

# Chairman's breakfast offers some inspirational messages

By MELANIE HENNESSEY  
The Champion

Local students heard inspirational messages about teamwork and success at the Bell Chairman's Breakfast on the Environment April 29.

The event, held at Rattlesnake Point Golf Club, was attended by a variety of business professionals, council members and more than 100 students representing 21 schools.

In addition to Halton environmental awards being presented to students, those in attendance heard from keynote speaker Yvonne Camus — a single mother of 10-year-old twins who spoke of her experience in the World Championship of Adventure Racing — the Eco-Challenge a few years ago.

The 500-km race took place in Borneo and included everything from jungle trekking to mountain biking and white water canoeing. She explained she and her teammates could only use manpower to compete so the environment wasn't damaged.

"You had to leave the environment untouched," she said.

Ms Camus talked about the challenges she was faced with during the race, such as climbing a rope with a broken wrist, being covered in leeches and pelted in the face with bugs the size of her hand.

Since her team had to do the entire race together, she said they focused a lot on their teamwork.

"You have to be able to figure out how to work as a team," she said. "We agreed to work on solutions, not focus on challenges."

Another important aspect that helped Ms Camus finish the race was to have "raving fans." At a point in the race when she was down and thinking of giving up, she said she received 300 e-mails from home cheering her on.

"Words of encouragement are valuable — they help you understand that other people still believe in you

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Photo by ASHLEA WESSEL

Yvonne Camus talks about her experience in the World Championship of Adventure Racing — the Eco-Challenge.

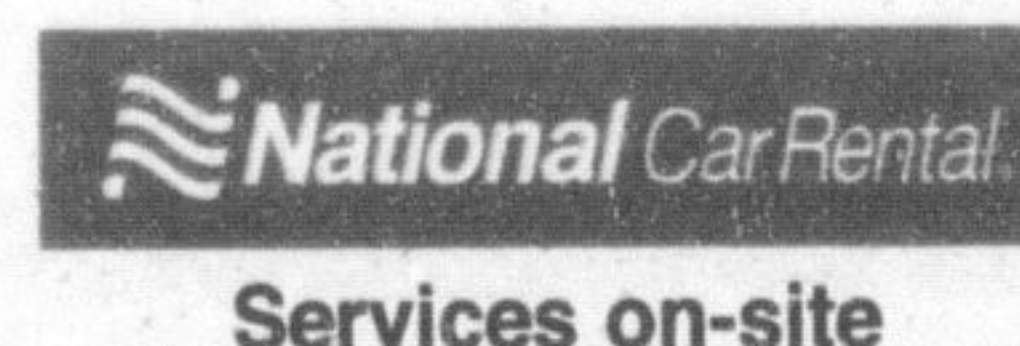
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