

**kids
candidly**

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

**kids
cancer care**



**in this
Issue**

laura

page 4



CEO message

dear friends,



you can be part of something big

You can be part of the community of Albertans who create a legacy of joy for kids by donating to the Camp Kindle project. Give online today at kidscancercare.ab.ca

To learn more about the Camp Kindle project, contact Trish Matheson at matheson@kidscancercare.ab.ca or visit us online.

As I write this note, I must admit I feel weary from all the doom and gloom surrounding the markets and the constant economic analysis. Maybe you feel the same way. Enough already.

Yes, we need to be aware of the swirling economic forces, but life must go on. And so we continue to serve Alberta children and their families affected by cancer. Thankfully, many of you have stayed by our side. Thank you. You have laid the foundation upon which we are building today.

We have officially broken ground and started renovations at Camp Kindle. This is an important milestone in the history of Kids Cancer Care. My sincerest thanks go to the many donors who are making these renovations possible. You have shared in our vision of what is possible and, for this, I thank you.

Creating a children's cancer camp in Alberta has been many, many years in the making—and we're almost there. I hope many more of you will join us over the next six months as we move toward our \$8 million goal. And, I hope you join us at Camp Kindle this summer, so you can see what you have built.

Sincerely,

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



happy camper

When Johann packed her bags to go to camp last summer, she did what most kids do. She packed her swimsuit—only to discover later that, at Camp Kindle, there is no pool. But Johann and some 400 other kids will be pleased to know that next year swimsuits are a must, because this time, there will be a pool.

Kids Cancer Care embarked on a \$8 million fundraising campaign last winter to raise money for upgrades and renovations to Camp Kindle. A new pool for kids like Johann is one of the many upgrades in the works.

Johann was the first kid in Alberta to personally thank the three cancer agencies, who kick-started the fundraising campaign with an

\$875K gift. To show her appreciation, Johann presented Camp Kindle t-shirts to representatives from the Alberta Cancer Foundation and the Canadian Cancer Society, Alberta/NWT Division. The Kids with Cancer Society of Edmonton also contributed to the \$875K gift, but was unable to attend the thank you reception

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photo (front row L-R): Johann and Jaiyann joined Christine McIver (centre) of Kids Cancer Care in thanking Dan Holinda of the Canadian Cancer Society, Alberta/NWT Division (left) and John Osler of the Alberta Cancer Foundation (right) for their lead donation to the Camp Kindle project.

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

See our stories of hope and courage. Check out our YouTube channel KidsCancerCare.

website

Like our new look? Make sure you check out our new website at kidscancercare.ab.ca. Stay up to date with the latest news and events, and how you can be involved.



Kindle project on its way

Construction at Camp Kindle is under way. The first building to go up was the new pole barn, the go-to indoor space for stormy weather days. New infrastructure, such as the sewage and water lines, are now in and the concrete for the pool has been poured. Follow our progress on Facebook with up-to-the-minute photos and check out page 10 for photos of the new ropes course.

Inside Ride rips across Canada

The National Inside Ride rolled into Calgary this past September for a cycling and fundraising extravaganza at Bankers Hall. Starting in St. John's, Newfoundland and ending in Victoria, BC, the event toured Canada in honour of Childhood Cancer Awareness Month and raised more than \$364K for children's cancer charities across the country. The Calgary leg of the event raised more than \$18K for our scholarship fund. Special thanks to Coast to Coast Against Cancer and volunteers across the country for organizing another stellar fundraising event.

Brain gain

Three cancer clinician-scientists have joined the Children's Cancer Collaborative at the Alberta Children's Hospital and University of Calgary. They will be among the next generation of cancer experts collaborating across disciplines to find new treatments and cures for Alberta children.

- Dr. Xiao Guang Hao, an accomplished neurosurgeon, left his posi-

tion in China to join the Calgary team and is busy applying his clinical knowledge from the operating room to in the research lab, where he is investigating pediatric brain cancers;

- Dr. BoYoung Ahn is turning her extensive knowledge in breast cancer research to children's cancer research, looking for new treatments for neuroblastoma, one of the most common and most aggressive cancers in infants;
- Dr. Paul Beaudry's (pictured left) biggest challenge in the operating room, where surgically removed cancers stubbornly return, have compelled him to look for new solutions for children with neuroblastoma in the research lab.

(from the Alberta Children's Hospital newsletter, *Donations at Work*)

Business leaders up for the challenge

Ten Calgary business leaders took on the High Hopes Challenge at Camp Kindle last June and raised \$165K for Kids Cancer Care. Navigating the ropes course and zip lines like pros, the challengers battled their fears, cold winds and rain. But nothing dampened their spirits that day. Special thanks to our presenting sponsor Citytv and our official print sponsor the Calgary Herald for making High Hopes possible.

photo (below): Crispin Arthur, chair Kids Cancer board of directors and Mallory, his kid coach at the High Hopes Challenge.



continued



camp

FINALLY HOME

**you can
create a
healing
community**

Thank you for making
camp possible:

Alberta Lottery Fund
Enerflex
Don & Joanne Golf a
Kid to Camp
CIBC Children's
Foundation

finally home

“Laura, you’re not supposed to come here and die, because Christmas is coming. Santa is coming. The snow is falling. There are so many good things in life Laura. Let me have more time with you, please.” - Diana, mother

Imagine you are a mother, living in a small city in Columbia, with your family. Your three children are young, two boys and a girl. Your husband is working in the oil patch, a job that takes him away for weeks at a time. Your country is no longer safe and you fear for the welfare of your family.

One day, you realize there is something wrong with your daughter, only three years old. After several visits to the doctor, a diagnosis. It is the most frightening news you can imagine—cancer. In the brain. Your local hospital doesn’t have the resources to treat it, so you move to a big city, where you know no one. You’re forced to take odd jobs around the hospital for meals or stop by nearby restaurants for daily leftovers.

Your daughter nearly dies—falls into a coma, not once, but twice. Four brain surgeries result in only marginal, temporary improvement. You’re scared and you miss your boys and husband back home.

In the meantime, your family is threatened by yet another danger—you have come to the attention of

local rebel forces and these threats are real. You and your husband have very few options but a friendly country accepts you as political refugees. You flee.

Reaching your new home is a relief and you feel safe, at last, but it is a wrenching experience. Imagine living in a country with a language

Imagine that you have spent so much time at the hospital that your sons are beginning to resent you. More surgeries—three of them. Your daughter falls into a coma on two more occasions. But her condition is stabilizing.



you do not speak, a climate that is different, a culture that is new and confusing with a critically ill child. You are miles from your family and friends.

Within days of arriving in Canada, your daughter is rushed to the children’s hospital. Her condition is critical. Imagine, again, the anxiety, the dread, the desperate prayers. This hospital is state-of-the-art technically, but even here, the gravity of your daughter’s condition is overwhelming. The cancer is buried deep, so deep that it can only be partially treated. It takes hours to find someone to translate the pile of medical records you brought from home.

Now imagine discovering a healing community, with children who have shared your daughter’s journey, parents who understand your concern, your anguish and your courage.

This story is not imaginary. The family’s name is Manrique: the daughter’s name is Laura. They came from Columbia. The healing community is Camp Kindle—created by you.

photo: (above): The Manrique family (counter clockwise) Laura, Diana David, Gonzalo and Caleb have fun at Family Camp.

photo: (left): Laura is all smiles at Family Camp.



**the
power
of you**



NATHALIE'S RIDE

“Seeing Stephen on his bike and realizing all he’d been through was incredible. There was no way in hell I could walk away without doing something. It was one of those life-changing moments where I felt like I’d been struck by lightning.” —Nathalie Leger

“Can I still ride my bike?” The question escaped Nathalie before she realized what she was asking her doctor. During a tumultuous year of enormous change and uncertainty, cycling had become a touchstone in Nathalie’s life. She wasn’t prepared to give that up easily, not even for surgery.

Since her very first encounter with Tour for Kids in 2010, cycling had become more than just a past time. It had become a symbol of courage, strength and dignity found in the most unlikely of places.

“Two years ago, I volunteered at the Tour for Kids kick-off where Stephen Radu shared his cancer journey,” recalls Nathalie. At 13, Stephen was diagnosed with an aggressive brain tumour and, as a result of intensive treatments, he lost all movement and speech. Four years later, after months of physiotherapy and speech therapy, Stephen trained hard to ride 25 kilometres a day in Tour for Kids.

“Seeing Stephen on his bike and realizing all he’d been through was incredible,” says the 43-year-old Calgary cy-

clist. “There was no way in hell I could walk away without doing something. It was one of those life-changing moments where it felt like I was struck by lightning.” It was in that moment, Nathalie decided she would take part in Tour for Kids the following year, but this time as a cyclist.

With Stephen in her heart, Nathalie found her inner-strength and began training for the three-day cycling adventure. She pushed herself and challenged her body and, as time went on, Nathalie craved the rush of excitement and the release that cycling provided.

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photo (L-R): Warren Barnes and Nathalie Leger are doing great things for children with cancer through Tour for Kids, an annual cycling event that raises money to send children to camp. (photos courtesy of Nathalie)

nathalie's ride *continued from page 6*



This past July, Nathalie returned to Tour for Kids with her worn-in bike and fierce determination to make a difference. She was thrilled to see Stephen and his family back on the tour and was once again re-energized by his captivating spirit.

Nathalie knew the three-day ride was going to be difficult, but with Stephen and the other cyclists at her side, she finished the tour and surpassed her

goal, raising \$1,070 to make the magic of summer camp possible for kids like Stephen.

As Nathalie faces her own health challenges today, Tour for Kids and Stephen are always with her. "My comfort words have literally been, 'If Stephen can go through his journey with such courage and dignity, so can I.'"

you can do great things

You are doing great things Alberta! You raised more than \$300K to send kids like Stephen to summer camp. Thank you Nathalie, and all the riders, sponsors and volunteers of Tour for Kids - your strength inspire us!

happy camper *continued from page 2*



you can inspire joy in kids

Thank you Kids with Cancer Society, Alberta Cancer Foundation and the Canadian Cancer Society, Alberta/NWT Division, for leading the way in building a better camp for children with cancer.

"Thank you for helping Kids Cancer Care make Camp Kindle even better by putting in a pool and by supporting our camp," said the 11-year-old cancer survivor. "It really makes a difference in our lives. It is proof that we can still be kids and have fun, even with cancer."

The gift from the cancer agencies set the stage for a successful fundraising campaign. To date, Albertans have given a total of \$5 million to the project, leaving another \$3 million to raise over the next six months.

"I am humbled by the support we've received for this project so far," said Christine McIver, Founder and CEO of Kids Cancer Care. "I think Albertans want to see charities working together like this, leveraging resources to help families facing cancer. The gift from these cancer agencies speaks to that spirit of collaboration."

The \$8 million construction project began this fall and will be finished in June 2012, in time for summer camp.

In addition to a new pool, upgrades to several older buildings and the camp roadways and infrastructure are in the works. Some older buildings such as the camper dorms, main lodge and medical clinic, will be replaced altogether. A new ropes course, double zip line and climbing wall were installed earlier this year.

When camp opens in 2012, Johann and her friends will see a new pool, but the purpose of the renovation project goes beyond building new recreational facilities. The upgrades will make Camp Kindle more accessible for kids with disabilities, more hygienic for sick children and will bring the facility up to current building codes.

photo: Johann is a happy camper these days. She's looking forward to jumping into the new pool at Camp Kindle this summer, made possible by gifts totalling \$5 million to date from Albertans.

scholarship

evan's fight

"Anything is possible. You can be told you have a 90% chance, a 50% chance or a 1% chance, but you have to believe, and you have to fight."—Lance Armstrong

No one knows the wisdom of Lance Armstrong's words better than Evan Shaw.

When Evan was eight, he and his parents boarded a flight to New York—a journey that would change their lives forever. The cancer in Evan's spine, which had been removed when he was five, was back and he was scheduled for surgery with one of the world's top neurosurgeons.

Had he known what awaited him, Evan may not have walked into the hospital that day. Evan suffered permanent nerve damage during the surgery that would cripple him for life. It was the last day he ever walked again.

So began the fight of his life.

"When I first came home, Mom had to wake me up every hour to turn me over because I couldn't move at all," recalls Evan, a third-year business student at Mount Royal University. "I was completely immobile." Over time, with hard work and discipline, Evan regained the strength and mobility of his upper body, enabling him to use a wheelchair to get around.

Evan's mom became a stay-at-home mother, which financially taxed the family at a time when they needed money most. Wheelchairs and travelling across the continent for specialized surgeries and cancer treatments are not cheap.

Evan's childhood was tough, measured by meetings with medical specialists bearing weighty titles—oncologists, neurosurgeons, physiotherapists, chiropractors and occupational therapists.

Even today, life remains a challenge for Evan—although he would be the last to admit it. The simplest task, such as washing dishes or getting to class, must be carefully planned and orchestrated in his world. Pain is a constant companion.

Evan refuses to allow his disability to stop him. At 20, he is fully independent. Although living at home would be cheaper, Evan chooses to live in residence because it relieves his family from caretaking responsibilities and it relieves him from travelling to and from school. Evan also chooses city transit over the specialized transport service, to which he's entitled.

continued on page 10

photo: With a scholarship from Kids Cancer Care, Evan Shaw is making his mark in business.



"I feel I have something to prove in life"—Evan

you can help kids make their mark

This fall, 54 cyclists pedalled hard in the National Inside Ride and raised more than \$18K for the Kids Cancer Care Derek Wandzura Memorial Scholarship Fund. Thank you. By supporting our endowed scholarship fund, you are helping young people like Evan live their dreams.

Do you have a caregiving story to share with our readers? Please email staff@kidscancercare.ab.ca.

when caring costs

“There are only 4 kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.” — Eleanor Rosalynn Carter

Caretaking, in Rosalynn Carter’s estimation, is an unavoidable condition of being human. Sooner or later, we all find ourselves in a caretaking situation.

Although caring for a loved one is a centuries-old act of love and kindness, the demands of the modern world aren’t particularly conducive to caretaking. Two-income households are the norm in North America and the responsibility of caring for a sick or disabled loved one often comes with a full plate of prior commitments. And it often comes at great expense to the individuals and families involved. Changes in the family dynamic, disruption of household routines, financial pressure and the sheer amount of stress and work involved can take their toll on families.

Whether you find yourself caring for a child with cancer or a parent with dementia, it’s important to learn to care for yourself. Be on the alert for caretaker burnout, a state of physical, emotional and mental exhaustion. It can happen when caregivers don’t get the help they need or when they try to do more than they are able to.

If you check two or more of the symptoms below, find ways to care for yourself immediately.

Once you burnout, caretaking is no longer a viable option for you or your loved one. Take your emotional and physical well-being seriously. Give yourself permission to rest and to enjoy life again and begin to incorporate daily acts of kindness for yourself.

tax breaks

You may be eligible for a caretaker tax credit and your loved one may be eligible for a disability tax credit.

registered disability savings plan

A registered disability savings plan is a non-tax deductible savings plan designed to help parents and others save for the long-term financial security of a person who is eligible for the disability tax credit.

Visit Canada Revenue Agency at cra-arc.gc.ca to see if you are eligible.



Know the signs of caretaker burnout

- Withdrawing from loved ones.
- Feeling blue.
- Changes in sleep patterns.
- Irritability and frustration.
- Losing interest in activities.
- Changes in appetite.
- Getting sick often.
- Feeling emotionally and physically exhausted.
- Feeling overwhelmed, helpless and hopeless.

Tips for self-care

- Get help. Don’t try to do it alone
- Enlist the help of friends, families and professionals.
- Join a support group for caretakers.
- Do the things you love to do. Listen to music. Work in the garden. Read a book. Run.
- Eat healthy, balanced meals.
- Exercise daily. Even if it’s just a short walk, move your body.
- Get rest. Do your best to sleep at least seven hours a night.
- Laugh lots. It’s the best medicine.
- Keep a journal. It will help you express your feelings and provide perspective on your situation.
- Reach out. See friends and family socially on a regular basis.
- Seek professional help if your symptoms get worse, have thoughts of suicide or thoughts of harming yourself or the person you care for.

Article summarized from online caregiving sites: ehow.com, webmd.com, alzheimershope.com

sneak-a-peek

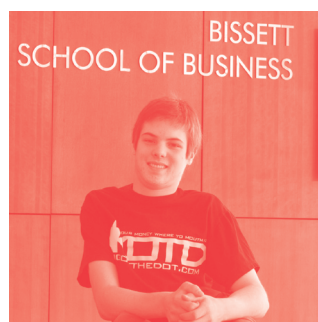
camp kindle

high ropes course

Construction at Camp Kindle is underway. The challenge course is always a favourite among campers, so first on the list was the installation of a state-of-the-art challenge course complete with a high ropes course, low ropes course, double zip line, giant swing and double climbing wall. These photos (right) show the ropes course and zip lines going up.



evan's fight *continued from page 8*



"I feel I have something to prove in life," says Evan. "I want to show people that just because you've lost the use of your legs, it doesn't mean you can't think or contribute. I want people to know that people with disabilities can be just as successful as anyone."

And, with the help of a scholarship, you are helping Evan do just that. Evan plans to make his mark in advertising,

but he's under no illusions about the business world. "I know it won't be easy. I know there will be hurdles and accessibility may be an issue because, in business, cost is always an issue. But I'm used to a good fight. Being a cancer survivor has made me a very strong and very determined person."

how you can help

wish list

1 Bennche or side-by-side UTV (utility quad)

- to transport kids with disabilities to far-away areas at camp, so they can enjoy overnight campouts and outdoor activities with their friends
- so nurses can deliver medications to children during overnight campouts

2 refrigerators for staff & volunteer dorms

3 washer & dryer sets for dorms

Our thanks to Sears Canada for donating a refrigerator for the Cooking & Caring program.

If you can help, please contact us at 403 216 9210 or staff @kidscancercare.ab.ca

5 ways you can help a kid



4. Get tickets to Parents' Quest

You can help find a cure for children with cancer. Tickets for Parents' Quest for the Cure go on sale in January. A night of Russian allure and adventure awaits, so be sure to get your tickets early.

5. Spread the word

You can make a difference with just a word. February 15 is International Childhood Cancer Day. Tell everyone to show children with cancer they care by getting involved.

1. Donate

Our annual fundraising appeal is out. You can help kids beat cancer by becoming a monthly donor today. Donate online at kidscancercare.ab.ca or contact Karen Filbert at filbert@kidscancercare.ab.ca to give today.

2. Host a Christmas fundraising event

'Tis the season for giving. You can help kids by turning your corporate Christmas party into a time of giving. Contact Candice Martin at martin@kidscancercare.ab.ca for seasonal fundraising ideas.

3. Buy hope jewellery

'Tis the season for giving and sharing hope. Designer pieces from our signature Hope Jewellery Collection make the perfect gift for that special someone. Buy online today at kidscancercare.ab.ca.



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.



save the date

Parents' Quest for the Cure Gala

Saturday, March 10, 2012
The Westin, Calgary

Ride for a Lifetime

10th anniversary ride
June 22 – 24, 2012

Tour for Kids Alberta

July 13 - 15, 2012
Throughout the Rocky Mountains

Don & Joanne Golf a Kid to Camp tournament

Thursday, August 9, 2012
Cottonwood Golf & Country Club



All photos are courtesy of Unique Perspectives Photography unless otherwise noted.

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 call us at 403 216 9210 or email staff@kidscancercare.ab.ca.

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