



**THE GOLD STANDARD
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Prior to the 2005 Jeux de la Francophonie (JDLF) in Niger, Africa the Canadian Athletes canvassed their neighborhoods for school supplies to take with them for less fortunate children. During their time in Africa some of the athletes and photographers went to visit a school in the surrounding area.

What these athletes saw made an impact on their lives forever; one teacher to thirty children all sharing one pencil, little to no books, even less supplies, no electricity and no running water. With photos and stories back to Canada, Athletics Canada's own Molly Killingbeck became committed to the cause before knowing where it would take her.

Interview with Molly Killingbeck

Chair - Pencils for Kids

*Toronto Development Centre Lead Coach
Silver Medalist at the 1984 Olympic Games
(4x400m Relay)*

Athletics Canada - Can you explain the purpose of the Pencils for Kids Program and how it works?

Molly Killingbeck - The vision of the program is to make a difference in the world by providing every child the opportunity for an education. To do this the program partners with communities to provide sustainable educational programs, resources and infrastructure.

AC - How many people has P4K helped since it started?

MK - We are currently working and focused in one community; Liboré with a population of 24,000 people.



AC - How does somebody get involved with P4K?

MK - Anyone can make a difference whether it be an online donation, a mail in donation or become a fundraising volunteer. To get involved please call 905.764.7997 or email info@pencilsforkids.com.

AC - How does my support help P4K? What can \$20, \$30, \$100 buy?

MK - "Every penny counts, every penny helps".

- \$20 can buy four textbooks
- \$30 can buy five textbooks
- \$100 can buy a desk
- \$600 sponsors a scholarship for one year
- Other funds are also used to build schools

AC - Was this program solely started by athletes? Who is involved in its success today?

MK - At the 2005 JDLF; athletes were the first to go into the African community and donate school supplies. The program officially began when a Canadian photographer, Dan Galbraith, returned from the Games to Toronto and relayed the story. Those who listened took up the cause. Robin Mednick is the executive director and the organization is run solely by volunteers.



Photo by: Donovan Gaudette

AC - When you competed, and now when you travel as a coach, what goes through your mind and how do you feel when you see people living in less fortunate situations?

MK - As an athlete, my focus was very narrow but I did pay attention to my surroundings; I did take the opportunity to recycle surplus or gently used shoes and apparel. After I retired from competition, I became more conscious of the less fortunate and felt the urge to do something to make a difference. When Dan told the story of 30 children sharing one pencil, I felt compelled to be an ambassador.

AC - What is your goal or ultimate dream for this program?

MK - Team P4K would like our organization to provide a template for other organizations with similar goals. Pencils for Kids would like to demonstrate what is possible...a small group of people reaching out to a community in need, despite the obstacles of language, resources and geography.

*"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has".
- Margaret Mead*

We want to raise awareness everywhere and reach as many students as possible in the communities we partner with; to create situations that are sustainable for a lifetime.

For more information on P4K please visit: www.pencilsforkids.com



ATHLETICS CANADA AWARDS

Athletics Canada's 2009 Award Finalists have been named. Please visit http://athletics.ca/display_news.asp?newsid=875 for the complete list.

The 2009 Award winners will be announced and honoured at an Awards Gala held Saturday November 14th at the Delta Vancouver Airport Hotel. Tickets for the Awards Gala presented by Mondo, which include a cocktail reception beginning at 6:00pm followed with dinner at 7:00pm, are now on sale now for \$50.00. To purchase your ticket please contact Chris Woods at (613) 260-5580 Ext. 3315 or cwoods@athletics.ca. Please note tickets are only available until Monday November 9th.



2008 Athletics Canada Award Recipients

Pick up the new edition of Canadian Running for a feature on:

'The Day that Changed Canadian Athletics'

"When the Canadian track and field team arrived in Munich for the 1972 Olympics, they had no idea how much their future would be shaped by the events that unfolded on September 5th. For the first time, members of the Canadian team share the complete story."

- Theresa Wallace -



LES "Don't look down" GRAMANTIK
Hanging from the Calgary Tower

Making a Difference

2009 Enbridge CN Tower Stair Climb

On Sunday October 25, a team of 15 athletes (four representing athletics) participated in the 2009 Enbridge CN Tower Stair Climb for the United Way. The athletes were Nicole Forrester (Team Captain and Organizer), Sarah Boyle, Stefanie Reid and Leah Robinson.

The athletes were recruited as part of the recently launched Athlete Social Responsibility initiative by AthletesCAN; the goal of this program is to create a sport culture of "giving back" both on and off the field to promote positive growth through sport in communities across Canada.

A Day in the Life of Mr. Les Gramantik

Senior National Programs Coach,
High Performance Centre Calgary

Earlier in October Les Gramantik took part in a fundraiser by successfully rappelling from the top of the Calgary Tower (638 feet). The fundraiser, for the Sir Edmund Hillary foundation, was organized by previous Mount Everest summiteers Byron Smith (summited in 2000 and trained by Les) and Laurie Skreslet (the first ever Canadian to summit Mount Everest); 8 people took part in the tower climb.

It was a snowy cold day and the crew climbed up a narrow staircase to the top of the tower, they had to slide down on the roof to the outer edge of the tower and climb over a railing, from there they rappelled the rest of the way. It took about 12 minutes, a very long 12 minutes filled with some scary moments.



(Left to Right) **LEAH ROBINSON, STEFANIE REID, NICOLE FORRESTER and SARAH BOYLE**



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