

**“To Succeed in Life,
You Need Three Things:
A Wishbone
A Backbone
A Funny bone”**



A Collection of Student Articles

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“To succeed in life, you need three things: a wishbone, a backbone and a funny bone.”

Reba McEntire, actress, singer.

I agree with Reba McEntire’s statement, to be successful you need to have a wishbone, a backbone and a funny bone. You need to be able to wish, have big dreams and be creative with your wishes. You need to be able to stand your ground, tell people their place so you can continue your dreams, and best of all you need to have a funny bone; you need to have the ability to laugh at your mistakes, learn from your mistakes and move on. That is why I agree with Reba McEntire when it comes down to being successful in life.

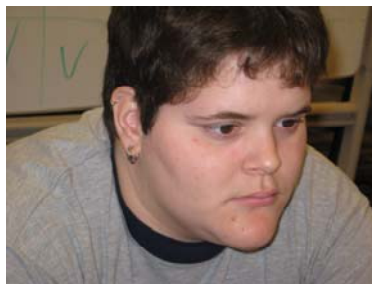
Having a wishbone is important because being able to dream, plan and make goals in life is a must in order to live a successful life. Having a wishbone is like a small child living in an orphanage and making a wish in middle of the night, wishing for a family. As a child I always dreamed to help those who are in need. I dreamed of running a soup kitchen, a shelter or even a group home for kids with troubled backgrounds. As I continue my path to become a child and youth worker, I’ll need to have a wishbone in order to succeed.

Each person needs to own a backbone. Why? Because you need to be able to stand your ground and defend yourself when the going gets tough. A backbone gives you the ability to put people in their place so you can move further towards your life’s dreams. Having a backbone is only going to make you stronger in the long run.

The last but not least, and best of all: you need to have a funny bone. A funny bone gives you the ability to laugh and learn from your mistakes and then be able to move. A funny bone is powerful, beneficial and rewarding, and with it your confidence will bloom.

In conclusion, I plan to use my wishbone, backbone and funny bone to fulfill my goal in the journey of becoming a child and youth worker.

Written by: Ana



Ana concentrates on her writing assignment

Backbone, Funny Bone & Wishbone

To be successful in life you need three things: a wishbone, a backbone and a funny bone. Without any of these “bones” you are nothing; with these “bones” you are something. These are not real bones, but they do help you in life. You need to have a dream, you need to be strong and you need to laugh.

I think you need a wishbone because without a wishbone you will never ever have a dream. What I am trying to say is you need a dream. Without a dream you have nothing in life. One of my dreams is to be a great basketball player. I know I will never be able to play in the N.B.A. but I can try to run a program for young youths and kids.

People should have a funny bone because if you don't have one, you cannot enjoy life to the fullest. Enjoying life is the best thing to do if you have someone or somebody to spend it with. You also need to laugh at each other, at jokes, and about life in general. You need a great sense of humour to talk people in life.

Without a backbone you will never have confidence. You need a backbone. A backbone helps you when you're put down in life. It helps you to pick up your spirit when you feel down. A backbone allows you to fail in life. If you do fail in life, a backbone will help to pick you up.

In conclusion, the three most important things in life you need are a backbone, a wishbone and a funny bone. We need all those things because if you don't have that, you will never be successful in what you are putting your mind to. I know from experience that you need all these bones. I was always told in life that I will never become something just because I had a reading problem and I can't be as fast as everyone else.

Written by: Colin



Colin concentrating on assignment



Joe at work on the computer,
demonstrating “backbone.”

**“To succeed in life, you need three things: a wishbone,
backbone, and a funny bone”**

Reba McEntire, actress, singer

I’ve always had learning disabilities ever since I was born. Disabilities have given me many barriers in my life as a child, a teenager and an adult. But with good support and understanding, I will pull through.

A wishbone is something useful as you work towards your goals in life and everyday living. For me, a wishbone as given me inspiration and hope to go for my dreams. One of my dreams and goals in life is to improve my education and succeed in getting back to work in the hospitality industry. I have the inspiration to become a professional chef and I hope to realize this dream and one day live and work in Australia....Mate!

A backbone gives you courage, inner strength and confidence. A backbone provides structure as you are achieving and experiencing the world around you. My backbone has given me inner strength and the determination not to give up in life. Life is like a roller coaster; life has its ups and downs. What the backbone has given me in my life ...oh boy! As I’m getting older and wiser, I’m going to achieve a better life style as more opportunities come my way.

A funny bone allows you to enjoy life and gives you the ability to laugh at your mistakes. My funny bone has given me many opportunities in life to laugh at my own mistakes. And I will tell you how my funny bone has made me laugh and not go insane! At times when I wasn’t feeling my normal self, I used to get really down. I let people get to me. But then I said, hey! Nobody is better than me because we are all equal. So I say, let’s enjoy life, because life is too short to be unhappy.

Written by: Joe

How to Get Through Life

To be successful you need a wishbone, a backbone, and a funny bone. It is important to wish for things. You need to build up your backbone everyday for strength. You need a funny bone to make you smile.

A wishbone can make you successful. A vision that I have is to clean teeth. I have a dream and inspiration to become a dental hygienist. I have something to work towards.

I know that the backbone provides structure so that I can achieve anything. I have a backbone that has built my confidence, so that I can continue to pursue my dreams. I now have persistence and strength. It has built my self-esteem, even if I'm put down.

A funny bone allows you to enjoy life. A funny bone creates laughter to refreshes yourself. People who work hard need a funny bone to preserve their mental health. When working hard, a funny bone can also make you sociable with work mates.

I have a wishbone and a backbone for my dream to be a dental hygienist. I have a funny bone which makes me smile. That helps me to keep pursuing my goals. Even though these bones are not real, they help me out.

Written by: Odila

How I Will Succeed in Reaching my Goal

To succeed in life three things are important: first, a wish bone; second, a backbone; third, a funny bone. With those three things, I can completely change my life. When I identify goals that are most important, they will help me to succeed in my goals. Those three things will help me to figure out how to make my goal come true. I also feel power with these three things.

The first one is a wish bone: It will help me to dream or to make a goal. I challenge myself to reach that goal, full of confidence and I trust myself to make it a reality. I write down my dream in a positive way instead of a negative way. When I'm feeling hopeless, or like a failure, I always remember one thing: I have to work hard to succeed. So a wish bone is very important for me

The second one is a backbone. It will help me to be strong and motivated, and to build a solid foundation. That is very important for me to succeed in my goal. For example, if I don't have motivation to succeed in my goal, my dream may not come true. If I don't have a back bone, I don't feel strong, and success in reaching my goal becomes harder. For this reason is very important for me to have a back bone.

The third one is a funny bone: a sense of humour. Having a funny bone has so many advantages. It helps me to be a friendly person. Even if I feel negative, I will never take things too seriously. I have to be proud of myself and be myself. Therefore I like to have a funny bone.

So I really enjoy all the wonderful benefits of these three things. They will help me to achieve my goal.

Written by: Mulunesh

My Path to Success

A famous actress and singer Reba McEntire once said, “To succeed in life, you need three things: a wishbone, a backbone, and a funny bone.” Here is how this saying worked out for me and led to my success.

I definitely had a wishbone, which helped me to achieve my dreams in a difficult time. I was twenty-seven years old, already divorced, and very poor. My husband had taken everything: the fridge, the stove, the TV, and VCR. I had to start over and do something by myself. I dreamed about my own business and searched for a product to produce. One day I found it. It was small, soft, cute, sweet, and easy to make. It was a toy. I was happy, viewing a bright future.

I knew a backbone attitude would help me to overcome all obstacles. I had the foundation: knowing how to produce; but I had no money to start. I borrowed some from my father, bought the materials, and the first pieces were made. I liked the toys so much, and I was so happy, without even knowing whether I was going to be able to sell them. Of course, everything did not go too smoothly. I tried to sell them in kiosks and stores but not one was sold.

Then I went to the craft market and started selling them by myself. I could not believe my eyes. In three days I sold all the toys I had made. Now all I had to do was to make more toys. Later on, the business expanded, and I improved the toys by putting a whistle inside. Everything had gone so well, and I produced the toys for five years. My backbone worked well for me.

I always had a positive view about my success and here is where my funny bone worked. I was creative but I never took things too seriously, and that helped me to be more productive.

Having a wishbone, a backbone, and a funny bone attitude gave me strength. My life changed completely. I was happy!

Written by: Nadia

My Three Lucky Charms

Here are three things in life you need to succeed: a wishbone, a backbone and a funny bone. The first is a wishbone. I wish that my dreams will become reality and I will achieve success in life. I wish to become a dental assistant or have another career in the medical field. I not only believe in myself, but already I can visualize success in my future. All I have to do is keep up my determination to achieve it.

Second, I need to have a “backbone,” a very strong backbone, to get me through this long and winding road. I already know that I am determined. I will never let anything get in my way, such as humiliation, or people being hostile to me. I simply have to ignore them. Furthermore, I cannot forget the very important people in my life, my teachers and my classmates, for their support and feedback.

Then, on to my third and final bone, which is my “funny bone.” I really have to thank goodness that I have a funny bone to bump and to remind me how to laugh.

So, I really do believe in what Reba McEntire said: to succeed in life, you need three things: a wish bone, a backbone, and a funny bone. These three lucky charms will help me to succeed in life.

Written by: Rocky

Exercising Toward Success

Successful outcomes are achieved through the *exercise* of the wishbone, the backbone, and of the funny bone.

We begin to exercise our wishbone when we fantasize and daydream and expose ourselves to new experiences-trying on new roles- Childhood and adolescence is a great time to exercise our wishbone. But throughout the lifespan, *if we are still growing*, we are always exercising our wishbone. Perhaps your experiences of childhood were fortunate. Was childhood a time when you were allowed to daydream? To envision the future adult you would become? Were your interests encouraged? Did the significant adults in your world let you know what you did well? Was childhood a safe place to grow, get to know yourself, and your world? As a child, which adults did you most admire and why? What characteristics and qualities did these adults possess that you most admire today? What were you taught to value?

How was *success* defined: In the media? By your family? Your friends? Did your experiences in school encourage you to think of yourself as less than capable, and perhaps that your future as an adult would be bleak? Did teachers, guidance counsellors, and peers attempt to force you into a mould that you felt just wasn't who you were? What was going on back then-What were the insurmountable obstacles that you were facing- What has changed since back then?

For the majority of people the time of childhood and adolescence was less than ideal! *Remember: you survived!* What aspects of your childhood and adolescence would you rather not carry into your adult life? Did you like the lifestyle that your parents lived? Why or why not? What 'baggage' from childhood have you carried with you into your adult life? Did your parents want you to be the success they never attained? Does society's definition of success resonate with you? Have you ever thought about the reason(s) for this? Do you think that attainment of status and a high income will enable you to put the nightmare of a bad childhood behind you? Would success make up for that tragic time? Do you have the inner strength to let this all go? How do you, now, define success? What are the cherished dreams from that time you still hold? What are the elements of these dreams that resonate with you, and what unmet needs are these pointing out? What sort of a lifestyle would enable you to achieve personal happiness? *Exactly* what do you want to achieve in life? What will be necessary to attain such a lifestyle? Is this dream attainable, given the individual's resources, stage of life, etc? Should the dream be modified, let go, or pursued? "*If you had your life to live over again . . . ?*" Answering these questions *is* exercising your wishbone.

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Unfortunately, too many individuals allow themselves to linger for too long in their dream world. Such individuals are under the delusion that they are walking in this world while awake, but, *really*, they are sleepwalking through life! We all are given only one life to live, but many of us are wasting our days, *our lives*, by chasing after dreams, and attempting one scheme after another. We delude ourselves, believing that this time a particular scheme of the moment will work out differently than the last! Cherished dreams are just that, *dreams*. Plans are just schemes, *if* the individual has not made an honest self assessment. Dreams and fantasies have an ethereal quality to them. Dreams lead to success only when they have been removed from the ethereal realm into the world of the concrete. The sleepwalking dreamer has only dreamt of success and will continue chasing after it, unless he or she tries the next level of the exercise: The dreamer must awake and begin the exercise of the backbone! This involves self-knowledge: “Know thyself and to thine own self be true and thence one can’t be false to any man.” This is sage advice at this stage of the exercise!

The enemy of the backbone is one’s own ego! Each of us holds a false perception of our self. Most human beings would rather see themselves in much grandeur light than would our close friends, acquaintances and family. Some of us have formed a sense of self that has more to do with a tragic childhood and early life experiences than with whom we really are and what innate potential we possess and, possibly, still can cultivate. Exercise of one’s backbone may involve an honest self assessment or a reassessment. Also necessary, are a well developed character (moral fibre), a personal sense of ethics, and courage to actually see the true self, the, *I*, that is actually there, inside. Honestly looking within at the true self: *strengths and weakness*; abilities and envy of others’ abilities, *and* acceptance of the *I* discovered within and from this centre of self knowledge and self acceptance making a plan as to how you will turn your vision of success into reality. Part of coming to know the true *I* is through gaining insight into the forces that are motivating us toward desiring this particular brand of success.

Exercising the backbone means practicing discipline: The discipline of harsh honesty; the discipline of “going it alone”, *if need be*, the discipline of staying committed even when life has handed us a stacked deck and we have the losing cards! Discipline may mean having the maturity of knowing when to let go and try a more attainable goal! Mostly, exercising one’s backbone means practicing the discipline of show up and roll your sleeves up, *daily!* There is work to be done. The dreamer must become the doer. A clear and precise objective needs to be drawn up. Next a concrete plan for how each stage of the objective will be achieved. Stated goals and a firm deadline for their attainment are necessary. Part of constructing any plan is the knowledge that we will fail, we will come upon obstacles, a factor that must be included when making the times for achieving any aspect of the objective.

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Many a sojourning dreamer has, *indeed*, set out on life's path without first knowing who he or she *really* is. Many others, have realized, late in life, that the race began, but that they missed the starting gun's signal! Others, upon coming to the fork in life's road, sat down to ponder as to the direction they should take; these may wonder, "Has life passed me by?" Still, some were made to walk another's path; one not of their choosing and at a time when they were too young to really defend themselves. "Is it too late?" "Can I begin life anew?" If you have sojourned on this earth for any length of time, I hope you will realize the need to exercise the funny-bone! This is the exercise of being able to laugh at one self and at life! Don't take life too seriously, none of us will get out alive! So what if you haven't the big house, laugh you haven't got the big mortgage either. That high powered job: who needs the stress and headaches? Too often, what we thought the definition for success was, really was just some institutions in our society-advertising-attempting to make us feel small in order to get us to buy their product. Some define success in life with the adage that whoever has the most toys when they die, wins. I feel sorry for these individuals.

To me, success is achieving personal self actualization. I was born with the potential to realize my humanity and to value the humanity I experience in another individual. Becoming the human being God intended, for me, this is success. A comfortable lifestyle is nice, even potentially beneficial to the goal of realizing self actualization in life. But you can't take any of this to the grave. And in that oblivion, none of *this* life will matter. Oblivion has no need of material wealth, nor of status, or of achievements.

Success lies in much laughter, delight, living in the moment, seeing the other in the same light as one sees one's own self. So exercise your funny-bone: stop and notice the songbird in spring, see again the world as a small child does, -the universe in a snowdrop-be exhilarated by a flower, be silly, go ahead, and make a fool of yourself in front of friends. You'll only dance on this earth a short while and you'll look up and ask where has the time gone? Spend your time, mostly exercising your funny bone. In this short lifespan, it's all one really can exercise.

Written by: Marie

The Bones that Move Me Forward

What makes us successful in life? There are many personal qualities to help overcome obstacles in our life. We do our best to be successful and to achieve everything that is desirable; therefore, we are looking for ways to find our happiness. How do people achieve their success in life? Is it their money or maybe their hard work? What about their personality? A person with a backbone is usually strong and can overcome many life difficulties. A person with a backbone is a strong individual who overcomes obstacles in life, who has confidence, determination and ambition to succeed.

In many different ways I can say that I am this person. I overcame many obstacles in my life that I had to deal with. I had to make decisions about how to change my life and make the best of it. With my backbone, I did the best to motivate myself to achieve my goals and to move forward in life. My life has not always being easy for me, but I am determined to build a strong foundation for my daughter and myself. I want to succeed!

I could say that I am a dreamer, who has carried a wish bone through most of her life. I have wishes and goals. I believe in myself! In my life I want to have a better living, a better future, stability, and the best things that life has to offer. One of my dreams is to become a nurse and reach out to those in need. I visualize my success through my wishes to make them my reality.

However, life is not all about being serious, productive or even being indestructible. I think we all need a little laughter; not everything is always perfect. Sometimes, when things get a little rough and the world's weight is on our shoulders, we need a good sense of humor to laugh it off. Everyone needs a funny bone to remind them to see life in a positive view. We shouldn't take things too seriously and let ourselves get distracted from daily routine. "Every minute spent being sad is sixty seconds of unhappiness." Sometimes I lose myself in a world of perfect harmony, and distract myself from my worries and problems, so I don't let stress overload me. I try to see problems in a different light and perspective. When things get tough and I don't seem able to go on anymore, I tell myself, "I breathe, I live and the rest will follow." With my funny bone working for me, I let wonderful things come my way.

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I would like to tell a story of who I am and what made me. My story begins when I was 21. My life then was different from what it is now. I was happy, busy, and I had so much going on, with so little to worry about. But all this changed when I found out I was pregnant. I felt overwhelmed, confused, and devastated. I felt like my perfect world had collapsed around me. My boyfriend, my closest friend, shut down emotionally. Our relationship fell apart; neither of us could communicate nor reach out to the other. I was all alone, feeling lost and abandoned. I didn't know where to go or what to do. Month after month, my life turned into a twisted and rocky road. Everything around me spun and twisted, drawing me deeper and deeper into sadness. To make things worse, I found out I had a blood defect which meant I could not only lose my growing baby, but my own life too. I took a chance! I thought if life gave me this opportunity to have this baby growing, I should be thankful and let life take its own course. I guess some things in life are meant to be, and some are not. I moved forward and became strong. I knew I made the right decision.

Today I am happy and very lucky to have a wonderful little girl who fills my life with all kinds of happiness; there is never a cloud or a gloomy day. She is my life, my inspiration, my air, my heart. I would never give away the tears and laughter of the months and years that I went through. A backbone, a wishbone and a funny bone made me into a better person today, a strong woman, and a loving mother. In my life I found my place, my belonging. I am someone to somebody. I am proud to stand strong and cherish all that I have, because I have only one life to live.

Written by: Joanna D.



Workplace Hazardous Materials Information System
On line course (WHMIS)
All CCLD students received Certification April, 2008



Shinta, Joanne, Mona , Lucy

Lucy shows us her “funny bone” as her group

Prepares a Human Rights workshop

Twilight Beyond Night

Life is the combination of countless tastes: sweet, sour, and bitter....This is life. We live on dreams, strive for dreams and enjoy the process of dreaming. To succeed in life, we have need of three things: a wishbone, a backbone, and a funny bone.

I never thought my life could change into something so different when I was over 40 years old. When we landed in Canada in October 2006, we were totally lost. Everything had to start from scratch: we had to register my daughter for school, learn how to take TTC, and how to get ready for the official certificates as well. We were very puzzled about what my husband and I were going to do in this new country. How many times my warm and sweet home in China came to me in my dreams, with my relatives, my friends, and my job, even some beautiful landscapes and my favourite foods would come to my mind clearly and more attractive than before. This would make tears run down my face, but I was able to hold on. I knew there was a strong voice in my heart that said, "Tomorrow is much better than today." My wishbone helped me to survive the hardest time in my life.

My husband and I went back to study English with our backpacks which we hadn't used for about 18 years. After we came back home, we almost forgot that we spent so much time learning. My daughter had no friends at that time. She wasn't happy at all, she was struggling with English and it affected other subjects. Then there was the financial stress. We realized we needed to find employment as soon as possible. My husband found a labour job. He worked from 3:00pm to 12:00pm. After a few days, he got sick, and then he was fired. I couldn't find a job at that time, but we were inspired and encouraged by each other as a family. Life taught us to have a backbone and enhance the strength of that backbone.

Everybody who knows my family always says, "You have a very happy and harmonious family." That's true, even in our difficult times. We always find chances to get together and enjoy ourselves. We played cards and made each other laugh. We cooked together, and to me it was delicious. We went on nature walks with some friends. We loved totally relaxing and were impressed by the beauty of nature. We slowly began to love the new country. We felt we were a part of this new country. We were allowing our funny bone to shine.

To see twilight beyond night means I own a wishbone, a backbone, and a funny bone in my life. Keep this in mind, and you will always enjoy a healthy and a happy life.

Written by: Christina

Achieving a Goal in a Funny Way

I remember all my wonderful, younger sisters. Among my four sisters, one is very intelligent, soft spoken and hard working. Her name is Bihishta, and she wants to learn three or four languages, and she wants to be a dentist in future. She loves to learn new things. I remember that she was very honest and outspoken. When I wanted to talk with her about the future, she told me that she wanted to work with people who were in the medical field. We finished Joiner Elementary School and we had to choose a high school for ourselves, Bihishta chose the high school where they teach French. First my dad said, “None of us know French in this family. How will we help you with your homework?” She said, “I, by myself, will do my best. Please let me go to that school.” After a lot of struggling and opposition from the family, she won, and went to that high school to learn French.

Bihishta was burdened with challenge of hard lessons in French. She took courses in French and English. She already could speak Dari, Pashto, Farsi, and Urdu. Her dream was to become a dentist and my dad later agreed to choice. My mom wanted her to do something very important in life. She finished High School and went to university to pursue her program of study and she was very successful in life. She has a quiet personality and she never spoke more than two to three sentences. When you asked her more than one question she would get upset, and sometimes get angry with you.

Finally, years later, my sister Bihishta graduated from the university and she got a good job as a dentist in one of the most prestigious hospitals in Islamabad, Pakistan. Since she spoke different languages, she was able to work with many people from many countries. She is very happy in her life now and everybody in our family is proud of her, especially my mom. I remember one day my mom got a bad toothache and it was a public holiday in Pakistan and the offices were closed on that day. The pain got worse and worse, so my sister examined her tooth and gave her medication for pain. In two hours the pain was gone and my mom came in to the room where my sister was and she hugged her and kissed her on the face and said, “I don’t believe you are a doctor now. I am very happy you chose to be a dentist.” My sister started to cry, and then both of them were crying. After five minutes they were laughing loudly.

This was a special time, a celebration of happiness and achievement that I will never forget in my life. I believe that with hard work and determination somebody can achieve the goal that they want. It’s only the tip of the iceberg.

Written by: Freshta

Where There is a Will; There is a Way

If I tell you a story about someone who learned how to swim in her sixties and still swims 1000 metres in the pool everyday, what would you think about her? Is she great? Yes, and this great woman is my mom.

When I was young, my mom taught me that to be successful you must always do your best and never give up. That was what she did as a role model for me and my sister. When she retired from a senior accountant position, she found new interests in reading and playing ping-pong. One day, my aunt told my mom that swimming is good for controlling high-blood pressure; then she decided to learn how to swim and she believed that she could be a good swimmer.

It was so hard for her to learn these new athletic skills especially, exchanging breath and treading water. At the beginning of her swimming instruction, she often swallowed the pool water and would sometimes choke on the water. She was never afraid of that, if she swallowed too much water at one time, she said to my dad that she couldn't drink tea any more because she was full and smiled. Sometimes she followed my aunt's swimming instruction and worked on it; and other times she just stood beside the pool to watch how others swam. Then she began practicing over and over again to improve her physical actions, after many attempts, she finally announced with pride to her family "I learned swimming in my sixties."

Reba McEntire once said "To succeed in life, you need three things: a wishbone, a backbone and a funny bone." In other words, follow your dreams, stay persistent, and don't lose your sense of humor. With the combination of confidence, courage, intestinal fortitude, and a little bit of a sense of humor, my mom became a good swimmer and got healthier. She demonstrated to me that one could be very successful even in their retired life.

Written by: Joanna H.

Just Keep Moving On

Nobody can be calm and composed when they face strength and weakness. Nobody can be happy everyday. On our way to pursuing our goals, we have to have courage and faith. These things will keep us moving on instead of giving up.

Many of my friends describe me as a strong person. Actually, yes, I am strong, but I am weak in certain circumstances, too. What allows me to win over my weakness from time to time is the love from my family, encouragement from my friends and mentors, as well as the accumulation of experience and knowledge. All of these things have given me courage and assisted me in being determined to move on and on.

I grew up being told that life needs courage from time to time, and I thought I understood everything about it. Now I realize that only experience and knowledge can help you fully understand the essence of life. I have learnt a lot since I immigrated to Canada. Like everyone else, I have experienced hesitation, helplessness, confusion, loneliness, disorientation, etc. I experienced the excitement of the first few days and then the loss; while rediscovering my self-confidence and then finding the way that I should live. During this process, I found courage and strength; love and friendship. I enjoyed the moment after I overcame the difficulties, and those experiences have become the wealth of my life that inspire me to keep moving on and on.

I am so lucky to be a student of IWIP. This program not only teaches me the knowledge and skills of how to help others, but also enhances my confidence and strength making me a positive, optimistic person. The teachers here are humane, responsible, and always encourage us. This is the most significant time that I have ever spent developing myself since I came to Canada. This program helps me clarify my life goals and build the capacity that I need to maintain my self awareness.

There are so many things that are waiting for us to do in the future. Walk your own way even if it is rugged and rough. One day, I will be proud to say: Look, I walked the way by myself, for myself.

Written by: Lucy

The Three Pillars Of Success

The farmer throws the seeds in the soil and waters them. With the help of the sun, animals and a lot of care and hard work; he expects to see the crops grow. This is usually the normal process of cultivation, but can the farmer guarantee that the result will be 100% successful as it is expected? Of course not, if the rain was heavy, the sun too strong or if wind or cold weather suddenly approaches the area, no one can predict what the result will be.

Look to the child learning how to walk, teeny cute steps forward. Before celebrating their success, they fall down. Sometimes they stand up very fast; sometimes they cry and need extra help to walk again. A few babies will laugh when they fall down and do not bother themselves to repeat the trial. Next morning they stand up and begin the race.

My father's life story is a good example of how these three bones, wishbone, backbone and the funny bone are important to live our life. He was a very ambitious man; he dreamed of completing his university studies as he made steps to gain a Masters and PhD degrees in history. He also was a decent poet. Suddenly his father died while he was in the secondary school and left behind him a heavy responsibility. On my father's shoulders were three sisters and two younger brothers, and a non working mother. My father was studying and working at the same time to earn money to cover their expenses. He told me that he had to walk daily 3-4 kilometres to save transportation money. He suffered from bilharzias disease and was among the few lucky people that survived that fatal disease at that time. He finished his university studies and was able to help his three sisters to get married, one brother got a diploma and worked, and the other one studied engineering in university. My father did not have the chance to complete his dream, but he found other pathways for his ambitious. He fell in love with history and monuments and was such a brilliant reader. He educated himself about rocks and minerals and brought home a pile of English books about our Egyptian history. He started to write a book about his desert trips, but he died before completing the full text. In his work he met people from many nationalities; he was excellent, honest, brave, and wise, and smiled even in the most critical situations.

Ask yourself about your dream or your goal in life. Then use all your power and strength to make your dream come true, but keep in mind that there is a percentage of failure in each trial. So you must have the flexibility to accept the result, and with flexibility have a strong intention to try again. At the end, always have a smile on your face and let everything go with a deep breath and hope in a better future. And as this proverb says: "What doesn't kill me only makes me stronger."-Friendrich Wilhelm Nietzsche, German philosopher.

If all the farmers gave up their work from the first failure, we wouldn't have life. The farmer, the child and my father all remind me that we need to have a wish, build a backbone, and laugh when things get rough. That's how to find success in life.

Written by: Mona

Becoming a Social Service Provider is Not Easy

Success is the achievement of something what we desire, plan, or attempt. If we aim to accomplish and put everything into it within reason, then we usually could give ourselves credit as having success. Success is also a large part of evaluating how satisfied we are with life and ourselves. For me setting personal goals and following through with hard work is success.

To succeed in life, you need three things: a wishbone, a backbone and a funny bone."-- Reba McEntire. Without those three things success is not only impossible but also dreams that never come true.

Wishbone means a dream that we believe in, a wish, goal or aspiration that inspires us along the pathway to success. Having goals gives our lives a sense of meaning and purpose. To attain the success that we want, we need to dream. Every success story starts with big dreams, and we need to have a clear vision of what we want to achieve. Setting realistic goals in your life can help you achieve all that you dream. Take your dreams and turn them into goals, and we will achieve what we are dreaming. Without goals, or dreams, we are like a ship that has sails without destination. Therefore, if you want to be successful, you must have a wishbone.

Backbone means strength, determination and hard work that help us to achieve our goal. No one achieves success just by sitting and staring at the wall every single day. Working hard is easy when we have a clear goal, a vision, and passion for what we do. When people succeed in life, it is because of hard work. So I would like to say that the road to success comes through hard work and determination. That's why a backbone is key to success.

Funny bone means to put on an optimistic, pleasant front; be energetic and positive of mind so that you can be happy in every situation whether it is pleasant or unpleasant. Always try to be optimistic in every matter. We should not forget about the problems that might come up on the way, but we should prepare by remembering, "Life is not a bed of roses." So not only positive thinking is important but also preparedness. That way we avoid being shocked or devastated when obstacles appear. Having a funny bone will give you a feeling of satisfaction as you push through challenges on the road to success and a funny bone will help you to be successful.

(Continued on next page)

I would now like to share a personal story. As a human being, I also have a wish. I want to become a successful social service worker where I want to help women who need empowerment. My big goal is to create my own organization and try to help immigrant women who face various problems when they came here to Canada. I would like to help them overcome the problems they face in the first few months upon arriving here. I want to do things differently from any other social service organization, and that's why I applied to the CCL&D – IWIP Training Course. This course is assisting me in accomplishing my goal. I know it is hard work for me to juggle two big responsibilities at the same time: studying and taking care of my family, but I am determined to do my best to do both properly. Whether I am successful or not, I will try to be happy and positive. I believe that if I am hard working, success is possible for me one day. It could be after a few years or several years from now, this are adequate for me.

So finally, I would like to say as long as you have a dream (wishbone), prepare and work hard (backbone), and remain optimistic (funny bone) you will achieve success.

Written by: Nadira

My Mother

When I was eight years old, I had a dream to become a vet, but then when I got older and older, and gradually I changed my mind, and I wished I could be more like my mother. Eleanor Roosevelt said, "A woman is like a tea bag, you will never know how strong she is until you put her in hot water."

My mother is like a tea bag. When things get tough she can be very strong. I learned a lot from her, and now today I am still learning from her. Success for her means she can help her children live in the right way and have an education.

My parents got divorced when I was 6 years old. My mom took care of me and my younger brother. Here in Canada it is different from our country. We don't have child support, so she would work very hard to provide our needs; she loved to cook and make some cakes and sell them. She woke up very early every morning and she worked everyday, but in the evenings she always had time to talk to us. She could not read and write in Bahasa (Bahasa is an Indonesia language). However, my mother was able to memorize all the recipes so easily. Finally, my mother owned her own store, but one day a stranger came and took the gas tank that she used for cooking, (in my country gas tank is expensive) so my mother had to close the store for three months.

I asked my mom, "What will you do now without a gas tank?" she said, "Don't worry. We can have some vacation time now, and then maybe you will find a husband so mama will not need to open the store anymore". (At that time I was only 8 years old). I just cried and cried because I didn't want to get married. Finally she said, "Don't worry I am just kidding". After a while she opened her store again and everything went well.

Now I realized, even though she wasn't working in an office like others, she was still a very successful woman. She always said, "Tomorrow will be a better day, and don't give up as long you are still breathing". Success in my life is not just material things that we have, but we should have a balance of emotional needs as well.

Written by: Shinta

The staff and students of
Centre for Community Learning & Development

Wish to thank the members of the Board of Directors for their continued support, particularly Lisa Alleyne, Doug Cooke, and Christine Hughes for judging the entries in this newsletter for our annual Writing Contest 2008.

