

Muskoka Mosaic: Introducing Leslie Tempest

By Paula Boon

The most important things in Leslie Tempest's life are her family and her business, ProActive Rehab and Sport Injury Centre.

The physiotherapist and her husband Scott have two children ages seven and four. "It's been challenging because we both have demanding professional lives, but what a joy," she says.

Tempest graduated from the University of Western Ontario in 1992. Returning home after three years in England, she began work at the Huntsville Sports Medicine and Rehab Centre.

When the owner decided to sell toward the end of 1998, Tempest had first dibs. "I decided to go for it," she says. "Most people thought I owned it already. It was an easy transition in that way. And I've always had a pretty independent streak. I like to be in control of things."

Tempest purchased the business in the spring of 1999, and in 2001 she moved to her current location on Main Street East and changed the name to ProActive Rehab and Sport Injury Centre. Her clinic is a multidisciplinary, full-service rehabilitation facility providing physiotherapy, massage therapy and occupational therapy. "And we're the only aquatherapy program run by a certified instructor connected to a clinic," she says.

In the past few years, Tempest has been making an effort to improve her business-operating skills, taking courses and working with a business coach. "When I graduated in 1992, there was no training in owning your own practice," she explains.

Her biggest challenge to this point has been professional staffing. Tempest says she is on the lookout for one or two more physiotherapists, but for people from out of town, spousal employment is often a stumbling block.

Born in Atikokan, northwest of Thunder Bay, Tempest (then Leslie Jewell) moved to Huntsville with her parents and younger brother in 1972 and attended V.K. Greer Public School and Huntsville High School.

Tempest first identified physiotherapy as a possible career while working on a Grade 7 project. "By Grade 8 I knew for sure that's what I wanted to do," she says. "It combines all the things I'm interested in: exercise/physicality and human biology. Plus, you're interacting with people as a helping type of professional."

A dancer from an early age, Tempest says some of her training was biomechanical in nature, learning how the body works and moves. It was a natural fit.

"I always knew dance wouldn't be the career for me," she adds. "I didn't want the lifestyle that would dictate."

Tempest began dancing at age six. The year was 1975 and there were no dance classes in Huntsville, so, in keeping with the family's Scottish background, Tempest's mother found some highland dance instructors from Toronto who were willing to come to Huntsville biweekly and formed



SERVICE WITH A SMILE: Physiotherapist Leslie Tempest adjusts the settings on a treadmill at ProActive Rehab and Sport Injury Centre, which she owns. Tempest says she enjoys teaching people how their bodies work so they can use them better, look after them better, and prevent injury.

a group called the North Muskoka Highland Dancers.

Tempest competed for the first time around age eight and continued for 10 years. At 13 she moved her own training to Toronto and became the instructor for the North Muskoka Highland Dancers. When the Muskoka Dance Academy opened in 1983, Tempest took jazz classes there. Her teachers in Toronto also exposed her to contemporary dance, musical theatre and ballet.

The pinnacle of Tempest's dance career was when she competed in Scotland in 1986 and placed third at the Scottish Junior Highland Dance Championship.

In the last decade, Tempest has returned to the stage as part of some community theatre productions. "It's a big time commitment, though," she says. "I pick and choose the shows I do, usually sticking to cabaret-style song and dance review shows with some friends in Bracebridge."

Recently, Tempest's main physical outlet has been training for triathlons. An avid cyclist and runner, Tempest took adult stroke improvement classes at the local pool to strengthen her swimming and entered her first two triathlons this summer.

She and her family also keep active together, camping, cycling and cross-country skiing. "I'm completely happy to be in Huntsville," she says.

"What a great place: vibrant, growing and active. There are lots of new and interesting things going on. We're lucky to live here."

Thanks to Lisa Riley for suggesting that Leslie Tempest be profiled. To explore the complete collection of Muskoka Mosaic profiles, go to www.thelifecollector.com.

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lmost two thousand years ago, Jesus Christ, the Son of God, came to earth and founded the Church, through His Apostles and disciples, for the salvation of humankind. In the years which followed, the Apostles spread the Church and its teachings far; they founded many churches, all united in faith, worship, and the partaking of the Mysteries (or as they are called in the West, the Sacraments) of the Holy Church. These churches are called "The Orthodox Church."

The word Orthodox literally means right teaching or right worship, being derived from two Greek words: orthos (right) and doxa (teaching or worship). As false teachings and divisions multiplied in early Christian times, threatening to obscure the identity and purity of the Church, the term Orthodox quite logically came to be applied to it. The Orthodox Church carefully guards the truth against all error and schism, both to protect its flock and to glorify Christ whose body the Church is.

An astonishing number of religious groups claim to be the successors of the early Church.

A yardstick for truth is needed by which to compare what the Church originally believed and practised with what these groups proclaim. Certainly we all have the right to believe whatever we choose. But it is also just good sense to be acquainted with the options before we make our final choices.

By God's grace an Orthodox Christian mission has been founded in Huntsville, Ontario. One of

the co-founders of the mission is the Priest-in-Charge, Father Nicholas Young. Another founder is Boris Kriger who has been tonsured a Reader in the Church, and who is also a General Editor of the newspaper "Orthodox Faith" www.orthopress.org.

Holy Transfiguration Mission has been founded as a mission of the Orthodox Church in America, Archdiocese of Canada. Services are served in English and in Church Slavonic.

The Priest-in-Charge, Father Nicholas Young, and all the faithful of the mission welcome everyone, and encourage you to come join us in worship! After the service we have a "tea hour" when we discuss the different aspects of the Orthodox Faith.

Services

The Divine Liturgy is celebrated every Saturday at 10 a.m.

Everyone is welcome to attend!

Additional services may be held at other times throughout the week, and during Great Lent.

For more information please contact us at (705) 635-3857.

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