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Chemainus Woman Named Athlete of the Month

For over 20 years **Janice West** has been training with the **Fernando Correia School of Karate in Chemainus B.C.** During this long tenure, the 43-year old self-employed artist has earned a solid reputation among the members of the club.

Available to teach the younger students at all times she has earned creditability in one of Karate BC's strongest karate clubs in the province. The Fernando Correia School of Karate on Vancouver Island produces a lot of medals in Karate BC tournaments thanks to the help and support of the hard working, patient and always-positive Janice West.

"She is one our club's unsung heroes – she seldom misses a class and is always available to teach our younger students. This kind of consistent dedication has helped to bring strength, enthusiasm and success to our club" claimed Sensei Fernando Correia.

It is for this reason that Janice West was selected for April's Tiger Balm Athlete of the Month. The provincial award is given to members in the 4700-member Karate BC system that demonstrates performance both on and off the mat.

Karate BC is the official sport governing body for the sport of karate in the province of British Columbia.

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