

Dowie, M

(2)

From 1983-87, Dowie also worked with adolescent patients at the Whitby Psychiatric Hospital.

The family moved further east in 1987 to Glen Ross.

"We bought a summer cottage on the Trent River near Glen Ross in the early 1980s and we fell in love with the Quinte area. We knew then that someday we would end up moving here," she said.

Last year, the Dowies moved to near Sandy Cove.

Dowie has been involved with youth ever since moving to the Quinte area.

For her first two years, she worked for

Youth Hab, a program for troubled youth, and even helped open a transition home for clients.

In May 1990, she became executive director of Belleville Big Sisters.

"I applied for the part-time executive director's position and they hired a full-time executive director," she laughed.

There were three Big and Little Sister matches when she assumed responsibility for the United Way agency for girls needing support. It now boasts 52 matches but almost 30 girls are on a waiting list for a Big Sister.

Dowie described her decade with Big Sisters this way.

"It's been harrowing. But it's also been heartwarming and very satisfying to see girls or young women change their perspective on life and decide to set some important goals for the future as opposed to going down the wrong path in life."

Dowie is also involved with the palliative

care program at the Belleville hospital "but that's currently on hold due to my own mother's illness."

She goes every week to the Quinte Detention Centre to talk to inmates.

She's past president and member of the Quinte Cat Club and owns three Main Coon cats.

Dowie is also a Therapeutic Touch practitioner.

"I believe everyone in the world should know how to do it for their families and loved ones," she said.

In everything she's done, Dowie has tried to make a difference in the world beset by violence, famine and abuse.

"All of that still goes on in the world but so does a lot of good nowadays. People are more conscious in doing good things for others...every day I try and be nice to everyone I meet."