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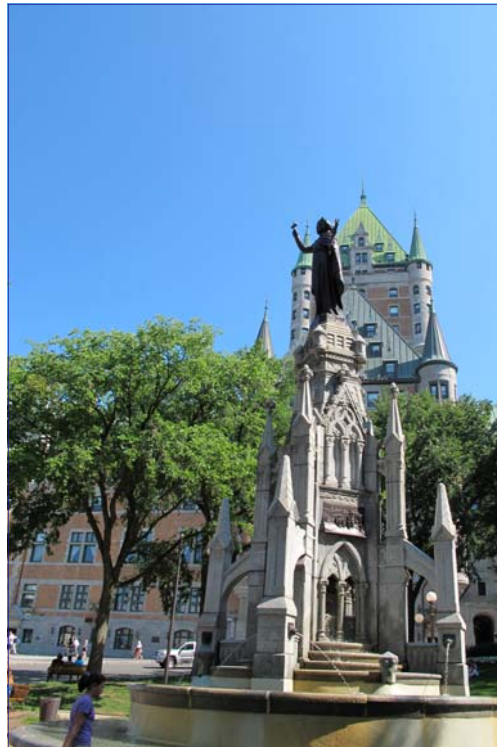
LEADERS & LEARNERS

THE VOICE OF THE CANADIAN ASSOCIATION OF
SCHOOL ADMINISTRATORS / L'ASSOCIATION
CANADIENNE DES ADMINISTRATEURS ET DES
ADMINISTRATRICES SCOLAIRES

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The 2010 CASA Annual Conference: *Bon Temps And Bon Amis In Quebec City*



It's hard to imagine someone who was unable to find something to enjoy while in Quebec City for the 2010 CASA Annual Conference this past July. Whether it was devouring a mouth-watering crêpe or sampling locally produced cheese and wine, dancing to the many live musical acts performing at Festival d'été de Québec or soaking in the history and historical architecture of the region, there was beauty and pleasure for the mind and senses around every corner.



The beautiful sights (including food like the buttery pastry below) of Quebec City.

Photos by Tara Lee Wittchen



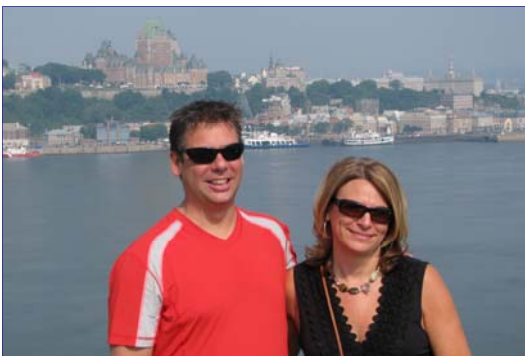
Pre-conference Activities: Woodcarving And More En Route To Saint-Jean-Port-Joli



Above: Getting acquainted on the bus tour to Saint-Jean-Port-Joli.

Right: Neill and Charlotte Johnson display their newly acquired carved wooden cane.

Photos by Tara Lee Wittchen except where indicated



Left: George and Theresa Antonakis pose on the Terrasse de Lévis.

Right: Gloria Wells (left) and Carol Gray take a break from the sweltering heat.

Photos by Ed Wittchen



Left: A beautiful church in Saint-Jean-Port Joli.

Below: A view of a small village from the Terrasse de Lévis, across the river from Quebec City.

Photo by Jon Hutt



There is more
hunger for love and
appreciation in this
world than for
bread.
—Mother Teresa

Pre-conference Activities: Saint-Jean-Port-Joli And Crêpes



Above: **Doug** and **Georgianna McDavid** relax over the noon hour at a lovely café in Saint-Jean-Port-Joli.



Above, right: **Vanessa Holmes, Mandy Wasdal, Marion Holmes, Lourene Cork, Tara Wittchen** and **Aurora Hutt** waiting for crêpes.

Photo by Jon Hutt

Right: Enjoying the tasty crêpes at Casse-Crêpe Breton.


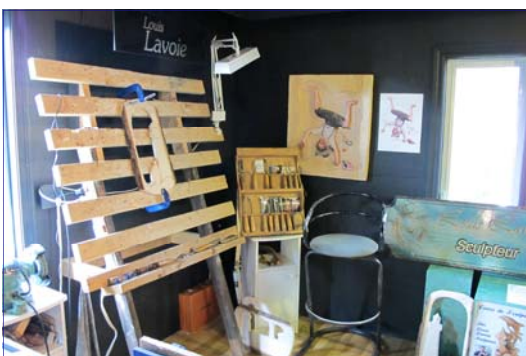


Left: *Le draveur*, a 1978 white pine woodcarving by **Pier Cloutier**.

Below, left: Quebec woodcarver **Louis Lavoie's** studio.

Below, right: **Jon** and **Aurora Hutt** admire the colourful folk art in Saint-Jean-Port-Joli.

Photos by Tara Lee Wittchen except where indicated



Sometimes the most important thing in a whole day is the rest we take between two deep breaths.

—Etty Hillesum

Pre-conference Activities: Montmorency Falls/Île d'Orléans



Above: **Gail Litun** at the top of Montmorency Falls, overlooking the bridge to Île d'Orléans.

Left: A distant view of Montmorency Falls.



Left, top: The vineyards and gardens of Île d'Orléans.

Left, middle: Language was no barrier as the tour group convinced the bus driver to make an unscheduled stop at a winery and wine shop on the Île d'Orléans.

Left, bottom: The beautiful copper door at the Basilica of Sainte-Anne-de-Beaupré. The historic Catholic sanctuary, 39 kilometres east of Quebec City, is said to have miraculous healing powers.



Left: The falls, just minutes from Quebec City, are 90 feet higher than Niagara Falls.

*Photos by and courtesy of
Barry Litun*



**My own prescription
for health is less
paperwork and more
running barefoot
through the grass.
—Terri Guillemets**

Pre-conference Activities: Summertime Sights And Sounds In Quebec City



Above: A street performer entertains the crowds in Old Quebec City.

Right: One of the huge cannons in front of the Château Frontenac.



Left: The lively scene on the city streets at night during the Festival d'été de Québec.


Right: The huge crowd—easily over 50,000—at one of the concerts held on the Plains of Abraham during the Festival.



Left: An artisanal bakery, or boulangerie.

Below: A costumed guide stands on guard near the walls of Old Quebec City.

Photos by Tara Lee Wittchen



Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

—WHO

Pre-Conference Activities: Setting Sail For Fun In Quebec



Who is actually the true captain of the ship, **Marion Holmes** on the left or the costumed gentleman above? And who has the best hat?

Left photo by Jon Hutt



Left, top: A clear and sunny day, perfect for boarding the *M/V Louis Jolliet* for a river cruise along the St. Lawrence.

Left, middle: A view of Quebec City's Lower Town, the Old Port grain silos, the St. Lawrence River and Île d'Orléans.


Left, bottom: A guide at Wendake First Nation (or Village-des-Hurons) talks about the role of the canoe in Aboriginal cultures.

Photo by Jon Hutt



Left: Time for a traditional Quebecois meal during a stop on Île d'Orléans.

Photos by Tara Lee Wittchen except where indicated



Know then,
whatever cheerful
and serene supports
the mind, supports
the body too.
—John Armstrong



Left to right: EXL Award nominee **Warren Hoshizaki** (OPSOA), Xerox representative **Linda Lucas**, EXL Award national winner **John Mackle** (OCSOA), EXL Award nominee **Cindy Finn** (AAESQ), EXL Award nominee **Paulette Hanna** (CASS) and Xerox representative **Randy Brydges**.

Recognizing Excellence: The 2010 Xerox EXL Awards

On Thursday, July 8, conference delegates came together during the opening ceremonies at the Loews Hôtel Le Concorde to honour CASA colleagues nominated for the EXL Award.

Xerox representatives **Randy Brydges** and **Linda Lucas** presented the 2010 EXL Award to **John Mackle**. John is director of education for the Peterborough Victoria Northumberland and Clarington Catholic District School Board (OCSOA).

Affiliate nominees for 2010 included **Paulette Hanna** (CASS, Red Deer Catholic Regional Schools), **Cindy Finn** (AAESQ, Lester B. Pearson Public School Board) and **Warren Hoshizaki** (OPSOA, District School Board of Niagara).

The EXL award recognizes CASA members who show exemplary leadership ability and enhance school administration.



Above: **John Mackle** is congratulated by CASA and Xerox reps.


Photos by Tara Lee Wittchen



Above, left: **Paulette Hanna** shows her award to colleagues.



Above, right: Outgoing CASA president **Carol Gray** looks on as **John Mackle** thanks his colleagues.



In a disordered
mind, as in a
disordered body,
soundness of health
is impossible.

—Cicero

Recognizing Excellence: The Distinguished Service Award And The Honorary Life Membership Award



Left: Jim Gibbons receives CASA's Honorary Life Membership Award. Jim is a former president of CASA and a retired superintendent.

Right, above: CASA executive director **Frank Kelly** and outgoing president **Carol Gray** present Xerox's **Randy Brydges** with a Distinguished Service Award.

Right, below: Xerox's **Linda Lucas** receives a Distinguished Service Award from **Frank Kelly** and **Carol Gray**.




Left: Mandy Wasdal appears visibly astonished and honoured at receiving a CASA Distinguished Service Award from **Carol Gray** and **Frank Kelly**.

Below, left: **Randy Brydges** and **Linda Lucas** receive on behalf of Xerox CASA's Distinguished Service Award from **Frank Kelly** and **Carol Gray**.



Below, right: A standing ovation for Jim.

Photos by Tara Lee Wittchen



A good laugh and a long sleep are the best cures in the doctor's book.
—Irish proverb

The 2010 Opening Ceremonies: A Welcome To All Guest Speakers, Delegates And Sponsors

The 2010 CASA Annual Summer Conference opened on Thursday, July 8, at the Loews Hôtel Le Concorde's Borduas/Krieghoff Rooms in Quebec City, Quebec. Outgoing CASA president **Carol Gray** began by welcoming delegates to the conference and to her home province. She was followed by Quebec's assistant deputy minister of education for Anglophone community services **Leo La France**.



Above: AESQ representative and former CASA president **Bob Mills**.

Returning once again to the annual conference was American Association of School Administrators' president **Mark Bielang**, who offered an update on his activities throughout the year. Canadian Association of Principals (CAP) president elect **Michael Knowles** spoke next. He was followed by former CASA president **Bob Mills**, who was on hand to present remarks on behalf of the Association of Administra-



Above: **Leo La France**, Quebec's assistant deputy minister of education for Anglophone community services.

Photos by Tara Lee Wittchen

tors of English Schools in Quebec (AAESQ). Perhaps foretelling the many wonderful foods delegates would have the chance to sample during their stay, he quipped "If you can't find a good restaurant in Quebec...*quel dommage* [what a pity]!"

Representatives of the conference's sponsors, including KidsLINK (Tools for Life), SMART Technology and Education Canada, also gave brief welcoming remarks to the gathered delegates.


Following **Dr. Paula Barrett's** keynote address, guests were invited to mingle at the Quebec Reception, sponsored by CASA, ADGESBQ, AAESQ, Lester B. Pearson School Board and Matrix Group Publishing.



Above, left: **Doug Crichton**, a superintendent with Durham District School Board, chats with colleagues following the opening ceremonies.



Above, right: **Michael Ward** of SMART Technologies, one of several conference sponsors.



Wherever you go, no matter what the weather, always bring your own sunshine.

—Anthony J. D'Angelo

Conference Keynote Session: FRIENDS For Life Program



Above: Incoming CASA president **Lee Ann Forsyth-Sells** (right) listens to **Dr. Paula Barrett**.

Left: **Jodi McKay** addresses the room.



Left, top: **Jane Hill**, principal at St. Anne Catholic School in Ottawa, shares a principal's experience with the FRIENDS program in schools.

Left, bottom: **Kelly Angelius**, a policy maker with the BC Ministry of Children and Family Development who oversees the carrying out of the FRIENDS for Life program in BC. The FRIENDS program has been recognized by the World Health Organization as a "first in the world" universal school-based program targeting anxiety and resilience in children and youth.

Photos by Tara Lee Wittchen



Left: **Catherine Austin**, director of Austin Resilience Development Inc. and a FRIENDS for Life training partner since 2005.



**A crust eaten in
peace is better than
a banquet partaken
in anxiety.**

—Aesop

Feature Interview With Catherine Austin: Learning About The FRIENDS For Life Program

This year's keynote workshop on Friday, July 9, featured keynote address speaker **Dr. Paula Barrett** leading a half-day workshop on the FRIENDS for Life program. Dr. Barrett was joined by **Jane Hill**, a principal in the Ottawa Catholic School Board, **Jodi McKay**, the former Family Connections coordinator with the Horizon School Division in Alberta, **Kelly Angelius**, a policy maker for the BC Ministry of Children and Family Development, and **Catherine Austin**.

Catherine Austin is the director of Austin Resilience Development Inc. and the FRIENDS for Life training partner for Ontario, Quebec, the Atlantic provinces, Manitoba, Saskatchewan, Northwest Territories, Yukon and Nunavut. She has been delivering FRIENDS for Life training to educational, social services and health professionals since 2005. Catherine has worked in the school system for 20 years as a prevention specialist delivering primary mental health prevention and social and emotional learning programs, and as a school social worker. She is committed to helping children and youth develop coping skills to help them better manage stress and anxiety and become more resilient.

In this issue of *Leaders & Learners*, Catherine explains the concept behind the FRIENDS for Life program. For more information, visit the website at www.friendsrt.com.

For our readers who were unable to attend Dr. Paula Barrett's presentation at this year's conference, can you explain the idea behind the FRIENDS for Life program?

The symbolism drawn from the word FRIENDS is based on the following principles:

- The word FRIENDS helps children and youth to remember each of the skills taught throughout the program (e.g., each letter stands for a new skill learned).
- Our body is our FRIEND and tells us when we are feeling worried or nervous by giving us clues.
- It is important to learn to be our own FRIEND and reward ourselves when we try hard.
- It is important to make FRIENDS, so that we can build our social support network and feel happier.
- FRIENDS can help us to cope with difficult situations more effectively.

FRIENDS for Life was developed in Australia by Dr. Barrett. When was it brought to Canada? At what point did you become involved with the program? What is your role in sharing it with Canadian school children?

Dr. Barrett presented her research on FRIENDS for Life, the world's first school-based anxiety prevention program, at the Anxiety Disorders Association of Canada conference in 2003. In the same year, a new Child and Youth Mental Health Plan was introduced in British Columbia with a focus on helping young people earlier, to prevent or reduce

their risk for developing mental health problems. A series of research reports were commissioned to identify the most effective approaches for preventing and treating a variety of children's mental health problems including anxiety. In a review of anxiety prevention and treatment programs by the Children's Mental Health Policy Research Program at the University of British Columbia (Preventing and Treating Anxiety Disorders in Children and Youth, 2004), FRIENDS was identified as being an effective program at all levels, as a universal, early intervention and treatment program.

In 2004, Child and Youth Mental Health Services within the Ministry of Children and Family Development began implementing FRIENDS in cooperation with the Ministry of Education, school districts and independent schools province-wide, and to date more than 3,500 teachers, school counsellors, special educators, and child and youth mental health clinicians have been trained to deliver FRIENDS for Children to grades 4 and 5 and FRIENDS for Youth to grade 7 students in an effort to prevent the development of anxiety disorders. In 2009–10, a pilot of FUN FRIENDS for young children (ages four to seven) was launched with BC students in senior kindergarten and grade 1.

The FRIENDS pilot project originated in 2007–08 out of the former Alberta Mental Health Board's (AMHB) response to provincial and

(Continued on page 12)



Feature Interview With Catherine Austin: Learning About The FRIENDS For Life Program, continued

(Continued from page 11)

local discussions that identified the need to improve children's mental health and reduce their rates of mental illness, in a manner that effectively and directly responded to children's and family's needs. These discussions also identified that the promotion of children's mental health and prevention of children's mental illness is coordinated, comprehensive and integrated.

The reorganization of health services into one organization, Alberta Health Services (AHS), led to the transfer of the FRIENDS pilot project from the former AMHB to the Health Promotion Disease and Injury Prevention's (HPDIP), Mental Health Screening and Early Identification (MHS&EI) program. The FRIENDS program fits well with the initial direction and goals of MHS&EI, as well as AHS responsibility via various portfolios/program areas to support the direction of the Children's Mental Health Plan for Alberta: Three-Year Action Plan, 2008–2011. AHS has been implementing FRIENDS with students in grades K to 2 and 4 to 6. In the 2010–11 school year (year three of the pilot), FRIENDS will be implemented in the classroom in approximately 37 schools and 24 communities in Alberta, reaching 2,100 students.

Since 2005, FRIENDS training has been provided on a private basis to educational and school counselling professionals in other Canadian provinces. Austin Resilience Development Inc. (ARDI) is the licensed FRIENDS training partner for Ontario, Quebec, New Brunswick, Nova Scotia, Newfoundland, Prince Edward Island, Alberta, Saskatchewan, the Northwest Territories, the Yukon and Nunavut. FRIENDS training is offered in two ways, either through on-site training for educational and student support staff arranged by staff at school boards and through regional trainings held in selected cities and provinces arranged by ARDI.

How widespread a problem is childhood anxiety? Are there statistics available to reflect the numbers in Canada?

There have been steady and significant increases in anxiety levels in children since the 1950s when the first testing in

North America was carried out in the United States (Dr. Jean Twenge, *The age of anxiety? Birth cohort change in anxiety and neuroticism, 1952-1993, 2000*). Anxiety disorders are the most common mental health disorders among children and youth today, with Canadian prevalence rates estimated to be 6.5 per cent.

Although ADHD, behavioural disorders or substance use disorders are typically given a higher priority in schools, anxiety disorders affect more children and youth and cause a high level of distress and impairment. Children with anxiety disorders experience a great deal of personal suffering and anxiety interferes with their healthy development, friendships, social skills development, academic performance and school adjustment. Children who do not learn how to manage their anxiety and worries may have difficulty attending school and excessive anxiety interferes with their ability to concentrate, learn and take risks. Furthermore, anxious children are at a greater risk of developing additional mental disorders such as other anxiety disorders, depression and substance abuse disorders.

Most anxiety disorders first appear during childhood and adolescence.

However, if not successfully prevented or detected and treated early, childhood anxiety disorders typically persist and worsen over time, causing lifelong distress and disability.

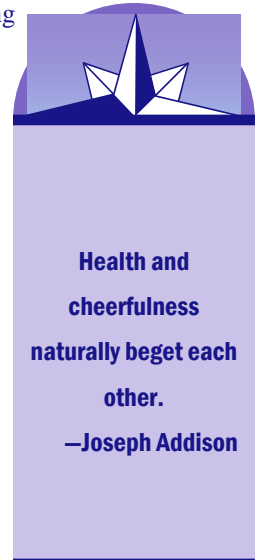
How does FRIENDS help children and youth who may experience anxiety?

The FRIENDS program assists children and youth to learn important skills and techniques that will help them manage their feelings of fear, worry and sadness. FRIENDS has been specifically designed for use in schools as a universal preventative program, run by teachers in normal class times. FRIENDS is a cognitive behavioural program that effectively

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FRIENDS

- Feelings
- Relax
- Inner Thoughts
- Explore Step Plans
- Now Time for Rewards
- Don't Forget to Practise
- Stay Calm & Share



Feature Interview With Catherine Austin: Learning About The FRIENDS For Life Program, continued

(Continued from page 12)

prevents anxiety and depression and builds emotional resilience and problem-solving abilities. FRIENDS normalizes the emotional state of anxiety, helps to build positive peer support networks, and promotes students' self-confidence in dealing with difficult or anxiety-provoking situations.

What evidence is there that the FRIENDS for Life program's approach is effective?

FRIENDS is the world's leading school-based anxiety prevention program and is the only such program acknowledged by the World Health Organization for its 15 years of comprehensive evaluation and practice.

FRIENDS has an extensive evidence base and a wealth of real-world experience from successful large-scale implementations across a variety of cultural and socio-economic groups. Several large-scale school-based trials have confirmed the program's ease of use, social acceptability and appropriateness as a universal prevention approach across a range of student populations.

In simple terms, the research shows that 80 per cent of children with anxiety who go through the FRIENDS program are below the clinical level at the end of 10 sessions. Children with normal levels of anxiety also benefit, and display higher rates of self-esteem, lower rates of worry and a better ability to solve their own problems.

Why is it important to address anxiety in children?

More than ever, children and youth today need to be equipped with effective life skills and strategies to deal with the increasing pressure and stress they face. The school setting offers a naturalistic environment and highly cost-effective way of providing mental health skills and support to children and their families. When implemented in this way, the program does not involve any clinical assessment or diagnosis, and avoids labelling children as anxious or different.

Research has shown FRIENDS to be as effective when delivered by teachers in a school system as when conducted by a trained clinical team. Not only can a greater number of children be reached over a shorter period of time, but using trained teachers as providers of the intervention means that even students in sparsely populated and geographically remote communities can be assisted without the need for expensive specialist mental health providers.

How can teachers or administrators bring this program to their students and schools? How is the program delivered?

Training is available in three different FRIENDS programs: FUN FRIENDS (4 to 7 years), FRIENDS for Children (8 to 11 years) and FRIENDS for Youth (12 to 16 years).

The school or school board selects the grade level(s) in which they want the program to be implemented. School professionals who will be delivering the program receive a group leader's manual and participate in a one-day training prior to implementing the FRIENDS program in the classroom or with small groups of children or youth. The school or board orders a workbook for each of the students participating in the FRIENDS program.

The program is delivered during the regular school day over 10 weeks with two optional booster sessions designed to reinforce the skills and provide additional practice.

Parents are encouraged to become involved with the program by attending optional parent sessions, which can be run by a teacher and/or student support staff using the FRIENDS group leader program manual.

What do you find rewarding about working with a program like FRIENDS for Life?

As a school social worker, I have observed an increase in the number of students being referred with anxiety concerns over my 18 years in the school board. It has been very rewarding to deliver FRIENDS to groups of children with anxiety concerns in my schools and to see the children's confidence, competence, friendship skills and happiness increase over such a short time.

FRIENDS has been described by teachers as a very rewarding educational experience that promotes positive changes in the students and classroom.

For example, *"The students are more empathetic towards each other and behave more positively. They utilize more positive self talk and remember to use calming down strategies to cope in stressful situations."*

(Continued on page 14)



**Try to be like the
turtle—at ease in
your own shell.**

—Bill Copeland

Feature Interview With Catherine Austin: Learning About The FRIENDS For Life Program, continued

(Continued from page 13)

Students say they enjoy the program and find it helpful in their day-to-day lives. Students learn how to relax and calm down when stressed or worried, think more positively, and make plans to face difficult or feared situations.

Additionally, FRIENDS includes many skill-building opportunities that are helpful to students to deal with bullying and working together in groups.

The FRIENDS program addresses many of the prescribed learning outcomes in the Health and Career Education, Physical Health and Education, Personal and Social Development, and Catholic Family Life (Fully Alive) curriculum.

FRIENDS can be used in conjunction with other social and emotional learning, character education and conflict resolution curricula, and contributes to the development of a positive and caring classroom environment.



Catherine Austin

Thank you, Catherine, for taking the time to share this information about the FRIENDS for Life program with Leaders & Learners.

For FRIENDS training in your province, please get in touch with one of the following individuals:

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Feedback: Some Of Your Thoughts On The 2010 CASA Conference

“In general terms, I was in awe by the work being done across the country to support young people who are experiencing emotional difficulties.

Walking through Quebec City was like being in Europe and the restaurants were incredible. The changing of the guard ceremony at the Citadel was moving.

Terrific views from Montmorency Falls and awesome chocolate at the shop on the Île d’Orléans.”

~ **Barry Litun**, superintendent
Lethbridge School District
2010-11 president
College of Alberta School Superintendents
Lethbridge, Alberta

“An excellent opportunity to share our work. It’s good to start collaborating with other educators across the country.

[I enjoyed the session by] Dr. Paula Barrett. I will be implementing the program in my school this year.

The opening wine and food was awesome. The golfing was excellent.”

~ **Patti Christensen**, principal
Windsor Park Elementary
Edmonton Public Schools
Edmonton, Alberta

**We worry about
what a child will
become tomorrow,
yet we forget that he
is someone today.**
—**Stacia Tauscher**

Sessions On Days 3 And 4: Exploring Issues Of Children’s Mental Health



Left: Marcia Powers-Dunlop, chief of Social Work and Attendance in the North West Quadrant of the Toronto District School Board, offers her insight into school-based crisis response.

Right, above: David Johnston, TDSB senior manager for Professional Support Services.

Right, below: Marisa Mariella, a guidance counsellor with the Hamilton-Wentworth Catholic District School Board.




Left: Marisa leads the “I Matter: A Look Into Mental Wellness” session, which presented the concept behind the student peer mentors group at Cardinal Newman Catholic Secondary School. These 50 to 60 mentors help teachers deliver lessons on mental wellness.



Below, left and right: Several student peer mentors (in blue shirts) share their experiences with session participants.



Photos by Tara Lee Wittchen



It is no measure of health to be well adjusted to a profoundly sick society.
—Krishnamurti

Sessions On Days 3 And 4: Exploring Issues Of Children’s Mental Health, continued



Left: **Lori Bryden**, project lead for the Collaborative Service Delivery Model for Students with Autism Spectrum Disorders and coordinator of Student Services for the Algonquin and Lakeshore Catholic District School Board, presents with **Andrew Slaughter**, a student and founder of The Social Society.



Right, above and below: **Carolyn Krug**, Andrew’s mother, presents the parent’s perspective as Lori and Andrew (above) listen in.




Left: **James Trodden**, former principal of Bonnyville Off-Campus School, a school for “at-risk” students in the Northern Lights School Division. (See *Leaders & Learners* Volume 5, Issue 31, for his story.)

Below, left: James shares moving stories of the educators who made a difference in his life and became heroes.



Below, right: A lighter session moment.

Photos by Tara Lee Wittchen



For fast-acting relief, try slowing down.
—Lily Tomlin

Sessions On Day 5: Final Thoughts, Informal Gatherings and Goodbyes



Above: An informal roundtable discussion.

Right: AASA president **Mark Bielang** says his goodbyes to CASA PD director **Ed Wittchen** and **Marion Holmes** of PD PROS.




Right: **Mark Bielang** (not facing camera) chats with a group of conference participants during a session coffee break.

Left: Another break, another chance to learn from one another.



Left and below: In addition to the many formal opportunities at sessions, there are ample informal chances to share information, strategies and experiences during CASA's annual conference.

Photos by Tara Lee Wittchen



All I really need is a
song in my heart,
food in my belly and
love in my family.
—Raffi

Day 5: Final Sessions, continued



Above, left and mid-page: The final session featured focus groups led by the Knowledge Translation and Exchange Team of the School-Based Mental Health and Substance Use Consortium.



Below, left: One of four presenters in the final session, **Dr. Bruce Ferguson**, director of the Community Health Services Resource Group at the Hospital for Sick Children in Toronto and a professor of psychiatry, psychology and the Dalla Lana School of Public Health at the University of Toronto.



Below, right: Another session presenter, **Dr. Ian Manion**, executive director for Ontario's Centre of Excellence for Child and Youth Mental Health at CHEO, co-chair of the Canadian Child and Youth Health Coalition, chair of the National Infant, Child and Youth Mental Health Consortium, co-founder of Youth Net, a "for youth by youth" mental health promotion program, and principal lead for the School-Based Mental Health and Substance Use Consortium.

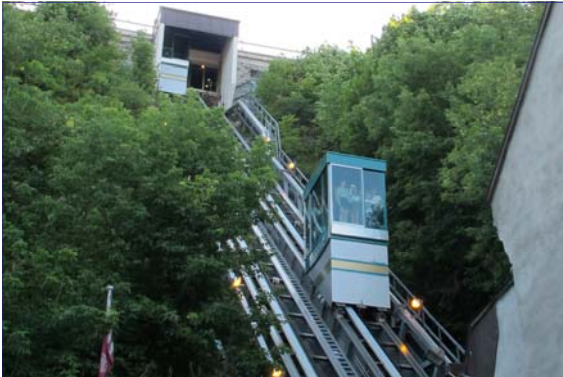
Photos by Tara Lee Wittchen



Experience tells you
what to do;
confidence allows
you to do it.

—Stan Smith

CASA PEOPLE: Famous Last Words (And Pictures)



Left: The funicular.

Right, top: **Maurice and Janet Mayer and Mandy Wasdal** take an evening stroll.

Photo by Ed Wittchen

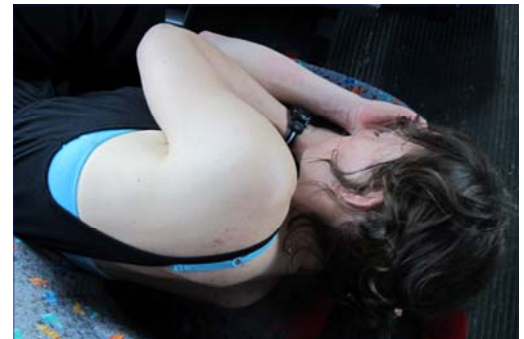
Right, below: **Vanessa Holmes** catches a nap in between tour stops.

Photo by Jon Hutt



Doug and Georgianna McDavid, Mandy Wasdal, Lourene Cork, Marion Holmes, Chris Gonnet, and Janet and Maurice Mayer pose by the wall.

Photo by Ed Wittchen



Photos by Tara Lee Wittchen except where indicated



Another view of the majestic Château Frontenac.

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