**My Memory Box**

A Canada Flag-represents my family, my birth, and my heritage.  
My world-represents my travels and desire to embrace other cultures.  
My knitting needles represent the instruments of my creativity.  
The sand represents my love of nature.  
This book represents my life's work.  
My Ring represents the bond of my new family.  
A Picture of the Tour de France and my Lance band represent my support of Lance Armstrong's quest for a cure for cancer.  
My children  
My Lance Band  
This bearded Dragon represents a copy of my book “Lizzy: A children's book about Dragons.”  
My Palm Tree represents my California Dreamin.'  
The hourglass represents that time is precious and we need to make the most of the time we have.

My memory box is a reflection of my life thus far and the values I live by. Perhaps this box is a time capsule, or perhaps it is a treasure for my future children or grandchildren. Each item is significant to who I am and is evidence that I walked this earth. The items are place in my box in time order not in order of importance. I have placed a Canadian flag in my box to symbolize the importance of one’s heritage. The Canadian flag tells me where I am from. It reminds me to remember the values I was raised to believe. It reminds me that no matter where I go in this world, the land of the maple leaf is home.
The globe has been placed in my box to remind me that the world is precious. It is ours to explore and discover and it is ours to protect. It reminds me of the endless possibilities that await us.
The third item placed in my box is a pair of knitting needles. They represent my creative side and my desire to create and to use my creativity for the benefit of others in need.

Growing up in Canada I was born loving nature. Even though I am a native of the prairie and as far away from an ocean as you can get, I have a great fondness of the ocean and the beach. I feel centered and grounded when I walk along the beach. The gentle roll of the waves on the sand makes me feel at peace. I have included a vile of sand in my memory box to represent my peaceful nature, and to remind us the need to find a place were you could be at one with yourself.

As an educator a good library of books is an invaluable tool. They are windows to the world around us that we may otherwise never have opportunity to experience. They help spark imaginations and help children to grow. Collecting children’s books is also a personal hobby. In my box, the book, “Oh the Places You Will Go” by Dr. Seuss, represents my imagination, my hobby, my life’s work.

The path that our life takes is filled with many unknowns and if we are lucky many chapters. I chose to include my clada ring to represent the creation of a new family and a bond with my husband. It is significant of my Irish heritage, and to my faith, as it was given on Christmas Eve in Vatican City.
Athletics are a big part of my family and cycling has always been a way of life for me. The Tour de France represents the ultimate challenge and show of strength. It represents, discipline and team work on a familiar road. A road that is often predictable yet sometimes throws you a curve. Discipline is necessary to help you meet the curves head on.

While we do not have “two legged” children yet, we considered our Briards to be our children. I have included their picture to represent simply unconditional love and family.

Throughout my life I have been involved in various charitable organizations. I am most passionate about my work for the Leukemia and Lymphoma Society. My wearing of my Lance Armstrong’s yellow band is my testimony to my loyalty to the quest for a cure. I have included it to remind me of the good of humanity and the desire to help our fellow man. Lance is an amazing role model not only to other cyclists but also to cancer survivors all over the world. This yellow band is a symbol of courage and faith.

Reptiles, lizards in particular, are another passion of mine. Lizy was our first Bearded Dragon, and I have written a children’s book about her. I hope to publish this book this year. It is a memory of a special friend and a testimony to the joy she brought to many children. It reminds us of the importance of acceptance of all creatures great and small.
Even though I am Canadian and have a deep, cultural connection to my country and my heritage, I have a great affection for California. For me California represents freedom, creativity and is a place where dreams come true. The palm tree is representative of my love of the west coast and those who make it a magical place.

The final item placed in my memory box is an hourglass. It is to reminds me of time and how precious time is. Carpe Diem! It is a reminder to make our lives extraordinary and to embrace every moment of every day with a cheerful spirit.

To those who have opportunity to examine it, I hope that my memory box gives insight in to who I am and the importance of what I believe to be important in life.