

Silvia Heinrich

Our community's ties extend beyond a student's time at Mulgrave. Students and families share that Mulgrave feels welcoming whether you are new to the school or alum visiting for their ten-year reunion.

In Silvia's case, her daughter Lauren's graduation in 2015 just meant that she wouldn't be seeing her around the halls during her frequent volunteer visits. Silvia, Doug and Lauren came to Mulgrave in 2002 when Lauren entered Kindergarten, and they were immediately drawn to the personal values being taught and the sense of potential and ambition at the school; "It felt like 'the little engine that could'."

Today, thanks in large part to the commitment and dedication of families like the Forster's, we are not so little anymore, but that spirit of hard work, ambition for ourselves and our students, and commitment to giving back is part of our DNA and a shared value among our entire community.



What do you enjoy most about giving your time to Mulgrave?

I enjoy volunteering at Mulgrave because I always meet new & interesting people, because it is a good way to catch up with old acquaintances, and because it is my small way of expressing gratitude for the hard work that the school employees (management, teaching staff & other support staff) carry out every day to make Mulgrave special.

How is Lauren doing? Where and what is she studying?

Lauren is doing fantastic. She came home for the holidays and was able to attend the Alumni Basketball Game & Winter Social. She is now in her 2nd year at the University of Western Ontario where she is studying modern communication and information in the Media Information and Technoculture (MIT) programme.

When not volunteering, where can we find you?

I'm happiest when hiking with my husband or friends on the trails in our backyard North Shore mountains. I've hiked the West Coast Trail on Vancouver Island, the Salkantay Trail into Machu Picchu and soon the Ring of Kerry and Dingle Peninsula in Ireland. I started hiking during my Geology Master's thesis, which was focussed on the Cordillera Real of NW Bolivia.

You have held many posts as a volunteer at the school. What is your favourite one?

I have truly enjoyed all. From the various Mulgrave Board committees I volunteer on today, to being a member of the Board of Directors from 2013-16, to one of my first volunteer jobs organising the Lost & Found closet (one of my favourite posts), the best thing about all the roles I've held over the past 14 years is meeting and connecting with the other amazing volunteers, parents, students and staff at the school - we really do have a special community here at Mulgrave.

Best advice you have ever received?

It is a tie between 'Trust your instincts' and 'Sleep on it before hitting "Send"'.

Words to live by?

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel," by Maya Angelou and "Be yourself; everyone else is already taken" by Oscar Wilde. Both of these quotes speak to my values and how I aspire to live.

TRIPS ON YOUR BUCKET LIST?

- Laos, Cambodia & Vietnam
- Walk the Camino de Santiago
- Scotland

QUALITIES YOU MOST ADMIRE IN OTHERS?

Honesty, integrity, curiosity, sense of humour, loyalty.

BOOK ON YOUR NIGHTSTAND?

On my nightstand: *Lilly and the Octopus*, *The Diver's Clothes Lie Empty*, *Barkskins*, *Moby Dick*, *Do Not Say We Have Nothing*.

FAVOURITE PART OF THE DAY?

Maybe when dinner is done and the dishes are put away... it's time to read, go to choir practice, or watch British crime dramas on Netflix.