



Equilibrium School Scholarship Awarded to Outstanding Individuals

This scholarship is based on our **'Pay it Forward like Dina Would'** campaign, inspired by the incredible **Dina Sullivan**, who lives forever in our hearts, and to to **Dr. Dale Lonis**, our dear friend and coach, who passed away in March of 2022. Our goal in starting this scholarship is to support individuals that show ample promise, and that emulate the qualities which we so strongly valued in both Dina Sullivan and Dale Lonis.

Value: Up to \$2000

Applicants **must** be:

- Living in Alberta
- Canadian citizens, or permanent residents
- Minimum 17 years old (no maximum)

PART 1: THE BASICS

Fill in the blanks

Surname:

Given Name:

Email address:

Phone Number:

Address:



PART 2: TELL US ABOUT YOURSELF

Short answer (max. 200 words)

We want to get an idea of who you are. Tell us about yourself. You may discuss any of the following: family, education, work, hobbies, goals, and/or interests. Note that this list is a guideline: you are not limited to these options, and you may discuss other topics relevant to the prompt.

PART 3: LET'S TALK ABOUT DINA AND DALE

Short answer (max. 300 words per question)

A) DINA SALIVAN

Dina Salivan was a good friend to both staff and students at Equilibrium School. She demonstrated outstanding generosity and selflessness while battling cancer in the final few months for her life. She has touched many lives and many hearts around the world.

Read about Dina's story using the following links (3):

<https://www.legacy.com/obituaries/calgaryherald/obituary.aspx?n=dina-salivan&pid=189204750&fhid=6135>

<https://globalnews.ca/news/3380388/calgary-woman-turns-terminal-cancer-diagnosis-into-a-way-to-touch-lives-across-the-world/>

<https://calgaryherald.com/news/local-news/fortney-friends-family-pay-it-forward-to-inspiring-calgarian-with-terminal-illness>

After reading about Dina, answer the following questions:

What does Dina's story mean to you?

Dina took a horrible situation and found good in it. Describe a time when you did the same.

B) DALE LONIS

Dale Lonis had an incredible influence on our staff at Equilibrium. Though he, too, was battling cancer, Dale volunteered his time to help staff improve their teaching and feel more confident teaching online during the devastating Covid-19 pandemic. His support was a key part of our success throughout Covid-19.

Read about Dale's story using the following links (2):

<https://www.legacy.com/us/obituaries/fltimes/name/dale-lonis-obituary?id=33772148>

<https://www.kudoboard.com/boards/j35cOfPT>



After reading about Dale, answer the following questions:

What does Dale's story mean to you?

Dale committed his time to helping others become better people. Describe a time when you did the same.

C) PAYING IT FORWARD

Neither Dale nor Dina ever asked for anything in return; they both just wanted to Pay it Forward.

Describe a time when you paid it forward like these two outstanding individuals.

PART 4: WHY YOU?

Long answer (max. 700 words)

As stated in the name, this scholarship is awarded to outstanding individuals. Tell us why you are the best candidate for this award with an essay that answers the following questions:

What makes you stand out from your peers?

What makes you stand out in your discipline?