

**kids
candidly**

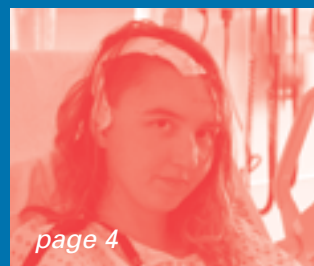
YOUR GIFTS AT WORK, TRANSFORMING THE LIVES
OF CHILDREN WITH CANCER

**kids
cancer care**



in this Issue

Kayla



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CEO message

dear friends,



Every day, I see the fruits of your generosity—research made possible by you, young people pursuing their dreams with the scholarships you fund, a newly renovated camp that our families now call home. All because of you.

As we make the final touches at Camp Kindle, the capital fundraising campaign is also nearing completion. Spring is here and, already, Camp Kindle is buzzing with activity from outside groups renting the new facility. Every rental helps offset the cost of running our camp programs, so this is good news. But none of it would be possible without you.

I love spring and summer! With all the fundraising events, it gives us a chance to get out and meet you. If you cycle, run, walk, golf, ride a motorbike or just

need a new haircut, please join us! And, if you haven't been to Camp Kindle yet, please make a trip this summer. I know you'll love it.

Thank you for helping us to create and nourish the caring community of Kids Cancer Care. Your compassion and generosity is deeply appreciated and richly lived by so many Alberta children and families. Thank you.

Sincerely,

Christine McIver, M.S.M., CFRE,
Founder & Chief Executive Officer

you can
be a part of
something big

**"Every day, I see
the fruits of your
generosity."**

– Christine

you are supporting something vital

research reveals healing power of cancer camp

Three years ago, when Dr. Catherine Laing set out to understand the role of cancer camp in the lives of children with cancer and their families, she considered them a luxury, superfluous to the healing and recovery of the children who attend them.

Her research proved otherwise.

"Curing cancer is just half the battle," says Laing, a University of Calgary PhD student, registered nurse and former patient care manager at the Alberta Children's Hospital cancer unit. Caring for children with cancer is twofold. While medical professionals address the complex physical needs of children with cancer, camps address their emotional and psychological needs.

"I've come to see camp as an intervention," says Laing, whose research into cancer camps, and the families who attend them, exposed one of the less visible fallouts of children's cancer—the long-term psychological and social effects similar to post-traumatic stress disorder.

**"I've come to
see camp as an
intervention."**

– Catherine



Photo: Unique Perspectives Photography

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news & media

facebook



You can see all the great photos, video and audio clips from our camp and fundraising events all year-long. Become a fan at Kids Cancer Care Foundation of Alberta.

all a-twitter



You can follow us on Twitter @kidscancercare for the latest news and events.

youtube



Check out our videos on our YouTube channel KidsCancerCare.

website



Stay up to date with the latest news and events and find out how you can get involved at kidscancercare.ab.ca.



Unique Perspectives Photography

Camp Kindle

Thanks to you, gifts for the Camp Kindle Capital Campaign continue to come in. The last project on our camp to-do list is the old dam. Kids Cancer Care is working with Alberta Environment and First Nations groups in the area to replace the old dam and restore the river system and habitat in the area, which were compromised during flooding.



Unique Perspectives Photography

2013 research grants awarded

The Kids Cancer Care Chair in Pediatric Oncology Research, an endowed chair made possible by you, recently awarded \$125,000 in grants to the following research projects at the University of Calgary and Alberta Children's Hospital:

Dr. Carol Schuurmans - \$50,000
Deciphering the Molecular Mechanisms Underlying CPC Formation in Pediatric Glioma;

Drs. Nicole Culos-Reed and Carolina Chamorro - \$20,000
SCORE Study: Stem Cell Patients Ongoing Recovery through Exercise;

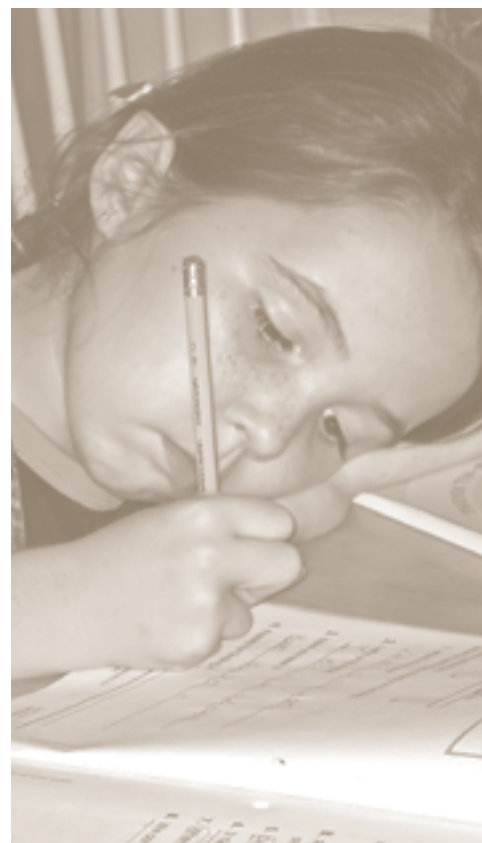
Drs. Kathy Reynolds and M. Spavor - \$25,000
A Comparison of Two Models of Follow-up Care for Adult Survivors of Childhood Cancer;

Dr. Nancy Moules - \$30,000
Investigating the Effects of Childhood Cancer on the Parental Subsystem Relationship.

U.K. research reveals impact of cancer on child's education

New research out of the U.K., published by CLIC Sargent, reveals that a cancer experience seriously disrupts a child's education and development. Researchers found that children feel left out and left behind when returning to school after cancer treatments. Thirty five per cent of the 221 parents interviewed reported that their child experienced bullying or teasing because of side effects from the treatments, i.e., hair loss from chemotherapy or weight gain from steroids. Another 47 per cent said their child grew apart from friends during their cancer treatments and that the child's school didn't help facilitate contact with peers and friends while the child was away from school. The study concludes that improved communication between families, health and education professionals is needed to ameliorate some of the damaging effects of cancer in and around the classroom.

For the complete study, visit www.clicsargent.org.uk/content/no-child-cancer-left-out





**feature
story**

*"I pray you never
have to sit in a
room and hear
such things."*

– Shannon

KAYLA and SHANNON

Photo: Matt Palmer Filmmaker Photographer

you are helping them live today

"Kayla has a large 7 cm tumour in her brain. She has been scheduled for surgery to remove it. I will not minimize how challenging it was to receive this news—I pray you never have to sit in a room and hear such things."

Kayla's cancer diagnosis in November 2012 came only two months after her mother's diagnosis on September 11—exactly 12 years to the day that her mother Shannon was diagnosed with breast and bone cancer when, Kayla was only three. Now it was back.

This time, Shannon wasn't able to shield Kayla from the shocking news. They were in the car, when the call came through the Bluechip speakers: "Shannon, your results are in. It isn't good. In fact, it's really bad."

Shannon turned to her 15-year-old daughter, sitting in the passenger's seat listening, tears streaming down her cheeks.

Her impulse to protect her daughter from the devastating news was shattered. And it would be destroyed once more in November, when Kayla herself was diagnosed with stage 4 brain cancer.

There was not one, but two, tumours growing in Kayla's brain. Kayla would undergo three brain surgeries in a matter of weeks, followed by chemotherapy and radiation.

A single mom, Shannon is now juggling intense hospital schedules, work, school and extra-curricular activities, while on treatment herself. No wonder she's tired.

Life has taught Shannon that ultimately she cannot protect her children. She cannot protect Kayla or Tyler (13) from the harsh reality of disease or death, but she can teach them to live. And this she does with wisdom and a deep reverence for life.

"One of the gifts of my cancer 12 years ago was it freed me out of my boxed-in life and taught me how to truly live," says Shannon. "To experience the gifts of Carpe Diem—to seize each and every day—no matter what life throws in your path."

Shannon quit her high-powered position at Microsoft in 2000 and started living the life she wanted. In 2005, she and the kids took a year off to travel the world.



With the love and support of good friends, a Carpe Diem Fund was recently set up for the family to ease some of the financial burden.

With Carpe Diem as the family mantra, the Duke-Schewes have been busy. Cancer diagnoses and treatments be damned. Shannon and her children are living life deeply and richly.

But Carpe Diem isn't just about checking things off your bucket list or about cherry-picking the good experiences. "It's about truly living each moment as it comes," says Shannon. "Sometimes that means curling up in bed together and crying, being real with the darkness and then savoring all the beautiful, sweet moments within it."

And there have been many beautiful moments to savor along their dark journey.

"It has been really amazing to sink into this as a family again," Shannon says. "Cancer has been about this incredible healing community of friends and family, helping others and giving to others. Our family truly experiences the deepest of love and friendship."

[continued on page 6]

Channeling superhuman courage for the long battle ahead

When given the option to decorate her radiation mask, Kayla chose to turbo-charge it with the superhuman powers of *Lady Deadpool*, an *X-Men* character known for her regenerative healing factor, superhuman stamina and immunity to disease. If *Lady Deadpool* was indeed Kayla's alter-ego, the list of superpowers would have to expand to include a gutsy Carpe Diem attitude, a mother's deep love and, of course, you—our donors, volunteers and families who help ease the superhuman burdens these kids are forced to carry.



Photos: Matt Palmer Filmmaker Photographer

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Thanks to you, our generous donors and volunteers, Kayla and Tyler also have a blissful week of Carpe Diem to look forward to at Camp Kindle this summer. Here, they'll be embraced by a healing community of cancer survivors, patients and families.

But before heading off to camp this summer, Kayla is pre-sampling the camp experience in the 2013 High Hopes Challenge, presented by City. Barely off cancer treatments, Kayla is now preparing to master a series of mental and physical challenges at Camp Kindle.

"She's an amazing girl," says Shannon. "She inspires me every day with her courage and her amazing perspective."

An over-achiever, Kayla has already raised \$5,000, with the help of her best friend Lauren, who shaved her head last March and raised \$12,000 for the Carpe Diem Fund. Together, this dynamic duo decided to donate \$5,000 to the High Hopes Challenge to help Kayla's corporate challenger, Carol Oxtoby, reach her \$10,000 goal.

"One of the gifts of my cancer 12 years ago was it freed me out of my boxed-in life and taught me how to truly live."
– Shannon



Photo: Matt Palmer Filmmaker Photographer

"Our family is surrounded by so much love and friendship," says Kayla. "I know how it feels to receive that love and support. I want to make sure other kids know that feeling too."

The circle of love and support in the Duke-Schewes's life is far and wide, reaching beyond their immediate circle to complete strangers like you—the unseen heroes in their lives, who give them something more to live for—a week at camp, a scholarship when they're ready, hope through research and hospital programs. ■



Photo: Mark Derry Photography

[continued from page 2]

Laing interviewed six families affected by childhood cancer and five counsellors at Camp Kindle as part of her doctoral thesis. Her research revealed that cancer camp helps children and their families in three key ways:

1. **To find acceptance** and a sense of belonging when forced isolation and harsh medical interventions leave them feeling estranged from their peers;
2. **To understand** their grief in a new light, as something to be lived rather than conquered; and
3. **To make sense** of their traumatic experiences through storytelling and sharing with others in similar situations.



As survival rates increase and more children overcome the disease, more and more young people are facing the long-term effects of cancer treatments. Sixty per cent of children who survive cancer today live with debilitating after effects such as blindness, deafness, growth issues, mobility issues, fertility problems, heart and kidney issues and psychological trauma. As more children live beyond cancer, the need and demand for cancer camps



Unique Perspectives Photography

increase, but as Laing points out, these camps rely on private funding. Their sustainability hinges on the goodwill and generosity of donors like you. ■

Laing's research was funded by the Alberta Children's Hospital Foundation.

what's up
at kindle?

you transformed our ranch house into a healing space for families

After a week of intense 18-hour days last fall, the old ranch house at Camp Kindle was transformed into a warm and welcoming retreat for families seeking respite on their cancer journey.

*"This whole house is filled with sunshine and TLC... It's a good karma space."
– Christine McIver*



Although the old ranch house was in serious need of a makeover, it wasn't included in the construction plans last year due to limited funds. Thanks to **CTV** and **Albi Renova**, who donated their time and materials during *Operation Renovation*, this old house received its makeover after all.

With a modern new kitchen and living room, featuring high-end appliances and furnishings, the ranch house inspires a whole new feeling in visitors today.

"This whole house is filled with sunshine and TLC," said Christine McIver of Kids Cancer Care. "Some of our families have just received their diagnosis, so they're very vulnerable and very raw. They've just entered this frightening and alien world of cancer, so we want to offer them a different kind of world, a quiet, healing space that feels safe and this place is it. It's a good-karma space."

Volunteer crews from CTV, Albi Renova and Kids Cancer Care worked long hours September 24 to 28, modernizing the space, which now features a fireplace and a quaint den off the living room, two modern bedrooms,



a playroom for kids and a wheelchair ramp for families with mobility issues.

"Our goal was to make this place feel like a home, and it needed a lot of work," says Brian Maurer, president of Albi Renova. "We had tons of little projects around the house, but it all came together. It'll be a nice space for these families."

When the ranch house isn't being used by families, it is available for rent for corporate retreats and other purposes. Revenue from camp rentals helps cover the cost of running camp programs for children with cancer.

For information on Camp Kindle rentals, visit **campkindle.com** or call **403 637 3975**. ■

**thanks to you, families will find
respite at Camp Kindle**

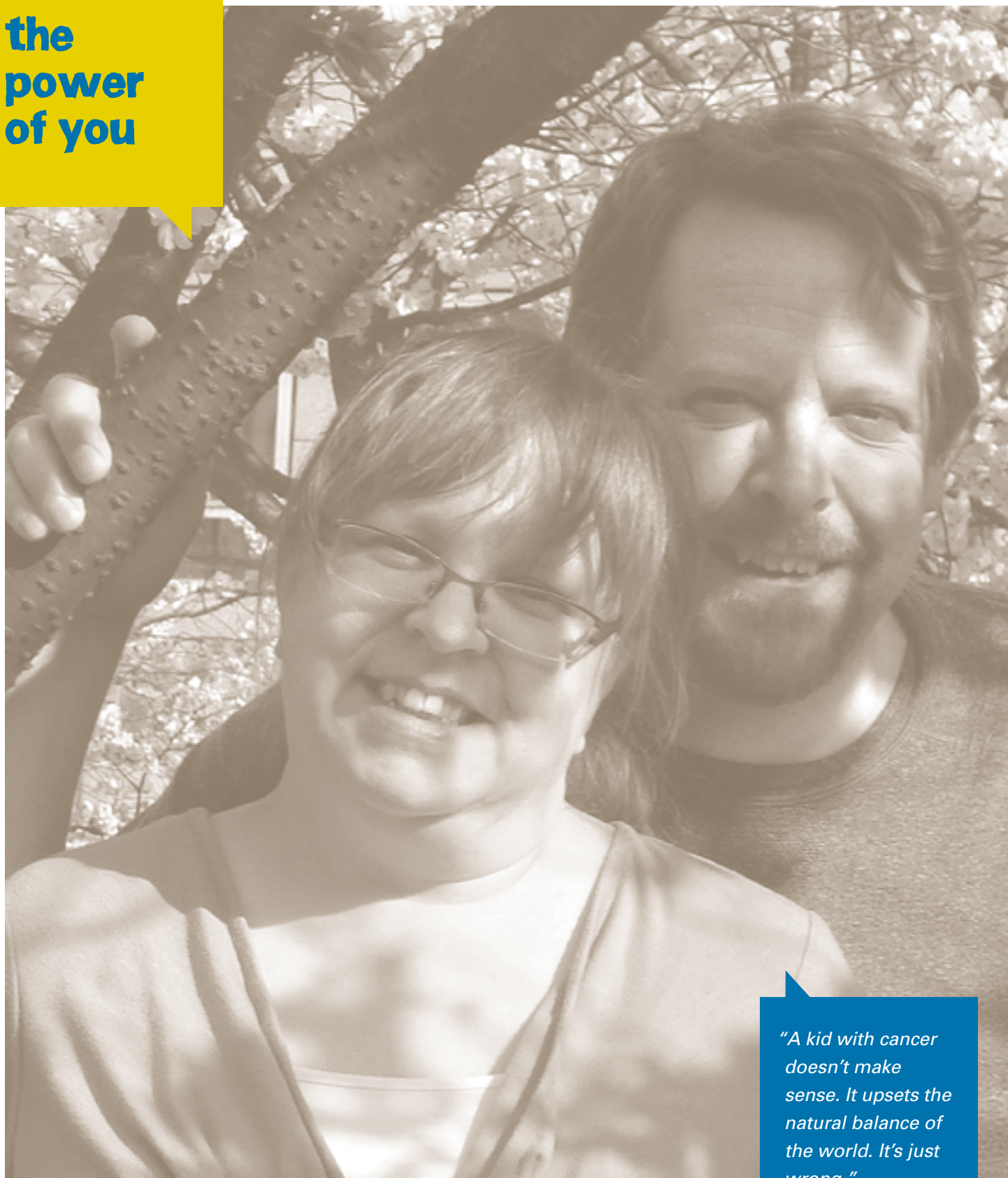
Thank you CTV and Albi Renova and to your friends and contractors for transforming the ranch house at Camp Kindle. Your generous gifts of time and materials will give Alberta families the peace and quiet they seek during their cancer crisis.

After 8 Interiors
Anvy Digital
Benjamin Moore
Brendan and Jackie Altwasser
Mark Finot Mechanical
Rob Rowe
Smart Site
Terikita Electric

To see live footage from the 2012 CTV Operation Renovation, visit **calgary.ctvnews.ca/more/2.1198**



**the
power
of you**



*"A kid with cancer
doesn't make
sense. It upsets the
natural balance of
the world. It's just
wrong."*

– Michelle

Michelle and Michael Mee

in their lives, you are a hero

Michael was riding his bicycle to work one morning, when he blacked out and hit his head. A few hours and a couple of x-rays later, Michael was standing on a gurney, screaming at his older sister Michelle for admitting him to the hospital.

At 20, Michelle wasn't much older than her 16-year-old brother, but their parents were in Maui and the doctors needed to act quickly. Michael had a tumour about the size of a heart in the middle of his chest—Hodgkin's lymphoma.

Michelle remembers the phone call to her parents that day: "Mom, you have to come home. Michael has cancer."

Little did Michelle know that she and her husband, also named Michael, would one day be fighting the disease on a grand scale, joining 340 monthly donors like you, who walk among us daily, unmasked and unsung.

Although Michael survived cancer without many serious long-term side effects, the disease became a recurring theme in their lives: children of close friends, neighbourhood kids, children at school. "Every time I hear about another child, I think, 'Thank God it's not my child. What if it was my child?'" Michelle admits. "If it was my child, I would want at least some hope."

When Jaymee, a girl from their youngest daughter's dance class, was facing her second battle with cancer, Michelle and Michael decided it was time to get serious.

The only way kids like Jaymee would have hope was to support children's cancer research through Kids Cancer Care's League of Superheroes. Michelle and Michael have been giving \$50 every month for the last two years.

"It's not much, but it's what we can afford," says Michelle, a stay-at-home mom. "It's not like I have a cure for cancer in my back pocket, but we do have money."

Her husband Michael appreciates the convenience and the efficiency of monthly giving. "It's so easy. You set it up and you never think about it. I like knowing that more of our money is going to research because monthly giving streamlines things. It cuts down on overhead costs like mailing."

"A kid with cancer doesn't make sense," says Michelle. "It upsets the natural balance of the world. It's just wrong."

Although Michael and Michelle don't wear masks and capes and they don't have a magic cure in their pocket, they do start each day with a vow to restore the natural order of things by making childhood cancer research possible. ■



thank you for being a superhero

Thank you for being a superhero for children with cancer through your monthly gifts. Your generous gifts make the work of scientists and oncologists possible, giving children and families a tiny parcel of hope.

you can do it

5 steps to financial fitness

The best things in life may be free, but financial stressors are not. These silent but ever-present stressors can exact a heavy price on your physical and mental health and on your relationships. If you're concerned about your finances, try these 5 steps to building financial wellness.

1. Take a financial fitness test

As with any fitness program, getting financially fit starts with a fitness appraisal. Start by adding up all your income sources, including employment or business income, investments, and all your assets (any item you own worth over \$250). Next, tally up your debts, noting the interest rate of each debt. Now, determine your financial picture. Do you make enough to cover your debt? Is your debt good debt, i.e., a home mortgage, or is it bad debt, i.e., credit cards? Can you cut expenses to save money?

2. Make a financial plan

Ask your financial advisor to help you create a plan. If you don't have an advisor, find a good guide, such as *Stretching Your Goals—Budgeting Basics*, available online at alis.alberta.ca. Monitor your spending and revisit your plan regularly, making adjustments as needed depending on changes in your health, career or family.

3. Pay yourself first

Even if you have debt, put away a little money from every pay cheque. While putting away 10 per cent of your income would be ideal, even small amounts add up over time.

4. Build a nest egg

Do you have enough money to pay for car repairs or a plumber or for a family emergency? Try to set aside a minimum of three months' income. This way, when an emergency hits, you won't be adding more debt to your high-interest credit cards.

5. Pay debt down quickly

Start with the highest interest debt and steadily pay it down. Paying off high-interest debt can increase your net worth faster than saving money.



Once you achieve a base level of financial fitness, you can begin exploring the meaning and value of Registered Retirement Savings Plans, Tax Free Savings Accounts and Guaranteed Investment Certificates. Find a qualified financial advisor to help you choose the right tax saving methods for you and begin preparing for retirement. ■

This article was abridged and adapted with permission from Apple Magazine's 2013 winter issue. For the complete article, visit

www.albertahealthservices.ca/apple/Images/app-winter-2013.pdf.

For more resources on improving your financial literacy and knowledge, visit Alberta Learning Information Service at alis.alberta.ca or visit your public library.

how you
can help

6 things you can do this spring



Run, walk or cheer

Go the distance on May 26 in the Scotiabank Calgary Marathon and help a child with cancer. Whether it's beating your personal best in the 42.2 km, ambling along in the 5 km or cheering on your favourite team, you can help children with cancer by making Kids Cancer Care your charity of choice. Get a team of runners or walkers together or join the Kids Can team.



Cycle

Ride somewhere meaningful July 19 to 21 on the 2013 Tour for Kids Alberta, an epic three-day tour through Banff National Park. Every dollar you raise helps send children with cancer to Camp Kindle.

Ride

Pull out the sunglasses and chaps, it's motorcycle season. Join us on **the Ride for a Lifetime, June 21 to 23**, and make a difference when you go the distance on some of Canada's best open roads.

you can help

Please contact us at **403 216 9210** or **staff@kidscancercare.ab.ca** today.



Shave

What better time to go super short, or even bald, than summertime? Show a child with cancer you care with a new look. **Book your shave today.**

Golf

Dust off the clubs and join Kids Cancer Care at one of the many charity golf tournaments this season.

Just one thing

Childhood Cancer Awareness Month is September and all you need to do is ONE thing to help a child. Whether it's signing on as a monthly donor, cycling in the Indy Bike Challenge or sharing the love through our chalk campaign, you decide what that one thing is and we'll help you get it done.



events

you can get involved

To find out how you can get involved in our fundraising events as a participant, volunteer or sponsor, contact us at 403 216 9210 or staff@kidscancercare.ab.ca.

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COVER PHOTO: Mark Derry Photography
All photos courtesy of KCC archives unless otherwise noted.

save the date

PEER (Pediatric Cancer Survivors Engaging in Exercise for Recovery)

April 17 – June 26, 2013
Wednesdays 5:30 pm – 6:30 pm
Gordon Townsend Gym at the Alberta Children's Hospital

Mother's Day Brunch

Sunday, May 12, 2013 11:00 am – 2:00 pm
Camp Kindle

Scotiabank Calgary Marathon

Sunday, May 26, 2013
Stampede Park



Survivor Day

Sunday, June 2, 2013
Camp Kindle

Ride for a Lifetime

June 21 – 23, 2013
Calgary > Cranbrook > Nelson > Cranbrook

Tour for Kids

July 19 – 21, 2013
Banff National Park and the Ice Fields Parkway

We appreciate the opportunity to communicate with you about our activities. If you wish to alter the amount or type of mail you receive, please contact us at 403 216 9210 or email staff@kidscancercare.ab.ca.

Don & Joanne Golf a Kid to Camp tournament

presented by Trico Homes and XL 103 FM
Thursday, August 8, 2013
Cottonwood Golf & Country Club

Dragon Boat Race

Kids Cancer Care Parent Team
August 10 – 11, 2013

Childhood Cancer Awareness Month

September 2013
Various events and locations

Indy Bike Challenge

Sunday, September 15, 2013
Glenmore Athletic Park & Velodrome

Dad & Daughter Gala: Under the Big Top

Saturday, October 26, 2013
BMO Centre, Hall D
Calgary Stampede Grounds



Photo: Mark Derry Photography

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