to take up the challenge to peddle day and night for 2,800 MILES. She committed to begin a rigorous training program to get in shape, to work as a team so she can complete the ride. I was personally very touched by this dedication of an 'ordinary person', who no doubt wonders like the rest of us, on occasion, how to juggle her own commitments. Still she was moved from a deep place within to 'just DO it' anyway. She was

The Cancervive **Peloton Project** (CPP), their flagship program, humbly began after an epic cycling trip with a group of biking friends. Together they rode from Calgary to Austin, Texas with 30 cyclists riding in pelotons of six riding relay style. 2,400 miles over eight days! The Cancervive **Warrior Program** embodies the organization, the riders, volunteers and any others who have impacted Cancervive. Warriors are the special guests of the 30 cyclists who will be flown to Philadelphia—the 2008 target, to meet the riders. The cyclists arrive in Philadelphia in time to unite with their Warriors and thousands of other participants from around the world to participate in Lance Armstrong's LiveSTRONG™ charity bike ride to celebrate Survivorship. The journey through Cancer treatment can be a spiritual drain on patients and their families. The Warrior Program offers some relief and at the same time gives a dose of hope and inspiration. The effort has impacted many people, young and old in many different ways.

The photo here is from the 2007 peloton...**it should touch your heart for if you look closely you will see that one rider is being powered by the others to make it up the hill**.

This ride is all about the power of working as a team, of never giving

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moved to show support in a tangible way for 'her warrior' and all the others. **What does that warrior word mean again?**

A Warrior is someone who has fought or is fighting the battle against cancer, someone who cannot ride for themselves. A warrior is a person who inspires the rider to peddle for nine days to celebrate in the victory...in the spirit and hope for new life for themselves and also for many others like them who will benefit from this ride that raises money to support ordinary people and assist them through outrageously life changing times.

Nancy Wright chose a warrior who is also the kind of person who lives from the heart and soul of life just like she does. A person who constantly 'goes the extra mile' for others. Many of you will nod in agreement when I share with you that her warrior is **Trudy Boyle**. That name will 'sound familiar' to many of you, and so it should. Trudy Boyle has been writing articles for you under Constructive Living on page 4 for close to 15 years now.

In fact, Trudy Boyle has contributed an article for EVERY issue we have ever printed, count #65 on the cover of this one. Imagine, Sixty Five Deadlines over fifteen years and still writing... whether she 'felt like it' or not. She made time to do her best to help our readers rise up above old habits and perhaps see alternative ways of approaching life together in a positive manner. I KNOW she has changed many lives for the better through these pages over the years and I know she has been a friend. I know this, because many of you have called and emailed to say so! I can also add, that from the day I was born, she has consistently influenced my life too. How so? Trudy Boyle is my sister.

The fact that Trudy is now Nancy's warrior will indeed shock some of you. How can she be a warrior? Well, just like many of you, one day Trudy went to bed healthy and the next day received the news that she had cancer. Yes she is a 'real warrior' alright and even now, lights and holds another kind of torch in the hallways of the chemo ward. By the time you read this, her hair will have fallen out. Gone with the wind, for the next 100 days, with eyebrows

and eyelashes soon to follow. No doubt the same wind the Cancervive Riders will sometimes peddle against and sometimes fly within. A wind of hidden blessings.

As a rider, Nancy Wright had to commit to personally raise \$10,000 for Wellspring Calgary. Wellspring Calgary is a place that is supporting Trudy in her quest for renewed health. Raising \$10,000 is a requirement for every rider. That's a lot, but I believe WE can help Nancy raise a portion of that money for her ride for Trudy. **I believe we can do it in the spirit of ONE.** So in LIGHT of the service Trudy has contributed to us over the years, as a small token of appreciation, **I am now prepared to have my healthy head of hair shaved off to raise funds for this event.** I'm sure it won't be a pretty sight, as old scars surface once again...but a small price for me to pay in the long run, if it inspires you to support Nancy's Warrior ride for Trudy.

Yes, I AM hoping some of you out there will be inspired to donate a little 'something to this cause'. **Imagine what a difference MANY people can make by helping in a small way.** Think about it, if 100 people who had been blessed by Trudy's goodness over the years, threw in \$20 (a night at the movies or a supper out) we'd have \$2,000. What about \$5 or even a Loonie!... **We'll appreciate anything...large and small donations...TOGETHER they will all add up to success.**

You have 3 ways of doing this. **1. Write a cheque made out to Wellspring Calgary and send it to EAGLEeyeONE 105 Machleary St Nanaimo BC. V9R 2G5** **2. Drop off your donation at the above address.** **3. Log onto our website www.EAGLEeyeONE.com and get forwarded to the Cancervive site and donate with a credit card.** Make sure you choose Nancy Wright in the rider menu. Wellspring is a registered charity so please provide us with your mailing details as donations \$20 and more are tax deductible. **And THANK YOU in advance if something in your heart says YES!**

From the desk of Gabriole Springford, editor/publisher of ONE Magazine, and soon to be 'hairless-by-choice' in support of her sister. Check our website often for on-going updates. www.EAGLEeyeONE.com

Sand Mandala and Silent Auction Fundraiser for Cancer

MAY 31st -The BEGINNING of our fundraising 1-4pm

Create A Healing Sand Mandala and blow it into the wind!

find a little peace in your heart while you help us help others

GO TO www.EAGLEeyeONE.com for details and check back often as auction items will be updated

Join our **ONETeam** for Trudy AND FIND OUT WHEN & WHERE THE EDITOR'S HAIR WILL BE SHAVED OFF AND HOW YOU CAN GET INVITED.

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Join us for an afternoon of fun & inspiration



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