



The Azimuth



NOVEMBER 2003

Volume 8 Issue 2

NBFTA Fall Executive Meeting Settlers Inn, Plaster Rock, New Brunswick. Oct 3, 2003

Regional reps and executive members were asked to get in contact with past members who have not paid in the last two years to see if they still want to be members, and to arrange for payment if they do.

Allie DeGrace and Dusty Corey volunteered to establish an up to date **digital membership listing**, to be later kept up to date by the serving secretary of the NBFTA. They will also develop a **Code of Practice** in order to assure the list is kept up to date once and for all.

France will fax out an up to date membership listing to those executive members who require it in the mean time until the digital version is ready.

Gene Mattinson will write to the Minister of Natural Resources, and Industry representatives, regarding the advantages of encouraging their technicians to join the association and become certified. He said that there would be more to come at the next meeting.

Preliminary reports from the **Easter Seals Draw** show that the Association profited between \$500.00 and \$600.00 dollars after costs. This will go towards the \$1000.00 donation to Easter Seals at next years Sylvicon.

Congratulations to **Sam Hachey, and Jean-Paul Martel**. For their successful completion of the (Cont. On P 3 Fall Executive)



Top Student

Ricky Robichaud (Right) receives the NBFTA award for best all around student in the Vocational Forestry Program at NBCC Miramichi from Regional Rep Marcel Manuel (Center) and Principal Moreen Lobban

WORLD FORESTRY CONGRESS

By Rick Doucett, CFT

I recently had the pleasure of attending the World Forestry Congress, held in Quebec City in September 2003. The scope of this event was quite daunting at first, but after spending a few hours figuring out the program it all came together nicely. The Congress takes place every 6 years in locations around the world. You can see why it doesn't take place more often as the planning and organizing would take years. The Congress consisted of a main agenda, a hundred side events and a very large exhibition area. Most forestry dependant provinces were represented in the exhibit area (the province of New Brunswick was noticeably absent). With 6000 delegates from all over the world converging in one spot like this, it would have been nice to see our province represented and doing a little PR. Those of us New (Cont. On Page 4 World)

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Letters to the Editor

You are more than welcome to send in letters, comments or photos to the Editor for publication. Please include a stamped self-addressed envelope if you want your submissions returned. Articles may be edited for content, grammar, length etc. Please include author's and photographer's name. If possible save your document on a computer disk formatted for PC's and mail it (e-mail or snail mail). It will make our job easier.

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If you are offering employment to Forest Technicians advertising is free. Contact Editor for details.

Advertising rates:

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From the President's Desk

Rick Eugene Mattison, CFT. NBFTA President.



The news in the forest industry over the past few weeks has been very discouraging with the loss of jobs in Juniper and St. Leonard. We can only hope that the economy will take an upswing over the next year.

"Right to practice" in forestry is being looked into by the ANBRPF and their committee has invited us to take part as a member. The first meeting of this committee was to have taken place during the summer but that had to be cancelled. It looks like the meeting will be the end of November. We will keep you posted on the progress of this development via our web page. I would encourage anyone who has concerns regarding this to contact me. Election time is coming for the executive of the Association; if you are interested in becoming a member of the executive please contact the chair of the nominating committee, Rick Doucett. We will need to fill the offices of second Vice President and Treasurer as France plans to step down as Treasurer after serving four years in this position.

The date for our annual general meeting has been set for Saturday, February 14. There is no charge for the sessions and it offers a

good chance for members to pick up CFE credits. We expect a much better turn out this year than we have over the past two. If we can't get a better turnout, we may have to consider holding our meetings during the week.

The Executive has held meetings in both Bathurst and Plaster Rock, an excellent turnout for both. Thank are expressed to Dusty and Hermel for organizing the location of these two meetings. Our next meeting will be held in Fredericton.

We are looking for nominations for Technician of the Year and an inductee for the woodsman's Hall of fame. I know that there are many members of our Association and Technicians that deserve to be recognized. We would ask that you make a choice and contact Allie with that choice.

This will be our last Azimuth before the holidays; I would like to take this time to express my best wishes of a Merry Christmas and a Happy New Year to you and yours. I will be looking forward to seeing everyone in the new year at our AGM.

Eugene

Fall Executive (Cont)

certification exam

A new **English Pamphlet** will be drafted in time for Silvicon..

Right to Practice committee: Members include: Gene Mattinson, Blair DeGrace, Claude Chiasson, Girvan Harrison, and Walter Bidlake. The members got together in September and discussed just who was pushing the issue, and it seems to be the RPF's at this time.

Quebec, Ontario, Alberta, and BC all have right to practice legislation at this time. BC and QC is mostly driven by Foresters, while Alberta covers all Forest Professionals, and might be a good one to look at for reference if we decide to go ahead with it for New Brunswick.

The executive discussed the issue and thought that one obstacle to it (right to practice) would be selling it to the public. A member of this committee will be attending the next RPFNB meeting to get their stance on the issue.

There has been no change in membership recently, with **240 paid members** currently on the list.

The date for **Silvicon 2004** is February 12th, 13th, and 14th.

the Association is seeking sponsors for the NBFTA AGM luncheons. We are looking for approx. \$500.00. Individuals or Companies may contact Gene Mattinson if they wish to help.

Two members were successful in becoming **new CFT's** over the summer months. Congratulations to Sam Hachey, and Jean-Paul Martel.

The issue was raised that new CFT's are not getting added to the list to get the Atlantic Forestry Magazine Nominations deadlines:

Technician of the Year: Dec 31st.

Hall Of Fame: Dec 31st.

Executive 2004: Dec 14, 2003.

NBFTA will award an **annual entrance scholarship** worth \$500.00 to a worthy New Brunswick student entering a Recognized Forest Technology program.

The **Tree House** has approached us for a donation for their Silent Auction. NBFTA will donate a mouse pad, an NBFTA mug, and a copy of Out Roddie's Way.

The NBFTA will sponsor Pizza once again this year for the class party for the last Graduating class of the MFRS.

A discussion took place on **CFE credit hours** and if there were any courses out there we could help sponsor or put on.

Gene will be looking into French courses for the Northern part of the Province.

Next executive meeting will be in Fredericton at the Maritime College of Forest Technology, Dec 5th

WORLD FORESTRY CONGRESS (Con. From P. 1)

Brunswickers who were on hand did our best to represent the province and we excelled in the social events.

It is impossible to summarize the Congress in this article, so I will touch on some of the highlights. In the main agenda “Community Forestry” and “Rural / Urban Land Use Conflicts” seemed to dominate the parts of the conference that I was able to attend. It was very interesting to note that the problems and debates in many jurisdictions around the world are remarkably similar to those here at home. Many presenters talked about the direct tie between access to the forest and poverty in rural communities. Almost all the presenters from the African countries discussed this issue; some presentations were all about community forestry and its importance to rural communities. Interesting presentations and group discussions regarding rural / urban conflicts provided different perspectives. After discussing this issue with many people from the US and Europe it became apparent that this is a wide spread problem that does not have simple solutions. Although, when was the last time a simple solution presented itself in a forestry discussion?

One item that seemed to resonate throughout the congress was the idea that urban people have lost the ability to make the connection between the forest, forestry and their lives. As one gentleman from the United States pointed out, “people are building houses that are 3 or 4 times the average size they were 50 years ago and putting half as many people in them”. These are the same people that decide to lobby their politicians to have the cutting of trees stopped. These same people work in offices surrounded by paper, wooden furniture and drink from paper coffee cups, but can’t see the forest for the trees.

This “City Folk Disconnect” was elaborated on in one of the side events of the congress. The International Private Woodlot Conference was the side event that I went to Quebec to attend on behalf of the New Brunswick Federation of Woodlot Owners and the YSC Forest Products Marketing Board. The participants in this conference were from Finland, Sweden, Norway, Austria, Spain, France, USA, Germany, Czech Republic and of course Canada. This conference was very well organized and as a private forest owner I found it most informative. There were many presentations regarding the challenges that private forest owners face throughout the world and again the similarities to home were eerie.

Urban people have lost the ability to make the connection between the forest, forestry and their lives

Regarding the urban disconnect above, all countries conveyed, in different degrees, resentment with the interference in family forests by the powerful urban electorate and special interest groups. It seems that the financial burdens caused by conservation goals of society whether well

founded or not, are being left to the owners to shoulder alone. It was felt that if society decides it wants clean air, clean water, abundant wildlife and well managed forests they can put their money where their mouths are. Most forest owners respect their lands and they are asking that society respect their rights to these lands.

At the end of the conference some of the participating countries made short presentations and this is a brief summary, Austria – Bio Energy is the big push here, why not produce electricity using renewable fuel? Established compensation system for conservation on private forestlands Czech Republic – Just starting

to organize forest owners and joining up with the International Family Forest Owners Alliance (IFFA). Finland – It is felt that sawmills are what saved the forest in Finland; if no monetary use for the trees was found the forest may have vanished to other land uses. They are asking society “What do you want from my forest”? Concerned with radical environmental groups making up issues to survive and taking advantage of the inability of forest owners to mount effective opposition to their agendas France- “Radical Groups (Fanatics)” are undermining owner’s rights for no good reason other than to generate a cause. These causes are fabricated to generate funds for the organization. The funds come from the “ignorant masses” that live in the urban areas.

Norway- Prices for products from private forests are going down and this is affecting the economic viability of the woodlots. 97% of the current forest owners think that the forest will remain in their families over the 20 to 25 years. Forest owners in Norway are looked at as one big family and have hats, vests, backpacks, etc. that identify them throughout the country as a forest owner.

Spain – Wants to learn from other countries experiences in the Bio-Energy field. The woodlot organizations are just putting together a process to negotiate prices for logs.

Sweden – 50 % is family forest owners, 25 % is industrial. 60% of wood supply comes from private forests. Woodlot Owner organizations have some degree of ownership in some of the industry in their country. They are very concerned about organizations such as the World Bank, World Wildlife Fund and the Forest Industry coming to special agreements without inviting the forest owners to the table.

USA – 60% of productive forest in the US is in private ownership. 10 million total landowners. Forest owners are as important as farmers, but only receive 1% of the federal farm budget to help with their crops. Looking forward to the establishment of the IFFA so forest owners will have an international voice made up of 25 million landowners.

Canada – Crown timber prices affecting private

wood prices. The current average age of a woodlot owner is a concern for the future of private ownership. There is a very meager population of young owners. Skilled owners and available skilled labor is in decline. Cooperation between urban and rural populations is essential for the future. Average woodlot owners must have access to conferences such as these. Monopolies of industry is a concern, Government programs should not be delivered by industry, as is the case in some parts of Canada. Poor inventory data, need government help. Family woodlot owners are becoming an endangered species.

This is just a very small example of what went on at the World Forestry Congress this fall. In conclusion, I’ll leave you with this thought, **“if society does not safe guard the economic viability of family forests, their other desires and goals for those forests are doomed to fail”**.

Rick Doucett, CFT



Technician of the Year Award

The New Brunswick Forest Technicians Association (NBFTA) will annually recognize a member of the Association for outstanding achievement. The award will recognize achievement or contribution of a forest technician to forestry. The Award shall be awarded only once to an individual.

Selection Committee

A committee of three, including the chair of the publicity committee who will act as chair of this committee, a former recipient of the award, and a non-member of the Association shall have the responsibility of collecting nominations and determining the winner of this award. They shall also have the responsibility of making sure that the winner is present at the AGM to receive the award.

Nominations

Any member of the NBFTA may be nominated for this award. A member of the Association or a member of the public may make a nomination for this award. Nominations shall be sent to the chair of the publicity committee by December 31, prior to the AGM of the Association. In order for a nomination to be accepted it must be signed by two members of the NBFTA. A resume of the individual being nominated must accompany the nomination.

Promotion

A picture of the winner shall be published in the Azimuth. A suitable permanent location has been established at the Maritime Forest Ranger School to display award winners.

Evaluation Criteria

A nominee for the Technician of the Year Award shall exhibit the following:

- A member in good standing of the NBFTA
- Demonstrate adherence to the code of ethics of the NBFTA
- Demonstrate initiative in progressing forest technical/technology
- Be recognized by her/his peers as a leader in forestry
- Demonstrate a commitment to continuing education
- Demonstrate a commitment to the NBFTA

Recognition

The recognition will consist of a plaque and the personal award to be presented at the AGM of the NBFTA.

FORESTRY HALL OF FAME

Nbfta Induction criteria:

An NBFTA induction to the Forestry hall of Fame will honour a New Brunswick forest technician/technologist for a distinguished career in forestry and/or for a very significant contribution to the practice of forestry in New Brunswick.

Nomination and Presentation of Protocol:

1. Any NBFTA member in good standing may nominate any suitable New Brunswick forest technician/technologist at any time using the appropriate signed form.
2. A nomination should be accurate, complete, verifiable and signed by two other NBFTA members in good standing.
3. The NBFTA Executive Committee will solicit nominations from the membership annually via the Azimuth.
4. Any number of nominations will be received and maintained by the NBFTA Executive Committee and each nomination will remain active for five years from the date of submission.
5. The NBFTA Executive Committee will serve as the Selection Committee and may select up to two inductees per year.
6. The NBFTA will produce a standard plaque (framed picture and citation) for the Forestry hall of Fame, and a suitable keeper plaque for the inductee.
7. A formal presentation by the NBFTA President will be made to the inductee or surviving family member at the next NBFTA Annual General Meeting, and shall also be publicly announced in a provincial newspaper.
8. The Executive Committee will forward the inductee's standard plaque(s) to the Central New Brunswick Woodsmen's Museum following the A.G.M.

NBFTA Nomination Report Format

Information will be accurate, complete, and verifiable and follow the prescribed NBFTA Nomination Report Format. The Executive Committee of the New Brunswick Forest Technicians Association may research any information given.

- 1 Name in full (nickname if any) of Nominee:
- 2 Date of birth:
- 3 Place of birth:
- 4 Current address:
- 5 If deceased, date and place:
- 6 Family information: spouses name, children:
- 7 Formal education:
- 8 Summary of Outstanding Achievements in NB:
- 9 Special Awards or Recognition:
- 10 Other Information of Significance:
- 11 Name and addresses and signatures of the three persons making the nomination:

Nomination Report should be forwarded to:

Allie DeGrace

Chair, NBFTA Public Relations

Degrace.Allie@jdirving.com

ELECTION OF OFFICERS

It is that time of the year again! What time is that you say? It is time to nominate candidates for the Executive of the NBFTA. The officers are as follows;

<u>Office</u>	<u>Current</u>
President	Eugene Mattinson, CFT
First Vice President	Danny Lapointe, CFT
Second Vice President	Hermel Duke, CFT
Secretary	Allie DeGrace, CFT
Treasurer	France Roussel, CFT (not running)

Nominations for any office will be accepted provided they meet the criteria set out in the Constitution of the New Brunswick Forest Technicians Association. The criteria is as follows:

Any Certified Forest Technician in good standing can be nominated for any office.

Nominations for an office must be made in writing to the chair of the Nominating Committee, signed by 2 Certified members and must be accompanied by a signed letter of acceptance by the nominee.

No nominations for an office can be accepted from the floor at the AGM, unless no nominations for that office were received **30 DAYS PRIOR** to the meeting. So if you want to get someone involved in the executive get your nominations in to me. The current First and Second Vice President are expected to move along up the line and will be considered nominated before the AGM, so if you want to nominate anyone else for President and First Vice President your nominations must be in 30 days prior to the AGM. No nominations for these positions will be accepted from the floor.

Please send all nominations to:	Rick Doucett, CFT Chair of Nominating Committee 35 Spence Drive Nasonworth, NB E3C 1M2
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NBFTA Easter Seal Draw

Winner: Wilson Hovey, Fredericton NB



Wilson is presented with his prize of choice, a 16'4" Old Town Alagash Canoe, by Alie DeGrace, Chairman of the PR Committee, NBFTA.

The draw raised almost \$600.00 towards the donation of \$1000.00 made annually to the Easter Seals Campaign, on behalf of the NBFTA

ATTENTION CFT'S!!

Are you getting the Atlantic Forestry magazine?

If you are a CFT in good standing, you have a free subscription to Atlantic forestry. The November 2003 issue was mailed out in late October. If you did not receive it, please let me know by e-mail

patl@ysc.nb.ca

NBFTA members who are not CFT's can still subscribe for \$10/year

Pat

New member

Membre nouveau

Renewal

Renouvellement

Other

Autre

First Name *Prénom* : _____Last Name: *Nom*: _____

Address: _____

Adresse: _____

Tel : _____ H(d) _____ W(t) _____

Fax : _____ e-mail *cour. élec* _____**Regular Member****Membre régulier \$30.00**

Technical Institution Attended

Nom de l'institution fréquentée _____

Year of Graduation *Diplômé (année)* _____**Mail your cheque or money order along with your application to:****Poster votre chèque ou votre mandat de poste et votre demande à :****NBFTA/ATFNB****130 Centrale St.****Drummond N.B****E3Y 1M9****Att : France Roussel****ATFNB/NBFTA****Application For Certification****Name: *Nom*:****Last/Famille First/premier Middle/ autres**Address: *Adresse*: _____
Street/rue Town/ville Postal Code PostalTel. Home/*maison* _____ Work/*travail* _____

Fax _____

e-mail/courrier électronique _____

Forest Technical Education / *Éducation Forestière*

Please attach copy of diploma / Veuillez inclure une copie de votre diplôme

Post Graduate Forestry Experience / *Expérience de travail après graduation*

Institution / institution	Completion date Date Terminée	Circle / encercler
		Degree, Diploma, Certificate Bach, Diplôme, Certificat
		Degree, Diploma, Certificate Bach, Diplôme, Certificat

Note: Please send 2 letters of recommendations from Certified Forest Technicians**Noter: S.V.P. inclure deux lettres de recommandation de Techniciens (ne) Forestiers(ère) Agréés.**

Employer / <i>em- ployeur</i>	Dates	Supervisor / <i>superviseur</i> Clients	Telephone numbers <i>numéros de téléphone</i>

REQUEST TO ALL NBFTA MEMBERS

As members of the NBFTA Executive, Allie DeGrace and myself are in the process of coming up with an up to date membership list, complete with each member's current e-mail address, either at work or at home. This would greatly facilitate communication between the membership and the executive regarding current CFE credits available, regional meetings being held and general communication. It would also make it quicker and easier to communicate Executive Committee minutes to members.

It would be greatly appreciated if members with access to e-mail would drop their Region Representative a line so we can complete our list. If you're not sure what Region you're in, or if you're in Region 3 (where we currently have no rep.), just send your e-mail address to me.

Thanks,
Dustin Corey, CFT #106
Region #5 Rep.

Contacts:

Region #1 - Sam Hachey sam_hachey@hotmail.com
Region #2 - Marcel Manuel Mmanuel@nbpower.com
Region #4 - Randy Crealock Janran@nb.sympatico.ca
Region #5 - Dustin Corey CoreyDu@pr.fraserpapers.com or dwcorey@nbnet.nb.ca

DON'T FORGET YOUR CFE!!

Just a note to remind everyone that the last **Continuing Forestry Education Committee (CFE)** meeting before Silvicon is **December 18th**. If you want to receive your CFE certificate at Silvicon you must have your application in before this date!

The Provincial CFE committee has also undertaken the task of reviewing forestry-related videos that may be used to gain those elusive category 1 CFE credits. Videos considered valid after review by the committee will have 10 questions assigned based on content, the viewer will receive credit for the video after completing the questions and submitting the answers. The committee hopes to have videos available to the members sometime in 2004.

Philip Hughes CFT

What is a Forest Technician / Technologist?

In an effort to promote our Association and our Profession, the Public Relations Committee of the New Brunswick Forest Technicians Association has undertaken an ambitious project aimed to do just that, and much more.

Have you ever been asked:

- What is a Forest Technician / Technologist?
- What is your job?
- What exactly do you do?
- Do you know Smokey the bear?

The public has a vision of a lumberjack, or a warden, or an oversized hulk of a man who never comes out of the woods. While these may be true in some cases, the reality is that our profession is wide spread both in its roles, and its people. We have instructors, mill managers, woodland superintendents, road locators, GIS technicians, wildlife specialists, fisheries officers, arborists, Forest Rangers, Forest Wardens, woodlands and sawmill safety coordinators, harvesting supervisors, silviculture/harvesting contractors, forest fire experts, cruisers, and the list goes on and on.

There are 3 main goals to this project.

1. Enhance the image of the Forest Technician/Technologist by celebrating our diversity of people and careers.
2. Develop promotional material such as backdrops and pamphlets to promote our Association at trade shows and conventions such as Silvicon, the Canadian Woodlands Forum and the Salon de Forêt.
3. Attract young people to our profession and encourage them to attend the Maritime College of Forest Technology, or similar programs.

I implore you to please take part in this survey, and please encourage other Technicians/Technologists who you know to do the same. Let's let people know who we are and what we do. We are now an almost eight year old Association, let's set our selves up for eighty more.

If anybody would prefer a digital copy of this form, please don't hesitate to send a request to: degrace.allie@jdirving.com

Please mail completed forms to: NBFTA, Fredericton NB, c/o PR Committee, 1350 Regent Street, E3C 2G6, or e-mail to degrace.allie@jdirving.com, or fax to 458-0652 (Attention Mike Boucher)

Thank-you in advance for your support
Allie DeGrace
Chair, Public Relations Committee, NBFTA

What is a Forest Technician / Technologist?

1. Name: _____

2. Job Title / Company: _____

3. Location: _____

4. Graduation year Technician/technologist program: _____

5. College Attended: _____

6. Years experience in Forestry: _____

7. Brief Occupational Description: _____

8. Brief Career History: _____

9. Comments on Your School: _____

10. Comments on your career choice: _____

My Story...



... by Candace Carnahan

This is a story about how one day can change your entire life. It begins with my summer job at a paper mill. After my first year of university was completed I began training for a summer job at a paper mill in my hometown in Miramichi, New Brunswick. Before I went to work in the mill I had to visit the nurses station to have my hearing and sight tested to ensure that I could properly hear and see warning signals. After passing those tests I moved to a classroom setting and completed a week of training that consisted of videos, written information and discussion. I then moved into the mill, where I was paired with a current employee to show me the ropes. My position at the mill was a "broke hustler". In this position I was responsible for picking up any slabs of paper on the floor and also for basic maintenance and cleaning of the work area.

For three consecutive years I worked at the mill. At the beginning of each summer we all went through the same health and safety training procedures as we had our first year. It seemed like a bother at the time but we perceived it as being a means to an end, something we just had to do to in order to start making some money. I set out to begin my third and final summer at the paper mill. The summer was passing, too quickly as always, things were well and then came the day that would change my life, as I knew it, forever.

It was a day like any other, I was out working around the floor when I decided to cross over a conveyor belt system that ran throughout the mill and was frequently used as a short cut. Supervisors, fellow students employees, regular workers, even tour groups used this shortcut without thinking twice, we all thought that if there was any possible danger involved in using this shortcut it would have been pointed out to us at some point in time, as this was a common practice of supervisors. Upon crossing over the belt I put my foot down at exactly the wrong place and exactly the wrong time and got caught at a point where the belt system collided. I fell to the ground, landing on the belt. The conveyor kept moving and taking my foot in further and further as there was no emergency stop on the system. A fellow worker heard me screaming and came to the rescue. He stopped the belt and saved my life. However I was

already too far in and too badly injured to get myself out of the belt. The hole that my foot was hauled into was so small that a highlighter marker could not even fit in it. A maintenance crew was called in to disassemble the system to free my leg from underground. I was stuck in the belt for about 25 minutes. I didn't go into shock or lose consciousness at this time. I remember everything that happened and how in that 25 minutes I endured the most horrible pain that I had ever experienced in my entire life.

After I was free from the belt I was transported by ambulance to the Miramichi hospital, where I awoke the following morning with my left foot in bandages. I was then taken by ambulance to a larger hospital, about an hour away, that was better equipped to handle more serious cases. I was admitted into my own room where I waited for a doctor to come and take a look at me. During the doctors first visit with me he tapped on my foot and asked me to tell him if or where I could feel the pressure. I thought that if I still had feeling in my foot there would be a possibility that it might be saved so I made noises and closed my eyes, wincing in pain and pretended that I could feel where he was touching me. It wasn't until he told me to open my eyes that I realized my trick hadn't worked. I had been telling the doctor how much it hurt where he had been touching me only to find out that he had been nowhere near my injured foot. I was busted and it was then decided that the lower part of my left leg was beyond repair and would have to be amputated.

I wasn't totally devastated upon receiving this news, as one might think I would be. I was so grateful to be alive that losing my foot didn't seem like such a big deal. I decided right then and there that asking *why*, *wishing* for a different outcome, *worrying* about things I could not change - all of those "*W*" words would ultimately result in being nothing more than a huge waste of my time and energy. In a situation such as this, it's to everybody's advantage to focus on the things you have the power to change instead of trying to change the things you can't. I used most of my energy at this point in time to do whatever could be done to lighten the load for my mom and dad; it was much harder on them that it was on me. We went ahead with the operation and my left leg was amputated below the knee. The pain I experienced upon leaving the operating room was like none I had ever experienced in my life, it was even worse than being caught in the belt. After about 20 hours of intense pain, I started to feel a little better. I remained in the hospital for six days after the operation so as to allow my residual limb to heal. The entire time I was hospital I was shown amazing support and kindness from all of my co-workers at the mill, friends, family and people from my community. I also met an amazing woman at this time, Kirsten who became my prosthetist. All of the phone calls, cards and visits had a huge impact in the way I handled the situation.

When it was time for me to leave the hospital I returned to the Miramichi to stay with my mom and dad. The first week at home was a little rough, as I was experiencing a lot of phantom pain at this time. Phantom pain is often experienced after having a body part amputated and is attributed to the fact that although the nerves in the leg were severed after the amputation, they were not removed. Because the nerves still remain in my residual limb my brain does not recognize that I do not have a foot anymore and I still feel it all of the time. In the beginning I experienced phantom pain, which is very unpleasant and painful, but as time goes on it becomes more of a sensation rather than pain. As the pain became more tolerable and I started getting out and around again, doing some of the things I normally did before the accident. I had to wait about two months before receiving my first prosthetic leg and beginning physiotherapy. After only one week of therapy I was ready to return home, walking with my new leg.

Receiving my new leg marked the beginning of a new chapter in a life where I decided to live each day as the gift that it is. Almost losing my life made me realize that there is no better time than today to do the things you want to do, tomorrow doesn't come for everyone. Seven months after losing my leg I traveled to Mexico for a month to take an anthropology course, I then backpacked through Europe and upon returning to Canada I returned to Fredericton to complete my degree in psychology. Just this past summer I visited Mexico once again for a three month backpacking excursion and returned to New Brunswick to resume my position with WHSCC as a youth spokesperson. In this role I travel around to high schools and workplaces in the province using my personal workplace experience to spread the message of the importance of workplace health and safety

Azimuth
P.O. Box 424, Sta A
Fredericton, NB
E3B 4Z9



Mailing Label

The Wisdom of Charles Schultz,

1. Name the five wealthiest people in the world.
 2. Name the last five Heisman trophy winners.
 3. Name the last five winners of the Miss America contest.
 4. Name ten people who have won the Nobel or Pulitzer Prize.
 5. Name the last half dozen Academy Award winners for best actor and actress.
 6. Name the last decade's worth of World Series winners.
- How did you do?

The point is, none of us remember the headliners of yesterday.
They are the best in their fields.
But the applause dies. Achievements are forgotten.
Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name three people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of three people you enjoy spending time with.
6. Name half a dozen heroes whose stories have inspired you.

Easier?

The lesson:

The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards.

They are the ones who care.

