



Summits of Canada Expedition 2017 Barbeau Peak & Northern Ellesmere Island Traverse

The **CanaTrek** Prayer Flag 150 Contest Form



Exploring & Sharing the Spirit of Canada's True Great White North

Barbeau Peak, Nunavut will be the last Canadian highpoint in the Summits of Canada quest to summit each provincial and territorial high point. This year's expedition is scheduled to take place from **June 16 - 29, 2017**. This aligns perfectly with **Canada's 150th** celebration. In sharing with the spirit of the occasion, students are invited to take part in the **CanaTrek Prayer Flag 150 Contest** and submit their best wishes, thoughts and good-will ideas on the following form (see next pages). The Top 150 entries will be selected and printed onto prayer flags resulting in a perfect multi-cultural blend with a uniquely Canadian theme. The prayer flags will then be collectively flown in the wind atop a mountain for a photo-op in celebration of Canada's 150th birthday.

The prayer flags will be a Canadian wish from the hearts and minds of today's youth and the next generation of tomorrow's leaders, carrying their hopes and prayers on the winds from the top of Canada, out over the country and around the world.

Note: the Tibetan word for a horizontal prayer flag is "Lung ta", which translates literally as "wind horse." The prayers written and emblazoned on a flag become a permanent part of the universe as the messages and images eventually fade from the wind and sun. Tibetans share their compassions and renew their hopes for the world by continually mounting new flags alongside the old ones. Their belief is that the positive messages they send into the universe have a greater likelihood of manifesting into reality with the use of prayer flags. Such practices have also become a very popular part of modern international hiking and mountaineering culture.

CanaTrek Prayer Flag 150 - Student Contest Rules:

Student submissions should be limited to either a few brief sentences, or to their own "Top 5" ideas written in point-form.

- Topics submitted can be:
 - ❖ why you believe that Canada is one of the best countries in the world to live and explore in (receives priority)
 - ❖ wishes & prayers for Canada and/or other countries, the world
 - ❖ wishes & prayers or promises & commitments for the climate/environment
 - ❖ wishes & prayers for health & happiness
- Submissions should include:
 - ❖ Student's name, age, grade, and school
 - ❖ Student's town or county, province or state, and country
 - ❖ Teacher's name
- Submissions should be collected and sent/emailed by a teacher or school official/representative. Please provide a valid e-mail address and/or phone number for contact details to notify the winning entries.

Contest ends June 30, 2017

Selections will be made mid-July. Please note, only winning entries will be notified.

Submit your entries to:
prayerflags150@summitsofcanada.ca



The **CanaTrek** Prayer Flag 150 Contest Form

(Please Print Clearly)

Student Information

Date - _____

Student Name - _____ Age _____

Class - _____ Grade _____

School - _____

Town/City/County - _____

Province/State - _____

Country - _____

Teacher Contact Information

Teacher Name - _____

Email Address - _____

Phone - _____ Ext. _____
(If Applicable)



Student's Wishes, Prayers, Thoughts, Ideas, Comments

Any Additional Thoughts or Comments for the Summits of Canada Team
(Not included or taken into consideration as part of the contest.)



Thank you for your participation and for sharing in the celebration. Happy 150th Canada!

Summits of Canada Expedition



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