

# Writing the past ...and making a future

Peel Bldg.  
March 5/97  
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By ANGELA BLACKBURN  
Staff

A single second in time forever changed Mississauga resident Edda Maria Favretto-Post's life. It took her 30 years to write the book that tells her story.

*"A single second on Dec. 22, 1966 changed the course of my whole life. It also changed the lives of my immediate family, for which I have deep regrets. Our family unit broke into fragments, and no adhesive exists that can restore it to its original state,"* Favretto-Post wrote in beginning the 100-page book that's dedicated to her sister, Laura.

*One Day She Will Fly (A Survivor's Story of a Traumatic Brain Injury)*, published by Mekler & Deahl, recounts Favretto-Post's ordeal.

Favretto-Post was 26 years old in 1966. She had spent the summer working as a nurse at Jasper Park Lodge and was teaching in Montreal when she decided to travel home to South Porcupine, a small mining community near Timmins, for Christmas.

Her parents picked her up at the train station. She climbed into the front seat between her mom and dad. Driving home in a snowstorm, their car collided head-on with a bus.

Favretto-Post's father, Enrico, was killed. Favretto-Post was seriously injured. She had smashed her head against the metal dashboard and suffered an internal brain injury.

Her book recounts how she slipped into a coma, her desperate attempts to emerge from a frustrating state of non-reality and her eventual rehabilitation that included speech and physical therapy.

Favretto-Post married in 1970 and has lived in Mississauga since 1971. In 1985, she founded the Head Injury Association of Peel and Halton.

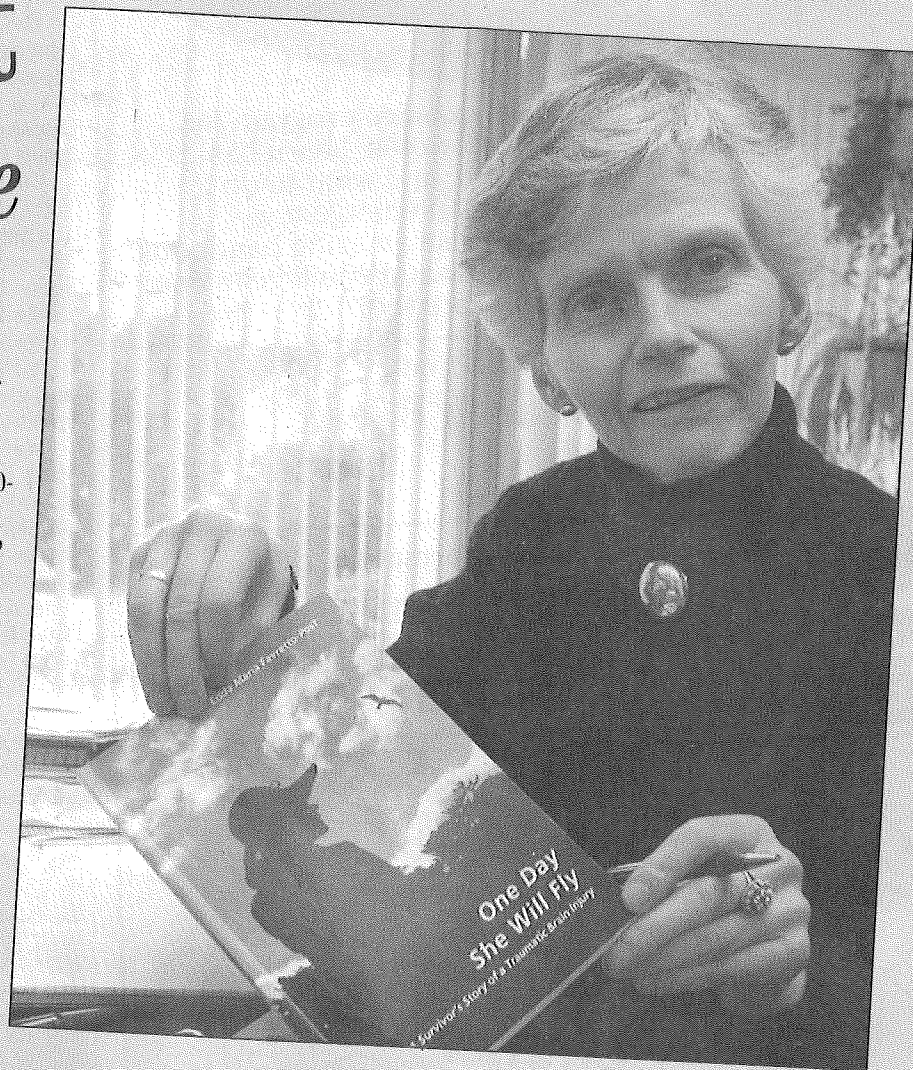
After pitching her book to potential publishers, rejecting suggestions to sensationalize her story and offers from professional writers to pen it for her, the book was recently completed. It was written out in long-hand by Favretto-Post herself, with the help from husband, Ken Post.

The book will be launched in late March at the Nicholas Hoare Bookstore at 42 Front St. E. in Toronto.

"It's a sad story, but I am pleased with the end product and I'm hoping this publication will help others benefit from my mistakes," said Favretto-Post. Those mistakes included undergoing surgery without first obtaining several medical opinions.

In Ontario, about 44 traumatic brain injuries occur daily, totalling about 15,000 per year, including 2,500 severe brain injuries.

Profits from the sale of the \$12.95 book will go to the Head Injury Association of Toronto. To obtain a copy of the book call the association at (416) 222-7445.



A single moment forever changed Mississauga resident Edda Maria Favretto-Post's life and *One Day She Will Fly (A Survivor's Story of a Traumatic Brain Injury)* recounts that moment and the changes it brought. The book will be released late in March.