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Quail Reviews

Rocky's Trip to the Hospital

By DEBORAH QUAILE

When the fateful news came to Sue London that she had Crohn's Disease, she soon found out firsthand how much healing power there is in the love of a devoted animal. Ms. London's dog, Rocky, was instrumental in her recovery as he stayed with her during periods of pain and post-surgery.

After battling Crohn's Ms. London dared to follow a new career path, enrolling in health and nutrition courses, graduating as a reflexologist, teaching at a nursery school, running an intergenerational program for seniors and toddlers at Allendale Seniors Facility in Milton, and devoting some time to fundraising for the Crohn's and Colitis Foundation of Canada. With her wealth of new work she refocused on the positives in her life, and that included the unconditional love of her Shih-Tzu, Rocky.

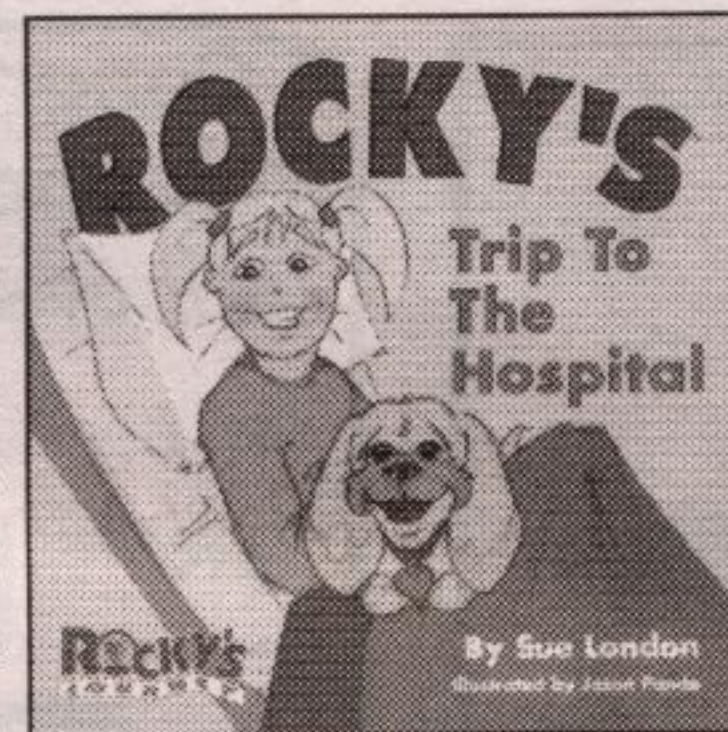
It wasn't long before Sue London also developed the concept of writing about a special dog - named Rocky, of course - and his encounters with numerous people in need. Writing is an immensely satisfying form of therapy, and creating the story's characters and emerging plots helped her deal with her own health problems. The first book in the series, *Rocky's Journey: Rocky's Trip to the Hospital* was

recently released. The tale is told in simple language that many students of about grade two level should be able to read themselves, or would understand at an earlier age if it was read to them. Rocky, a cheerful little dog, has always taken his duties of helping to heal sick people by comfort and affection very seriously. When his mistress is sent to the hospital with a mysterious ailment he sneaks away and visits her, thereby granting her a speedier recovery. Full-colour illustrations by Jason Panda enliven *Rocky's Trip to the Hospital*.

Ms. London also finds speaking about the many stories that have touched her is both therapeutic and rewarding. She inspires audiences to do things

that they've postponed for too long and encourages attendants to adopt a positive attitude and stay true to their dreams. Her own illness is in remission and she currently devotes her time to writing. Rocky, alas, has since passed away, but in her spare moments Ms. London is often in children's hospitals or nursing homes with her new dog, Willy, touching people's lives through pet therapy.

ROCKY'S TRIP TO THE HOSPITAL
SUE LONDON
BURLINGTON: KRISTAR PUBLISHING, 2003
SOFTCOVER, 32 PGS.
WWW.ROCKYSJOURNEY.COM



Women 2 Women Acton Business Women's Meeting



Paintin' Friends supports Paddle To A Cure

Paintin' Friends is a place where women - and sometimes men - escape for an afternoon or evening of creative fun while learning to paint folk art and home décor products. But sometimes running your own business is not just about offering a unique service to the community. It can also provide a wonderful opportunity to promote awareness and support for an important cause. Breast cancer strikes one in nine women, but the family and friends who know these women make those affected truly staggering.

For the past three summers Ruth Kranendonk, co-owner of Paintin' Friends with Brenda LaRose, has participated in Paddle To A Cure - Journeys of Hope, a kayaking expedition to raise awareness and research dollars for the Canadian Breast Cancer Foundation. Ruth and Brenda felt it was a perfect location to help promote Ruth's efforts. The support of staff, students, friends and the Halton Hills community has been overwhelming.

Each participant must raise at least \$2,500 in sponsorships to take part in one of five kayaking trips. It's a great opportunity for even non-paddlers to experience kayaking for the first time. This past summer 29 people paddled on five separate trips, from three to seven days. Ruth joined the BC trip this year to paddle in salt water for the first time and view Orcas, seals and bald eagles. It became her personal reward for raising \$4,300 in sponsorships. Since Paddle To A Cure was launched four years ago, participants have raised in excess of \$752,000.

If you are interested in joining Paddle To A Cure 2004, contact Ruth or visit www.paddletoaacure.com.

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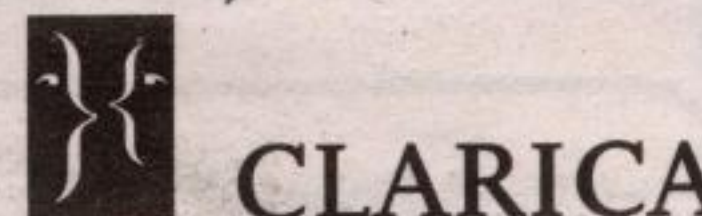
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Date First Published: May 1, 2000

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