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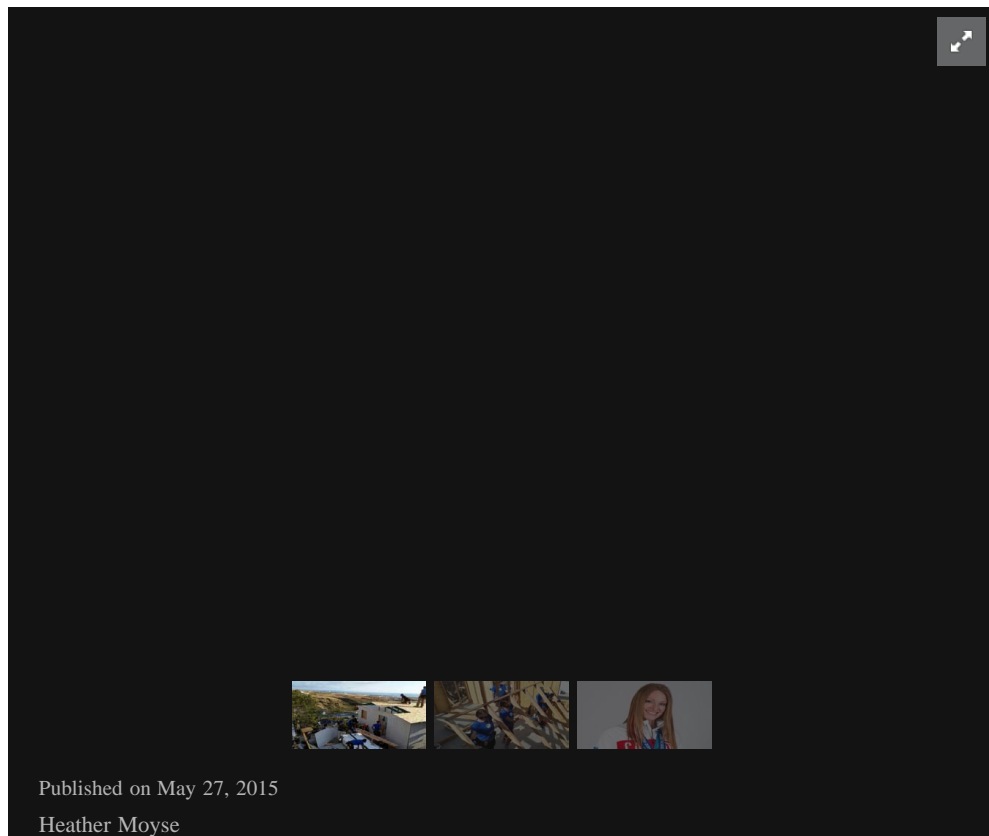
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## Gold medalist Heather Moyses helps build house in Mexico

TC Media, Journal Pioneer  
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CALIFORNIA -- Spending last weekend helping to build a home for a family in Mexico was an overwhelming experience testifies Summerside's Heather Moyle.

Moyle, a two-time Olympic gold medalist in bobsled, joined 17 other Olympians from five countries and 10 Olympic years on the Homes of Hope build May 22 and 23.

They started with just a foundation and finished off the weekend project by handing the keys to the seven-member Diaz-Gomez family.

"It's just such an amazing feeling. Not one person, I don't think, was dry-eyed when they were passing the keys around to this family," said Moyle, currently on a stopover in California.

There were two other Canadians on the build, curlers Rachel Homan and Jill Officer.

"It was such a high," Moyle said, drawing parallels to standing on an Olympic podium.

"It is true that (the podium moment) is a very difficult feeling to replicate but this, the high and the emotion of building this house and handing the keys over to this family, seeing the impact of that: it's a different kind of high and emotion, but it's definitely comparable."

Moyle, like other Olympians on the build, were invited to Mexico by Guy East, founder of a branch of Homes of Home, Hope Sports.

"He wanted athletes to know that they have worth beyond whatever their sport does, or doesn't do, for them, that there's so much more you can do in the world beyond just competing," Moyle explained.

The day after the group finished the home they took part in celebrations marking the 25th anniversary of Homes of Home and the completion of 5,000 homes.

It was all very motivating for P.E.I.'s Heather Moyle.

"The fact that you don't have to be an elite athlete to get that feeling, is something people need to know about," she emphasized: "You just have to have a weekend; you have to be able to commit one weekend and you can be building a house for someone else."

The builders, Moyle said, were all drawn to 10 year-old Emilio from the Diaz-Gomez family.

"He just kind of bonded with everybody and then, all of a sudden when we're all passing the keys around and speaking to his family, he was just sobbing," Moyle related the experience. "All of a sudden he was getting a house with a floor on it."

Moyle defined the gravity of the situation: "You get that high and that emotion from knowing that you've done something. In this case, we completely changed the circumstances of that family, which means those children will be able to grow up with the hope," she assessed. "My whole slogan is 'Believing in the possibility,' and their



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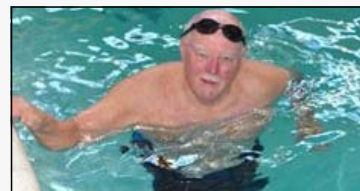
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