

OCNA chooses its 12 Ontario junior citizens

MICHELLE RICKARD

Nepean This Week

Ayala Ravek, of Nepean was awarded an Ontario Junior Citizen Award last weekend at the Ontario Community Newspaper Association convention in Toronto.

Ravek, who is in Grade 9 at Cantebury High School in Ottawa, received the award for her perseverance, determination and resilience.

For the past three years, Ravek, 14, has been living with Reflex Sympathetic Dystrophy (RSD).

RSD means Ravek endures chronic pain 24 hours a day, seven days a week.

However, instead of crawling up in her bed, Ravek has chosen to be a spokesperson for the condition. She writes down her thoughts and feelings in poetry and is a teen columnist for the Canadian RSD Network's newsletter.

She has also started her own website entitled: www.NoPainZone.com, in which she shares her experience with RSD to people of all ages, and from around the world.



Left, Ayala Ravek receives her Ontario Junior Citizen Award from the Honourable James K. Bartleman, lieutenant governor of Ontario presented the award. Eleven other young people were recognized.