



Parks, Recreation & Culture Department
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PRESS RELEASE

PENTICTON STEPS OUT SEMINAR SERIES The Power of One

with Patrick Jarvis

January 16, 2006 – 6:30 – 8:00 pm



For inspiration nothing beats a live and in person motivational speaker and Penticton Steps out Seminar series is hosting Patrick Jarvis - "The Power of One" on January 16 in the Cleland Theatre. How does someone go from personal tragedy to someone who, this summer, had dinner with the Queen of England, lunch with the President of France and then a memorable dinner in New York with the Mayor, Whoopi Goldberg, Matt Damon and Paul Simon?

The loss of his left arm in an early childhood accident could have dictated a life outside of high-performance sport and adventure. Patrick Jarvis has visited, explored and climbed incredible peaks in 70 countries on six continents.

PATRICK JARVIS
Adventurer, Athlete, Storyteller

His audiences become spellbound with his stories of climbing Mount Kilimanjaro and Mount Fuji, sailing adventures on the Nile River, crossing the Sahara Desert, surviving the forbidden frontier and gun runners in the Hindu Kush (Hindu "killer" Mountains) of Northern Pakistan, dodging guerrillas (both kinds) in Africa, swimming in crocodile infested waters in the Congo and the harrowing adventure of being hauled off to jail at gunpoint in Cameroon. Pat's perspective can affect you in the areas of: Leadership, Team Building, Risk-Taking, Accountability, Change and Integrity.

In addition to traversing a significant portion of the world, Pat also has numerous athletic achievements in various "able-bodied" and disabled sports:

- Pat is currently President of the Canadian Paralympics Committee, a board member with Vancouver 2010 Winter Games, and a member of the Olympic Host City Committee to choose a location for the 2012 Summer Games.
- Competed as a member of the Canadian Paralympics team in 1992 at the Barcelona Olympics.
- Was Team Canada's Chef de Mission at the 1998 Winter Paralympics Games in Nagano.

From sports to adventure travel, professionally and personally, Patrick has chosen to push his limitations and boundaries. He has accomplished with one hand, what many of us only dream of achieving in our entire lives. He refuses to accept that anyone has limits. Always colourful, always inspiring...Pat provides an entertaining, enriching experience for all.

Patrick Jarvis takes you on a magnificent journey circling the globe. Explore the human spirit and our amazing ability to overcome challenges. Learn to live with intent, to be an enthusiastic leader and accept what life delivers.

Join us on Monday, January 16 at 6:30 pm at the Cleland Theatre - \$5 or FREE for Penticton Steps Out participants – Tickets available at the Penticton Community Centre or by calling 490-2426. Advance tickets only.

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MEDIA: For more information or an interview – contact:
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