

# Kroezen to swim Lake Ontario to raise \$5,000 for cancer research

Acton's Lexie Kroezen, 18, has but one fear as she prepares to swim across Lake Ontario August 9 to raise \$5,000 for cancer patient services – not the daunting 14-hour, overnight swim, not high waves, cold temperatures or failure, but snapping turtles.

Calling her fear "weird," as she hasn't been bitten by a snapping turtle, and doesn't know any one who has, Kroezen still takes comfort that the four boats surrounding her as she swims from Niagara-on-the-Lake to Marilyn Bell Park, will ward off any turtles.

A young family friend's battle with cancer last year made Kroezen question what happens to people without support who can't pay for cancer services not covered by OHIP. "He had

great support system, but still had to close his business, and it hit me that I could help by raising money," Kroezen said on Sunday. To date, \$445 in donations and a team gift of \$125 have been raised, along with proceeds from the sale of swim caps Sunday afternoon at the Acton pool, where Kroezen churns out laps preparing for the 52-kilometre lake crossing.

Swimming with the Acton Aqua Ducks Swim Club for 11 years – Kroezen said her parents put in the pool because she had a "lot of energy" – she grew to love competing, and the solitude of long distance swimming. "I love it – I could be in the pool all day. I wanted to do something to raise money for cancer doing something I love," she



Lexie Kroezen

said. The Christ the King day for most of the last grad swam three times a school year – some weeks

swimming 25-kilometres. She will study kinesiology at the University of Victoria in September.

Most of Kroezen's open water swimming has been done at Guelph Lake and after a recent eight-kilometre swim, Kroezen was "not tired" and is confident she will successfully complete a required 16-kilometre trial swim, slated for this week in Georgian Bay. High waves that twice capsized kayaks with her coach and swim master scuttled an earlier trial swim at Sauble Beach last month. The trial is required by Solo Swims before it will sanction swims across Lake Ontario – six are planned this summer.

Kroezen said she was not disheartened that the five women attempting

to swim the length of Lake Ontario last weekend were stopped short because of cold weather. "It would have been awesome if they had completed the swim, but it is still motivating – I want to finish it."

With a crew that includes a coach, swim master and several pacers – including her sister and several friends – Kroezen said the crossing is a team effort that will set off from Niagara-on-the-Lake at 7 p.m. on August 9, hopefully arriving around 10 a.m. Saturday morning on the Toronto waterfront.

Sponsor sheets to make donations to Kroezen's swim are available at the Bank of Montreal and Prosperity One in Acton, and on-line at <http://convio.cancer.ca/goto/crossingforacure>

## IN MEMORY OF ALLEN K. VRYENHOEK

Ten years have passed since two police officers came to our door and informed us that Allen was in a fatal car crash. The word fatal went over our heads, maybe it was because of the weight of the word or the shock we were in. We asked if anyone else was hurt, hoping that is what they meant. The police officer told us that no one else was hurt except for Allen. He was killed by the drunk driver. The drunk driver crossed over into Allen's side of the road, causing a head on collision. Allen tried to avoid him but there was no where to go. Both sides of the road are inclosed by high banks. Allen was air lifted to the Hamilton Hospital where he was cared for by some of the best medical personal and equipment in the world. But his wounds were such that they could not revive him. Loosing Allen at such a young age has devastated our family. Time has taught us how to live with this reality but the pain never goes away. His death has forced us to focus on what happens to us when we die. The body turns back to dust but the spirit lives on. According to the Bible we face the judgment of God when we die. If we have broken any of Gods laws we will be sentenced to eternal punishment. Gods laws are The Ten Commandments (Only worship the God of the Bible, do not use Gods name to express your anger, do not lie,

steal, covet or lust after other people, are just a few of The commandments). If we have transgressed any of the commandments we are guilty. The problem is we are all guilty and are under the wrath of God because of it. If we die today we will face God's wrath for eternity. The good news is that God has provided a way for us not to be condemned through His Son Jesus. According to the Bible the only way death can hold us in its grip is if we have broken Gods law. So God sent His only Son, born of the virgin Mary, He lived a sinless life, was beaten, nailed to a tree, suffered and died. Because He was sinless He rose from the grave on the third day and sits at the right hand of the Father. God's wrath is upon us but Jesus stepped in and paid the price for our sins through His death. The only way sin can be paid for is through the shedding of blood. If we put our trust in Jesus, and stop breaking Gods laws we will no longer be under the condemnation of God. Because we are sinners by nature we will continue to sin until we die, but if we trust in Jesus our heart's desire will be to follow His example. It was the work of Jesus that took the wrath of God from us, not our works. Because of this we are comforted in knowing that Allen trusted in Jesus and made an effort to follow His example. Our prayer is that you will do the same.

