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Highlights from *Chicken Soup for the Canadian Soul* Top 10 Stories by Province

British Columbia ***The Unity Rally* – Mark Leiren-Young** ***Chapter 1 – On Being Canadian***

It's October 1995 – and the Quebec Referendum is just days away. That's when it happened. People from all over Canada converged on Montreal – to tell the people of Quebec they cared, and do something to make a difference for Canada. The author flew to Montreal all the way from Vancouver, and shares with us his very emotional experience in the crowds that day – French and English Canadians, Maple leaves and Fleur de lis all together. Like many others, he was overwhelmed with what was essentially a love-in – an expression of love for a united Canada.

British Columbia ***Becoming the Man In Motion* – Rick Hansen** ***Chapter 11 – Making a Difference***

At the age of fifteen Rick Hansen found himself paralyzed and in a wheelchair, never to walk again. In his own words he shares the experience of making the decision to choose challenge over defeat, of becoming passionate about wheelchair sports, and then being inspired by Terry Fox to do something that could really make a difference. During his now internationally renowned Man In Motion Tour, Rick wheeled around the world with his team raising money for spinal cord research, and returned home to a tumultuous welcome in Vancouver's BC Place Stadium. Today The Man In Motion Foundation continues to raise money to accelerate a cure for Spinal cord injury – creating hope for millions.

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British Columbia

***Love is a Two Way Street* – Carole Sharpe**

Chapter 6 – On Family

The author and her family accept a foster child into their home – a young teenage girl who has never known a stable home life. Through kindness and persistence, they witness her opening up to the love of a family. In one very poignant incident, the other children unite in their desire to make the newcomer a permanent member of their family.

Alberta

***A Canadian's Story* – Pat Fowler**

Chapter 1 - On Being Canadian

There is a reason the coauthors of *Chicken Soup for the Canadian Soul* chose this powerful story to go first in the book. It takes us back to the early part of the twentieth century when millions of people were denied freedom behind the Iron Curtain. This story follows one family as they make their break for freedom, and at great personal sacrifice, find their way to Canada. Like so many of our parents and grandparents, they came to Canada from somewhere else – to make a better life in a free land. This touching story of gratitude contains the heart of what *Chicken Soup for the Canadian Soul* is all about.

Saskatchewan

***Finding Your Own Medicine* – Kahlee Keane**

Chapter 8 – A Matter of Perspective

A unique story of the heart that explores the author's journey from near death back to life after an encounter with a First Nations Medicine Woman. Her very moving experience of finding love and new health at the hands of the healer inspired her to take up the ways of the Medicine woman, and carry the wisdom of the elders forward to share with others.

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Manitoba

The Loonie That turned to Gold – Peter Jordan

Chapter 1 - On Being Canadian

February 2002 brought the Salt Lake City Olympics into living rooms around the world – and the excitement of watching our Canadian athletes shine on the world stage made us all proud. But perhaps the best moment was right at the end, just before the Men’s Hockey final. It was then the CBC broke the story of how Trent Evans, a member of the Canadian Ice Making Team had planted a Canadian Loonie under centre ice to bring Canada’s teams good luck. In his own light and oh-so-Canadian style, the CBC’s Peter Jordan gives us a play by play account of how he first learned about the story from Trent Evans himself, the suspense of holding the secret, and the excitement of those final moments when both our teams won gold.

Ontario

Canada Loves New York – Senator Jerry Grafstein

Chapter 1 – On Being Canadian

After the September 11, 2001 terrorist attacks on New York and Washington, Canadians were deeply affected by the tragedy, and wanted to do something to help. Along with a team of volunteers across the country, Canadian Senator Jerry Grafstein organized the “Canada Loves New York” weekend. As a result of Mayor Rudolf Giuliani’s emotional invitation to visit New York, over twenty-six thousand Canadians responded. The author shares his emotional experience of pride in watching his fellow Canadians show their support, and demonstrate by their actions just what friends and neighbours are all about.

Ontario

The Magic Skates – Barbara Underhill and Paul Martini

Chapter 2 – Living Your Dream

Canadian Pairs Champions Barb and Paul are heading into the 1984 Olympics with hope in their hearts, a difficult season behind them, and a lot of pressure. What happens then is a matter of history. During the short program a devastating fall caused them to finish way out of the medals. They were totally crushed, and wondered how they were ever going to pull it together for the World Championships three weeks later in Ottawa. Enter Brian Orser with a

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casual comment to Barb about her old skates, a fluke of timing, and magic happened.

Quebec

Our Olympic Dream – Penny & Vicky Vilagos

Chapter 2 – Living Your Dream

Twins Penny and Vicky worked hard for many years in synchronized swimming in the “Duet” category. Their goal – the Olympics. But due to circumstances two Olympic games eluded them, and in their early twenties, they retired and went on with their lives. Then, at the age of 27, they realized the dream was not dead – and decided to go for it one more time. After two years of hard work, their persistence and relentless determination paid off. Twenty-one years after they first began – they were heading to the Olympics! In this wonderful story they share with all Canadians the powerful experience of daring to dream, of going to the Olympics, representing your country, and coming home with a medal!

Nova Scotia

Thanks for Being Here – Natalie MacMaster

Chapter 11 – Making a Difference

Cape Breton fiddler Natalie MacMaster loves to perform more than anything else. She gets wonderful letters all the time, but one special letter from a man named William had such an impact on her she chose to share it in our book. After ten years of serious depression, William had decided to end it all, and take his own life. But first, he decided to attend Natalie’s concert with his wife, as they had planned. What happened then to William, while watching Natalie play, was no less than a miracle. In this very touching story, Natalie shares with us what it’s like to know that as you go about doing the work you love, you are making a difference in the lives of others.

Prince Edward Island

The Red Sweater – Stella Shepard

Chapter 7 – Surviving Loss

Stella missed her mother every day since she had passed away. An Acadian, her mother had been of French and Native Canadian background with a warm, gentle touch and a strong connection to the earth. Stella often wore her mother’s

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red sweater to keep her close. One day while wearing the red sweater she was waiting to have her hair done, and had an astonishing exchange with a young girl. This young girl saw something that Stella did not, and when she shared it, it helped to ease Stella's loss and heal her heart.

Newfoundland

Guests Who Dropped in From the Sky – Paul Banks

Chapter 5 – On Kindness

When the planes began to come down in Gander on September 11, 2001, Newfoundlanders sprang into action. In this province where so many people are in a have-not situation, the people took the stranded passengers into their towns and villages, their church halls and their homes, and gave and gave and gave. And they would accept nothing in payment. This story recounts the experience of two Americans who once they were finally on their way home to Atlanta, found a special and long lasting way to express their gratitude to the generous people who had helped them.

Nunavut

The Birth Of Nunavut – The Office of former Governor General

Romeo LeBlanc

Chapter 10 – This Great Land

In 1999 the Northwest Territories was formally divided. Nunavut was created, and a new territory in Canada was born. In April of 1999 Governor General Romeo LeBlanc presented the new territory with a brand new flag and a new coat of arms. His Excellency traveled to the new capital of Iqaluit, and made a very moving presentation to the people of Nunavut. The symbols he presented recognized not only a new territory, but also an ancient heritage. The speech was so historically noteworthy, and so very touching, we included it in our book.

Northwest Territories

Ogemah – John J. Seagrave

Chapter 10 – This Great Land

Follow John Seagrave from the grit and despair of a hockey puck factory in downtown Toronto – to a remote outpost of The Hudson Bay Company - the last vestiges of Canada's dying Fur trade. John shares with us the isolated beauty of

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Canada's northern wilderness, and his dream to become Ogemah – a title of great respect, which in the native dialect means something like “Little Manager.” We travel back in time with John to share in the struggle for survival faced every day by the inhabitants, and his own inner journey to find the elusive status of “Ogemah.”

Canada

The True Story of Lake Ontario – Marilyn Bell Di Lascio

Chapter 3 – Overcoming Obstacles

At the young age of 16, Marilyn Bell was the first person to swim across Lake Ontario. At 11 pm on a very dark night in September 1954, she struck out from the US side of the Niagara River, and headed north out into the cold waters of Lake Ontario. Her goal – the CNE grounds in Toronto 32 miles away. Now 64 years old, Marilyn looks back at that young girl and shares with us in her own words what it took to overcome her fears of the dark, of the open water, of getting lost, and of keeping going despite the cold, lamprey eels, sleep deprivation, hunger, and total exhaustion. By late afternoon the next day, all of Canada had taken her into their hearts, and was swimming with her. One massive cheer when up from coast to coast when she touched the wall in Toronto some 21 hours later. If you ever had something you wanted to finish but didn't think you could, the answer to how to accomplish your goal is in this story.

Canada

The Legacy of Terry Fox – Leslie Scrivener

Chapter 3 – Overcoming Obstacles

As a young reporter the author was assigned to follow the unknown one-legged athlete as he began his run across Canada, into the hearts of all Canadians - and so into history. Terry Fox has been unanimously proclaimed Canada's greatest hero by every poll in existence. Before he died Terry turned over his journals to Leslie and asked her to write his book, which she did. In this special short version written just for this book, Leslie tells us once again so beautifully the story we all carry in our hearts – the story of Terry Fox.

CHICKEN SOUP FOR THE CANADIAN SOUL

By Jack Canfield, Mark Victor Hansen, Janet Matthews and Raymond Aaron

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