



**SIMON FRASER UNIVERSITY  
FALL CONVOCATION**

I was no different from any of you. I simply wanted to be a part of something that I enjoyed. Like school, football and life was and is a constant learning experience. There are many ups and downs during your journey and how you handle those moments will define who you are and your life's path.

I would like to share two important lessons I learned along the way: always believe in yourself and learn from your mistakes. Every time I went on the football field I believed that I would be successful. And if by chance I made a mistake, I chose to look at the mistake as a learning experience. These two beliefs gave me the opportunity to play football for 25 years with the BC Lions Football Club.

Being a professional athlete also taught me about the highs of winning, the lows of losing, at times being respected or being rejected, the art of negotiations, and the importance of giving back to the community. As a former player and now the Director of Community Relations with the BC Lions, community involvement has always been close and dear to my heart. Sometimes we are so absorbed with our own lives that we forget about those who might truly need our help. From playing sports, I learned very early that success not only comes from winning but from giving