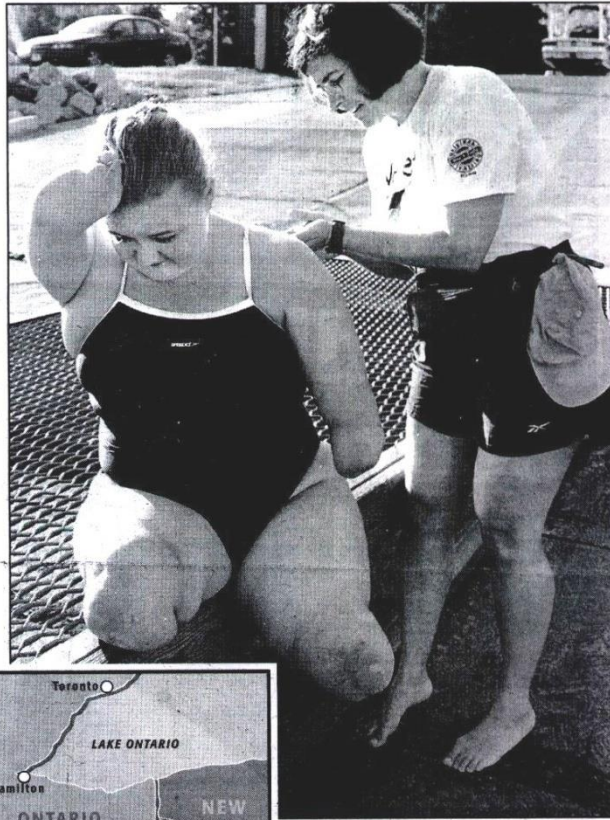


Penguins Can Fly



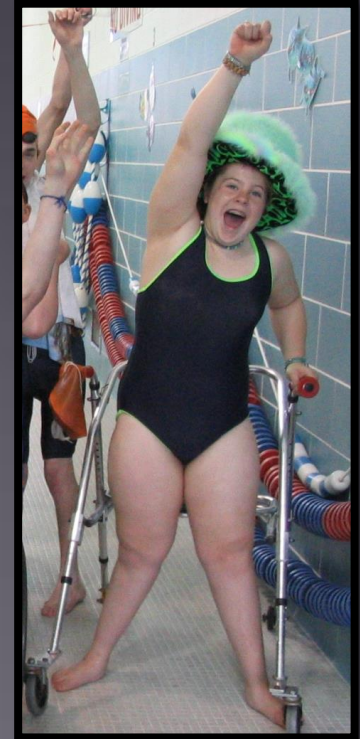






— Harry Rosettani,
VICKI KEITH prepares Ashley Cowan, 15, for her 20-km swim across Lake Erie yesterday. The teen had all four limbs amputated as a result of childhood meningitis. Cowan was inspired by Keith's multiple marathon swims across the Great Lakes.

Ashley Cowan



























“Swimming has given me a chance to build up much courage, which I had hidden inside for such a long period of time.

Being part of the swim team has allowed me to not disapprove of my disability so much.”

**Jenna Lambert
Age 10**



Liam



Nik



**I feel like I live
in three
worlds.**

The first world is the able bodied world, and they look at me like I don't belong there.

The second world I live in is the disabled world, but I don't feel like I belong there, because I am more abled than disabled.

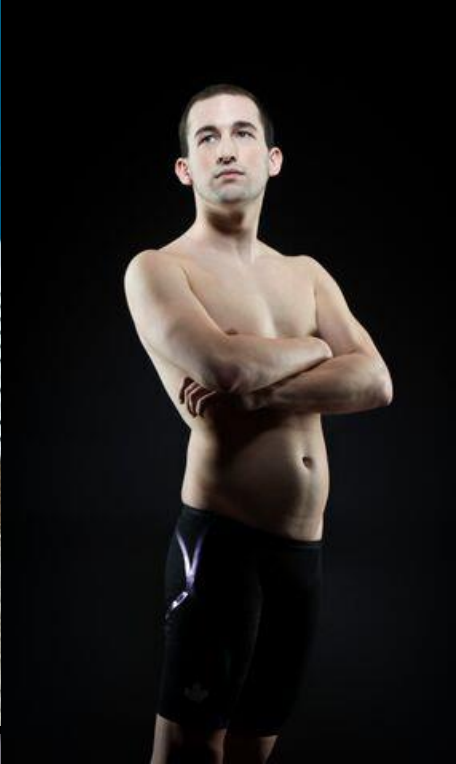
The third world is the Y Penguins, and I belong there because we are just a team working together towards achieving our dreams.

Eva Hogan





Chris Sergeant
Tsonos



Abi Tripp

Penguins Can Fly



Focus on abilities, not disabilities

Find potential, where others see obstacles

See possibilities, where others see impossibilities