

# SWITZERLAND ADVENTURE AWAITS CRAIG KIELBURGER TEEN

## KAPAR EXCITED TO BE PART OF ROTARY EXCHANGE PROGRAM

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Sudu Kapar can't wait to be awestruck by the Alps, get familiar with the art of yodelling and savour some exquisite chocolate.

The Milton teen will experience all three — and much more — over the coming year, with Switzerland serving as her temporary home.

Recently accepted into the Rotary Exchange program, the 16-year-old Craig Kielburger Secondary School student has always enjoyed family trips back to their native Nepal or to various destinations in the U.S.

That wanderlust was further fuelled a couple of years ago by a science supply teacher, whose own exchange student experiences in Europe left a lasting impres-

sion on Kapar.

So when she came across a poster for the Rotary program last year, the opportunity was too intriguing not to pursue.

"I thought 'Why not?'" recalled the Switzerland-bound youth, who heads out on her Grade 11 adventure in early August. "I love absorbing new environments and seeing something different."

The travel bug is certainly an ideal characteristic for someone with an eye toward making a career of humanitarian work — something inspired by her aid worker father.

Continuing that family tradition, Kapar is among the leaders of her school's Youth in Action club, following in Craig Kielburger's goodwill footsteps.

The honour roll student is also a member of the Milton youth advisory committee and an active volunteer with Grace Anglican Church.

A gifted artist — whose creativity is often seen around CKSS through fundraising posters —

Kapar recently earned the Painting a Path Award at the fifth annual Milton Youth Awards.

Following her acceptance into the exchange program, she attended Rotary's Camp Wanakita in Haliburton, where she met students from countries like Taiwan, France and Peru.

"It was amazing ... other than it being in February and freezing," quipped the local youth, who's currently learning to speak German (primary language in Switzerland) and will have a tutor available once she arrives to help make her more fluent. "Getting to know the exchange students on a personal level was great."

Kapar will be living near Switzerland's capital of Bern and can't wait to see all the country has to offer.

"I'm anxious to see the Swiss Alps, and they're known for their great festivals. I'm kind of nervous. Leaving home, I'll probably be homesick at first, but once I settle in it'll be fine. It's going to be a great experience."



Pratima Kapar photo  
Sudu Kapar visits Indigo in preparation for her trip to Switzerland as part of the Rotary Exchange program.

31 | Milton Canadian Champion | Thursday, August 2, 2018

## IT'S YELLOW-JACKET WASP SEASON!



### "WASP FACTS"

- Nests are built in wall cavities, house soffits or in trees and could have up to 800 wasps
- Populations "explode" in mid-August
- Wasps start feeding on carbohydrates found at your picnic table in mid-August
- Wasps do not produce honey, keep children away from active nests

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### I CAN'T RUN A MARATHON... YET!

I know a few people who have run marathons, but cannot imagine being able to run one myself.

But then I wonder...

Can I run to the end of the street? Probably.

And if I do that often enough, could I move up to running around the block? Maybe.

Is it possible then that I could eventually run for a couple of kilometres if I keep persisting? I think so.

If I maintained my training, could I then run 5, 10, 20 kilometres? Why not?

So, again I ask, can I run a marathon? Not today, but if I start with what I can do and keep working at it and improving, there's no reason why I can't.

What do you want to do that seems impossible right now? Start small. Begin today. Partner with God and you would be surprised what you can accomplish.

Learn more - visit a local place of worship this week. Meeting times and locations are published in the Religious Directory to help you.

Submitted by Rev. Dan Rogge, Pastor of Milton's New Life Church

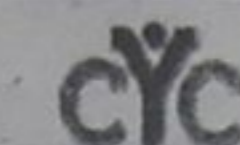
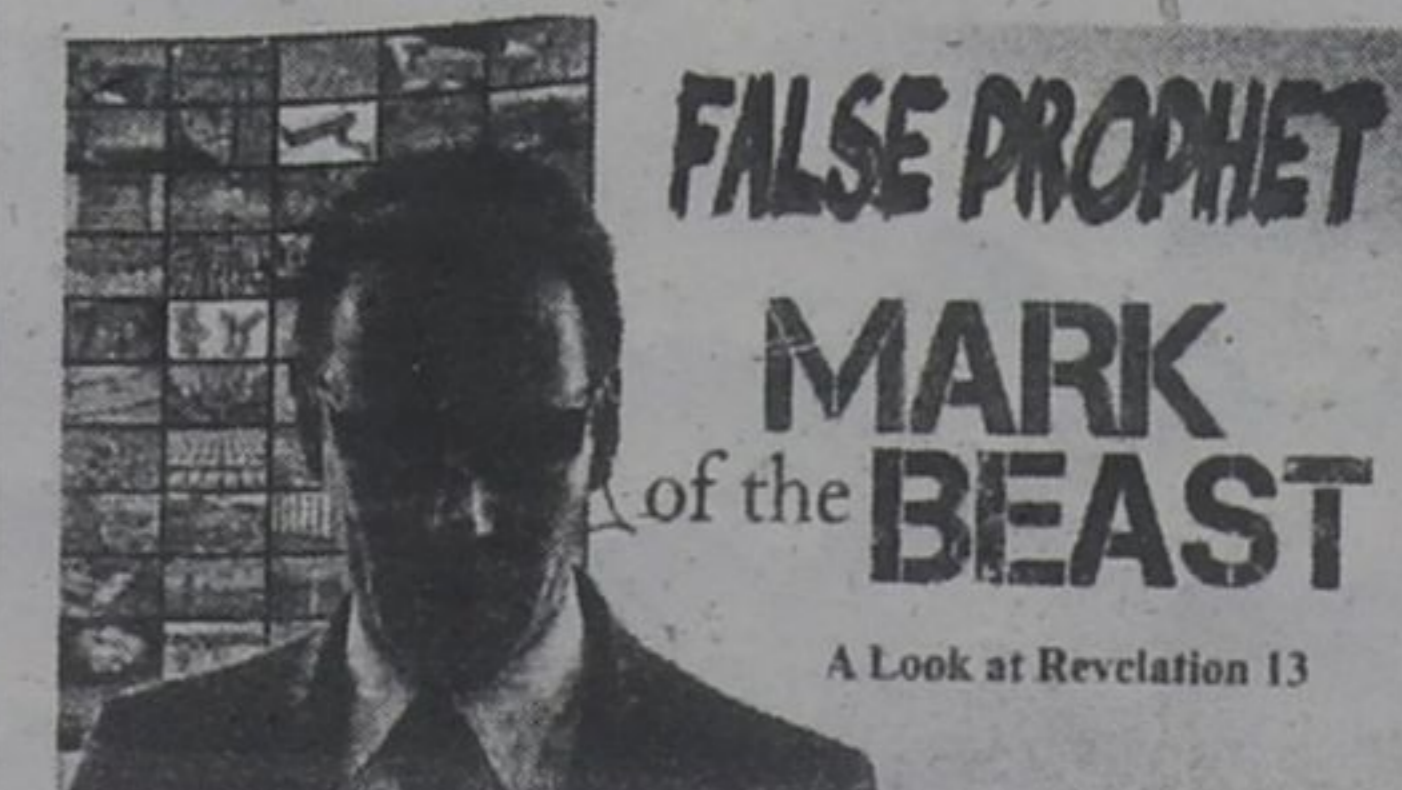


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