



FOR THE PARTICIPANTS, VOLUNTEERS AND SUPPORTERS OF KIDS CANCER CARE FOUNDATION OF ALBERTA

## The littlest philanthropists

When most kids were watching Sesame Street, four-year-old Amanda and her six-year-old sister Samantha were thinking about childhood cancer and hair loss. Today, the dynamic duo has raised more than \$1,500 for KCCFA and they're earning big kudos from the Calgary fundraising community.

The Brown sisters, now aged 12 and 14, are the proud recipients of a 2007 *Generosity of Spirit* honour, presented each year by the Association of Fundraising Professionals (AFP) to recognize individuals and organizations that embody the spirit of giving. The girls were recognized as Outstanding Youth Philanthropists on November 13 at AFP's annual Philanthropy Day luncheon.

The Brown girls were first inspired to help when they saw a TV show featuring a girl who had cut and donated her hair to a charity for sick children. After exploring the reasons for hair loss with their mom and dad, the girls set out to grow their own hair, so they could give it away. That year, the girls each gave 12 inches of hair to Angel Hair for Kids, an organization that provides wigs for kids affected by cancer, alopecia and burns.

Now braidless, the Brown sisters hunkered down to make new braids. They started Operation Braidshare, which involved creating and selling hand-braided bookmarks to family and friends. The initiative raised \$558 for KCCFA camp programs—roughly half the cost of sending a child to camp.

But the Brown girls were determined to raise the full amount of sending a kid to camp, so



"If I wasn't able to volunteer anymore, I would be **missing** a big part of my life."

Amanda (left) and Samantha were recognized as Outstanding Youth Philanthropists at AFP's annual Philanthropy Day last fall.

in November 2006 they organized a craft fair, complete with door prizes and event sponsors to offset the cost of running the fair. They surpassed their fundraising goal and brought in \$1,251. Through their efforts, Amanda and Samantha helped send a child with cancer to camp last summer—something that pleases them to no end.

"Everyone should get to go to camp," they chime, "even if they're sick."

In June, the sisters will lose their locks again. But they're used to it: "Ever since I was six" Samantha recalls, "I have grown my hair to harvest and share with other children."

Philanthropy has become such a part of who the Brown girls are that they'd be lost without it: "If I wasn't able to volunteer anymore," says Amanda, "I would be missing a big part of my life."

## WINTER 2008



Camp & Community Outreach



Research



Clinical Support



## Fall mail campaign

Reach out to children with cancer. Please give to our fall mail campaign. You should have received this year's letter, featuring nine-year-old Rachael, last November. If you haven't already responded, please do so today!

Find out more about Rachael's journey with cancer by visiting [www.kidscancercare.ab.ca](http://www.kidscancercare.ab.ca).



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## Message from our CEO



L-R Cougars Brenda Caron, Deb Hooker and Lori Arcuri celebrated Christine Wandzura's (centre left) 50th birthday at the Cougar Cabaret at ArtSpace Gallery. The cabaret raised \$62,000 for the Foundation.



Dear Friends,

"Youth is wasted on the young," or so said the famous author and playwright George Bernard Shaw. Having recently celebrated my 50<sup>th</sup> birthday, I'd like to believe Shaw was right as I embark on the second century of life and leave some of my youth behind. And yet, as I look at the incredible accomplishments of our youth, I know he can't be right.

Amanda and Samantha Brown are two young ladies who aren't wasting a minute of their youth. These sisters were recognized as Outstanding Youth Philanthropists last fall at the Association of Fundraising Professionals' annual Philanthropy Day. Is there a better example of young people using their youth and vitality to make a difference in the world today, while building skills and a philanthropic spirit for tomorrow?

There are hundreds of kids just like the Brown girls who collect pledges and shave their heads every year for our kids. Many more make sacrifices like dedicating their birthdays to raise money for KCCFA. This is a big deal for a kid. What humbles me most is that it's kids giving to kids.

And there are the kids who battle cancer. In many ways these are the real heroes. I have had the honour of seeing hundreds of children with cancer grow up and become powerful and inspiring young adults. I'd like to think our programs have had a hand in this, helping them develop the skills they need to thrive. Jennifer Rogers, one of our ambassadors last year, is such a person. On page eight, you'll read Jennifer's story. Her's is a story of loss and renewal. It is a perspective that many cancer survivors share.

Last fall, I helped mark a milestone of another young person. Maggie Hamilton, our 1999 spokeskid, married Tyron Burgos on October 13th. It was a resplendent wedding celebration that was even more moving because we knew that Maggie had survived a particularly difficult brain tumour when she was just 15 years old. In attendance were many of the doctors, nurses and dear friends who helped Maggie through her journey.

One of the most rewarding parts of the KCCFA story is that our kids not only survive cancer. They thrive. They come back as the counsellors, spokeskids, ambassadors, nurses, researchers and volunteers. They give back in so many ways.

At KCCFA, we are committed to ensuring that youth isn't wasted in our young. As you know, our mission is to help young people affected by cancer survive and thrive in body, mind and spirit. On February 15<sup>th</sup>, International Childhood Cancer Day, KCCFA will announce an exciting new development that will help young people survive and thrive in mind and spirit as they meet the challenges and opportunities of adulthood.

Before closing, I wish to extend a big thanks and farewell to Anne Toralles Leite, who helped out in our Community Initiatives and shave areas this fall, as she returns to her studies in Victoria. And a warm welcome to our newest board member, Dr. Jay Cross. With Jay's guidance and knowledge, I know our research program will continue to flourish and grow.

Happy 2008 to everyone! I know it will be another stellar year for all of us.

Sincerely,

**Christine Wandzura**, M.S.M, CFRE, Chief Executive Officer

## KCCFA launches new website

KCCFA kicked off the New Year with a snazzy new website. Hoping to strengthen our message and provide increased convenience for the public, the new site is jam-packed with information and interactive functions. Designed by Monika McLachlan of Designs by M M, the redesign and restructuring was made possible by a generous donation from Nexen.

“Communicating with our families, volunteers, donors and the general public is vitally important to our work,” says KCCFA CEO Chris Wandzura. “By supporting the design of our website, Nexen is giving us an invaluable tool, enabling us to reach out to the community and build relationships. We are extremely grateful to Nexen for their support”

### Why redesign?

Every day, the internet assumes a larger place in our lives. We now book flights, pay bills, download music, research, shop and even date online. KCCFA’s community is no exception. Since 2002, the number of users visiting our site has increased by more than 400 per cent. The internet is essential to our community and our activities, so we redesigned the website to facilitate more online interaction.

### Happiness is just clicks away

The site is designed to increase user friendliness and to help KCCFA visitors find what they’re looking for within six easy clicks—whether they’re a donor, family, volunteer or shave host.

### For families

Our camp pages and the About Childhood Cancer section are designed to introduce families to the information and resources they need to navigate the cancer journey. Testimonials, compelling photos of children and Stories of Hope are meant to offer hope to new families. So whether you’re registering for camp, researching cancer terms or checking out resources on our online Family Resource Centre, you’ll find the links, forms and calendars you need to do it all. And

we hope to go greener by the day, increasing online registrations and substantially reducing paper waste.



### Online giving made easier

A Harvard University study estimates that by 2010 roughly one third of all money donated will be given online. And KCCFA’s new website is designed to make online giving easier. Whether you’re make a donation or pledging a shavee, you’ll enjoy easy-to-follow steps and instructions from start to finish and you’ll receive a tax receipt within minutes of finalizing your transaction. A financial pie chart, detailing where your dollars go, as well as information on KCCFA’s ethical fundraising practices, will help assure you that your donations are being put to good use.

### Calling all volunteers

The website overhaul began last fall with the volunteer pages serving as a prototype upon which we designed the rest of the site. Volunteer applications have increased and feedback has been positive: “The volunteer website looks great,” says Kevin, a KCCFA volunteer. “It shows you really care about us volunteers and the calendar feature on the site is really convenient too.”

### Tell us what you think

Websites should always be a two-way conversation, so please visit our site at [www.kidscancercare.ab.ca](http://www.kidscancercare.ab.ca) and tell us what you think. We’d love to hear from you.



KCCFA redesigned its website to increase online interaction with its community.



## Community Friends

*Friends in the community make great things happen for KCCFA kids and families! We thank our friends who raised funds on our behalf through community initiatives such as raffles, shaves and other fundraisers.*

### Hats off and on

Hats off—and KCCFA ball caps on—to the students at Woodbine Elementary School and McKenzie Lake School who helped raise big bucks for their peers with cancer. Woodbine raised close to \$40,000 and McKenzie Lake brought in another \$10,000.

*If you'd like to host a shave event at your school, work or home, call Sara Foster at 403.216.9210, ext. 228, email [syl@kidscancercare.ab.ca](mailto:syl@kidscancercare.ab.ca) or check out our shave section online at [www.kidscancercare.ab.ca](http://www.kidscancercare.ab.ca).*

### SPHAIR time?

Winter is here and the KCCFA Shave Brigade is out recruiting again.

#### Shave program gets big bangs for big bucks

KCCFA's Shave Your Lid for a Kid® program is one of the Foundation's most successful fund-raising activities. And, thanks to our friends in the community, it's growing stronger every year. Last year, our shave program brought in just over \$700,000 and 750 Albertans shaved their lids. We expect 2008 to be another record-breaking year. But to do this, we need you.

Spring is high time for shaves. Some days we have three or four shaves taking place at once. We're looking for on-call shave volunteers to help out at shaves during the day. Responsibilities range from public speaking to shaving heads and helping hosts get organized on shave day. Each shave event is different and all are guaranteed to be a ton of fun.

#### Training for shave volunteers

Never used a razor before? Don't like the idea of public speaking? Let us know. We'd be more than happy to show you the ropes and give you ample information to prepare you.

#### Meet people

Meet the many Albertans who lend their moral support, find the time and resources to help children with cancer. It's a rewarding and fun experience and a great way to meet new people.

*If you are interested in becoming a member of the Shave Brigade or if you have any questions, please call Sara at 403.216.9210, ext. 228 or email her at [foster@kidscancercare.ab.ca](mailto:foster@kidscancercare.ab.ca).*



*Woodbine Elementary students rallied peers and teachers last spring to raise big dollars and lots of awareness for children with cancer, bringing in nearly \$40,000 for KCCFA kids and families.*

*McKenzie Lake School children raised close to \$10,000 for children with cancer last spring.*



*Photos courtesy of KCCFA.*

### Swanky party no sleepy affair

More than 200 guests dressed in their finest formal wear or their cuddliest PJs to take part in the first annual Posh & PJs event on Saturday, October 20 at the Art Gallery of Calgary. Entering the gallery, guests were greeted with a chilled martini poured from an elaborate ice sculpture, followed by an arresting performance by spoken word artist Möe Clark. But it was a live bachelor auction with scantily clad bachelors that really captured the imagination and pocketbooks of guests. Kudos to event organizers Matthew Hillhouse, Christina Hagerty and Dan Stuart along with KCCFA volunteers who helped raised more than \$20,000 for KCCFA kids.

*Bunny slippers, boas and boxers were the talk of the town at the first annual Posh & PJs, an informally formal charity gala, where guests got ready for bed and then stayed out all night—raising money for KCCFA kids.*

*Calgary poet Möe Clark and the Mocking Shadows entertained the pyjama-clad partiers.*

*Photos by Troy Babineau Photography*



### Mixing business and pleasure raises big bucks

Putters and hammers went head-to-head last summer when the organizers of Golf a Kid to Cure created a new community initiative called Build a Kid to Cure which significantly expanded their fundraising efforts.

#### A house in 30 days

Our Red Deer friends moved off the greens and onto the construction site last summer to build a house in 30 days. Yes, 30 days. Sorento Custom Homes and its team of trades worked

flat out 24/7 last July to build the bungalow in record time. Then they turned around and sold the house faster than they built it.

#### A day of golf

But it wasn't all work and no play in Red Deer last summer. When the work was done, the builders traded in their steel-toed boots for golf shoes and a day of golf at the Alberta Springs Golf Course.

#### \$204,652 for Alberta kids

The Golf and Build a Kid to Cure events wrapped up with more than \$200,000 for Alberta children affected by cancer. The monies will be split equally between KCCFA and the Red Deer Regional Hospital Centre of the David Thompson Health Region, where a palliative care room is being built in memory of Hayley Haupt, a Red Deer girl who passed away from cancer two years ago.



Sorento Custom Homes, the Canadian Home Builders Association, golfers, radio celebrities, trades people, volunteers and pretty much the entire Red Deer community came together last summer to make the fifth annual Golf a Kid to Cure and the first Build a Kid to Cure fundraising initiatives a success.

*Photos courtesy of the Golf and Build a Kid to Cure committees.*





## Camp & Community Outreach

### Mark your calendar

#### January

**11 Teen Night**  
(ages 13-17)  
Dinner & a Movie

**13 SunDance**  
(ages 3-12)  
Cheerleading  
Extravaganza!

#### February

**3 Graceful Arts**  
(ages 3-12)  
Marvelous  
Music Masters

**16 Family Ski Night**  
(all ages)

**28 - March 2  
Young Adult  
Conference**  
(ages 13-17)  
Canmore

#### March

**7- 8 SunDance**  
(ages 3-12)  
Cheerleading  
Competition  
Edmonton

**10 Teen Night**  
(ages 13-17)  
Flames Game

**28 -30 SunKeeper**  
(ages 13-17)  
Kananaskis

### Scenes from fall



#### Family Camp 2007

At our fall Family Camp, families gathered 'round for an invigorating morning drum circle to get the blood pumping and the rhythm flowing. There were many laughs to be had when families worked together to find their pumpkins in the Pumpkin Patch Game, followed by a giant pumpkin carving contest! Allan Laudersmith takes on the low ropes, one of the many outdoor activities families enjoyed during the October long weekend.

#### Teen Night Scream Fest 2007

KCCFA teens were spooked last October at Canada Olympic Park's annual Scream Fest. There were four haunted houses, scary games and a ring of fire magic show. A great opportunity for teens to express their shadow side, let loose, dress up and connect with friends. These mysterious masked wonders stalked the park throughout the night, adding an especially spooky edge to the festivities.

## Camp & Community Outreach



### SunDance Halloween Howl 2007

Double, double toil and trouble. Fire burn, and caldron bubble. Julie Porter and Nicole Millar sport the latest in witch and pirate fashion, while Raggedy Ann and Curious George enjoy a Twizzler at our annual Halloween Howl. Thirty youngsters came together October 21 for the party, indulging in pumpkin carving, mummy races, crafts, Dr. Goo's Lab and loads of tricks n' treats! Arrrh, Jimmy.

### Family Skate Night

The Yip family was one of ten families to take part in KCCFA's annual Family Skate night on November 2. They enjoyed a skate around the Olympic Oval along with hot chocolate, treats and arts and crafts.

### Cool Yule

Theatre Calgary delighted KCCFA families on November 27 with another presentation of the timeless tale, A Christmas Carol. A record 472 people including KCCFA families, donors and sponsors and our friends from the Alberta Children's Hospital took part in the festivities. Big thanks to Theatre Calgary and their fabulous crew for a great night.

Events take place in Calgary unless otherwise noted. Check out our website at [www.kidscancercare.ab.ca](http://www.kidscancercare.ab.ca) or call 403.216.9210 for full details.

### April

**6 SunDance**  
(ages 3-12)  
Golf Gone Wild

**11 Teen Night**  
(ages 13-17)  
Bowl Bowl Bowl

**12 Graceful Arts**  
(ages 3-12)  
Zoo Zootastic

**25 – 27 Family Camp**  
Kananaskis

### May

**2 – 4 Family Camp**  
Kananaskis

**24 SunDance**  
(ages 3-12)  
Slip, slide & climb

### June

**1 Graceful Arts**  
(ages 3-12)  
Break Dancing

**7 Teen Night**  
(ages 13-17)  
Bow Float

**27 SunDance**  
(ages 3-12)  
Family Fun Day at COP



## Perspectives

### Jennifer's Olympian journey

*Jennifer Rogers had hopes of becoming an Olympic swimmer before being diagnosed with cancer at 11. Today, Jennifer has landed a new passion at KCCFA camp. Jennifer was a KCCFA ambassador last year.*



Photo courtesy of Jennifer Rogers

When I was 11, I had dreams of becoming an Olympic swimmer. I spent my life in the pool, honing my stroke and improving my speed. I dedicated all my time to racing and training or traveling to swim meets. Swimming was my life. Time in the water was time I wasn't worrying about school or homework. It was my escape.

Little did I know that life as I knew would be turned upside down.

#### The competition

In March 2001, I was at a swim meet, one of the biggest meets of the season, when I first fell ill. Despite my greatest desire to skip the meet, I decided to race. One of the most heart wrenching moments of my life was when I was standing at the starting blocks waiting for the officials to begin the race. And I knew I was sick. It was my specialty, the two hundred metre breaststroke. Finally, the whistle prompted the heat to take the blocks. All I remember from that last race was, "Take your marks, GO!" The next four minutes were a blur, knowing it would be hard to make the finish line. I came in last and added over a minute to my time. This was in no way usual for me.

#### The diagnosis

The next morning I found myself in my family doctor's office. After a week of doctors, blood tests and missing school, we finally got a phone call. The next thing I knew I was on my way to the oncology clinic at the children's hospital.

Before I realized what was happening I was handed a blue surgical robe in the x-ray waiting room. I walked into the change room and collapsed in tears and disbelief. I remember being in that room for what felt like forever. There I was, an 11-year-old girl with acute lymphoblastic leukemia. Sixty five per cent of my blood cells were cancerous.

#### The journey

Nothing could have prepared me for what I was about to endure. Within hours of receiving the diagnosis, I was rushed into an operating room, where they inserted a Broviac catheter into my chest. They started me on chemotherapy the next day. My family and I went through a lot. Big changes. My parents and older sister were at the hospital with me every minute.

#### New hope

I believe the turning point in my beating cancer was the support I received from the hospital and KCCFA. They helped me feel like I was normal again. I realized it was okay to be bald. I met other kids who understood what I was going through. And that is exactly what the Foundation prides itself on—connecting cancer survivors. So with KCCFA, I found my new passion—CAMP.

Camp is where my heart is. It's a place where kids with cancer don't have to worry about the next round of chemotherapy or their failing immune systems. Last summer, I called camp home for two months. As a counsellor I was able to see the other side of cancer camp and its powerful impact on kids. It's amazing to see these kids affected by cancer come out the other side of their journey with a totally new perspective on life.

#### New perspective

Cancer teaches you to appreciate what you have. I've been cancer-free for six years now and the biggest thing I've learned is to live every minute to the fullest and to surround yourself with family and friends because you never know if you'll be able to experience it again.





# Our Volunteers

## Calling all medical volunteers

It takes a group of dedicated medical professionals to ensure our campers stay smiling all summer long. Our nurses, paramedics, EMTs and EMRs are devoted to providing the best care at camp while having lots of fun.

KCCFA is always looking for people to join our medical team. Whether you choose to help out for an entire week at summer camp or for a weekend during the year, your professional knowledge and care will be an asset to our kids and organization.

For more information on how to get involved, contact the manager of volunteers at [smeltzer@kidscancercare.ab.ca](mailto:smeltzer@kidscancercare.ab.ca) or visit our website at [www.kidscancercare.ab.ca](http://www.kidscancercare.ab.ca).

### Our volunteers

#### **Trevor Trefanenko – EMT, Whitecourt**

1996 to present - 2,675 hours

*Trevor, minutes before being doused with a bucket of water by KCCFA campers. A big kid himself, Trevor is always up for fun at camp.*



Unique Perspective Artistic Photography

#### **Tina Cleary – EMT, Palliser Health Region**

2005 to present - 947 hours

*Tina (left) would spend her entire life at camp if she could. Some years, she's spent up to three full weeks at Camp SunMaker. She loves the kids and loves the outdoors. Life doesn't get much better.*



Unique Perspectives Artistic Photography

#### **Collette Campbell – nurse, Stollery Hospital, Edmonton**

2001 to present - 942 hours

*Collette (below) of Edmonton, Alberta brings magic to KCCFA campers every summer at Camp SunMaker.*



## Volunteer Calendar

### TRAINING

**April 25-27**  
**Family Camp**  
Easter Seals  
Camp Horizon

**May 2 -4**  
**Family Camp**  
Easter Seals  
Camp Horizon

### OPPORTUNITIES

**Feb. 28 - Mar. 2**  
**Young Adult Conference**  
Canmore

**Mar. 15**  
**Parents' Quest for the Cure**  
Westin Hotel  
Calgary

**Mar. 17 & 18**  
**Casino**  
Calgary Casino

**July 18-20**  
**Tour for Kids**  
Sundre to Jasper

Checkout our volunteer calendar at [www.kidscancercare.ab.ca](http://www.kidscancercare.ab.ca) for full details or contact Barb Smeltzer at 403.216.9210, ext. 222 or [smeltzer@kidscancercare.ab.ca](mailto:smeltzer@kidscancercare.ab.ca) to sign up.

Tracey Stahn is KCCFA's new community program coordinator. She draws from her cheerleading experiences to help KCCFA kids and teens learn to work and play as part of a team.

## Our people

### Gives us a great big...



*"Seeing them put cancer behind them for just a day, so they can be a family again... that's what inspires me."*

"What do I like best about my job?" Tracey Stahn responds without missing a beat, "The kids and families. Seeing them put cancer behind them for just one day so they can be a family again... that's what inspires me."

Tracey is KCCFA's new community program coordinator. Ask her what she's up to and she'll

tell you all about the wild events she's planned. There's a cheerleading and stunt workshop, a break dancing session, music workshop, zoo sleepover, movie night, Flames game, mini golf and more.

Luckily Tracey has a lot of energy. And she puts lots of it into KCCFA and her other passion—cheerleading.

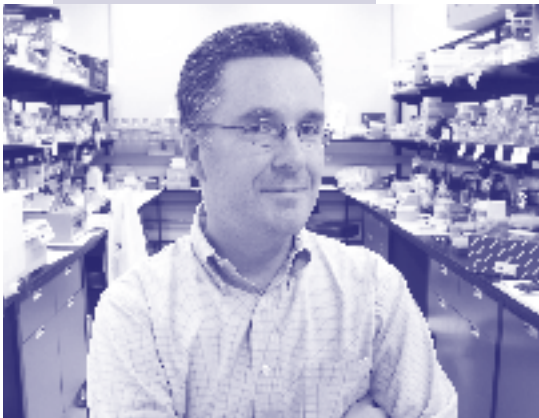
"Cheerleading is different from most sports because it isn't about scoring a goal," says Tracey. "It's demanding and it's athletic and it demands teamwork. When you're stunting or putting together a routine, you need your team mates; they're the ones throwing and catching you."

Tracey brings lessons from cheerleading to her work at KCCFA. As the SunSeeker coordinator last summer, she made sure participants received a daily dose of life skills training. While they enjoyed hiking, climbing, caving, kayaking, mountain biking and white water rafting, the teens were also assigned to teams to take on the day-to-day responsibilities of outdoor living such as building a fire and cooking.

"It really added to their experience," says Tracey, "They learned to work as a team, learned to negotiate and actually took home valuable life skills."

### Dr. Jay Cross joins KCCFA board

With a doctorate in veterinary medicine and a Ph.D. in molecular biology, Dr. Jay Cross was a shoo-in for the position of associate dean, research and graduate education at the new vet school at the University of Calgary. But what's a nice vet like Jay doing on a board for a kids cancer charity?



U of C researcher Dr. Jay Cross is helping set the direction for KCCFA's research program.

Simply put, Dr. Cross is a researcher. And his research expertise extends from the microscopic to the political. A basic scientist, his research asks questions about the very building blocks of life—cells. He asks questions about how cells grow and why they behave or misbehave as they do. In this way,

his research indirectly impacts cancer research at a fundamental level.

Moving out of the lab and into the public arena, Dr. Cross is also a respected scientist,

serving with several national research agencies, including the National Cancer Institute of Canada and the Canadian Institutes of Health Research.

And Dr. Cross has more experience in the world of pediatrics than you might first think, having served on the board of the Alberta Children's Hospital Foundation.

"There is so much research talent and potential here in southern Alberta," says Dr. Cross. "I'd like to help harness some of that while on the board at KCCFA. I haven't experienced childhood cancer first-hand in my immediate family but I've seen it in my extended family and it's devastating. I'd like to do everything I can to change this."

Combining empathy and research expertise, Dr. Cross is the perfect fit for KCCFA, where he will help set the direction for the Foundation's research program.

## Helping a family through cancer

We all fear a day when someone we know is diagnosed with cancer. When a diagnosis comes, we may feel powerless. We want to help but it can be so overwhelming we hardly know where to begin.

So how do you support a friend or a colleague facing childhood cancer? Each family is unique and will cope differently but here's a few suggestions to get you started:

### Be honest

Be honest. Let them know you aren't sure how to help but you want to. Ask them what they need and allow them to set the pace and the terms of your help.

### Help in little ways

Caring for a child with cancer demands around-the-clock attention. Juggling work and hospital schedules can be exhausting for parents already at the end of their tether. Throw in laundry, grocery shopping and the extracurricular activity of their other kids and life can quickly become overwhelming.

By tackling small day-to-day chores, you can help lessen the work and stress loads of parents and free up the emotional space they need to support their sick child. Here's a few ways you can help lessen the load:

- Take over phone duties by calling back concerned friends and relatives and updating them on what is happening at the hospital.
- Take over grocery shopping and cook a few meals for the family.
- Help out with household chores.
- Take the siblings out for an afternoon, so they get some "normal" time away from the hospital and the parents get some time alone.
- Drive the siblings to their hockey or karate classes.
- Help the siblings with their homework.

### Random acts of kindness

A kind and supportive presence goes a long way. Here's a few ways you can show them you care:

- Send a note to tell them you're thinking of them.



By tackling small day-to-day chores, you can help lessen the work and **stress load** of parents and free up the emotional space they need to support their sick child.

- Take your friend for coffee so he/she can talk or not. They may want a distraction and crave "normal" conversation beyond the constant cancer talk.
- Familiarize yourself with community resources and offer to go with your friend to check out programs. Hospital social workers are a great support and resource.
- Remember that the loss of a loved one becomes more real as time passes, so remind yourself to check in with a bereaved family three to six months after the funeral.
- If there's something you're not comfortable talking about, be honest and remind your loved one of the professional help available.
- Remember to take care of yourself too. Get the support you need to help your loved one through the cancer journey.

Be respectful and patient with the family and their cancer journey. They may just need time alone. They may need time to adjust to the countless changes coming their way. You can help by being a caring presence and providing an open invitation to help wherever needed.

## Resources out there

There are many excellent resources in Calgary for families experiencing childhood cancer. Dialling 211 will give you access to a network of resources. Or check out resources online at [www.211calgary.ca](http://www.211calgary.ca).

*KCCFA is here to help you in your quest to help. Please contact Tracey Huddy at 403.216.9210, ext.233 or [huddy@kidscancercare.ab.ca](mailto:huddy@kidscancercare.ab.ca) or visit our website at [www.kidscancercare.ab.ca](http://www.kidscancercare.ab.ca).*





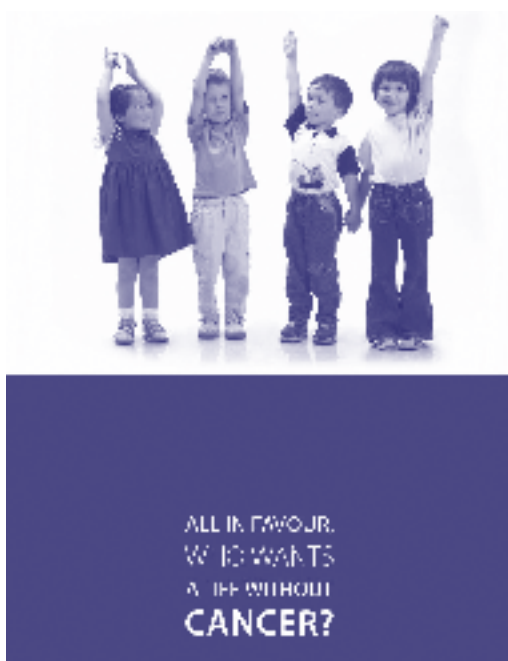
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## Fundraising Events



### Parents' Quest for the Cure Saturday, March 15, 2008 6 pm The Westin Calgary Tickets \$200

Join KCCFA for one of Calgary's premiere fundraising galas on Saturday, March 15. Last year's sold-out gala raised \$100,000 for childhood cancer research. Call Kristie Pshyk at 403.216.9210, ext. 225 or email [pshyk@kidscancercare.ab.ca](mailto:pshyk@kidscancercare.ab.ca).

### Trico Homes Ride for a Lifetime June 20 to 22, 2008 \$500 registration fee Calgary – Revelstoke

Take the high road for children with cancer next year and join the 2008 Trico Homes Ride for a Lifetime. This popular ride sells out early,

so mark your calendar. Registration opens February 1, 2008. For information, call Kristie Pshyk at 403.216.9210, ext. 225 or email [pshyk@kidscancercare.ab.ca](mailto:pshyk@kidscancercare.ab.ca).

### Tour for Kids July 18 – 20, 2008 Registration fee TBA Sundre – Jasper

Ride somewhere meaningful this summer on the second annual Tour for Kids Alberta, a breathtaking bicycle tour from Sundre to Jasper. Tour for Kids looks after all the logistics, so you're free to enjoy the ride. Last year's ride raised \$173,000 for KCCFA camp programs. To register, visit [www.tourforkids.com](http://www.tourforkids.com).

### Don, Joanne & the Coach Golf a Kid to Camp tournament Thursday, August 7, 2008 7 am Cottonwood Golf & Country Club \$500 registration fee

Join Calgary's favourite radio personalities for a day of golf at the 14<sup>th</sup> annual Don, Joanne & the Coach Golf a Kid to Camp tournament at Cottonwood Golf & Country Club. Last summer's tournament raised more than \$175,000. The tournament sells out fast, so register early. For information, call Sara Foster at 403.216.9210, ext. 228 or [foster@kidscancercare.ab.ca](mailto:foster@kidscancercare.ab.ca).

For a complete list of our events, visit our events pages at [www.kidscancercare.ab.ca](http://www.kidscancercare.ab.ca).



*We appreciate the opportunity to communicate with you about KCCFA's activities. If you wish to alter the amount or type of mail you receive, please call us at 403.216.9210 or email [staff@kidscancercare.ab.ca](mailto:staff@kidscancercare.ab.ca).*

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