



British Columbia Childhood Cancer Parents' Association

"We Help Families of Children with Cancer"

April 2012

Volume 1, Issue 2

Connections

Welcome to BCCCPA!

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Dan Mornar, BCCCPA Chair

"In November of 2012 BCCCPA will mark its 10th year since it was founded by a group of parents of children with cancer. Through those years we have worked closely with the Oncology/Hematology and Bone Marrow Transplant Program at BC Children's Hospital (BCCH) to develop relevant and meaningful activities and support for children with cancer or blood disorders and their families.

BCCCPA identified 'Family Financial Aid' as an important component of helping a child/youth and family navigate the challenges of a cancer or blood disorder diagnosis. In 2011, we were able to assist 54 families with financial help, raising \$157,000 with nearly 90% going for 'charitable giving' to families.

Other programs offering respite and relaxation have included 'Date Nights' for parents; outreach to survivors and parents on Vancouver and the Gulf Islands by supporting a Patient/Parent

Advocate position and outreach programming for the Victoria General Hospital's pediatric Oncology program. BCCCPA's outreach and involvement includes the funding of parent and family retreats, while also supporting cancer research. We're currently investigating possible recipients/researchers for funds that have been set aside for pediatric cancer research. A new program/service initiated about 4 months ago is known as 'Food for Thought.' This involves bringing 'home cooked meals' for all of the children and family members in the BCCH oncology in-patient areas.

BCCCPA has several friends and donors in many communities across British Columbia. It is because of these partnerships and relationships that we are able to do so much with so little. While we're a small grassroots charity compared to most, we are transparent and accountable. BCCCPA welcomes the opportunity to join with you in ways that we can continue to support and cooperate in childhood cancer control. Many of our initiatives involve improving the quality of life for children and youth with cancer and their families.

It is my definite privilege and honor to be a part of BCCCPA and all that it encompasses.

Making a difference even in a small way is what I believe it is all about. We hope you agree because,

"TOGETHER WE CAN."

Dan Mornar

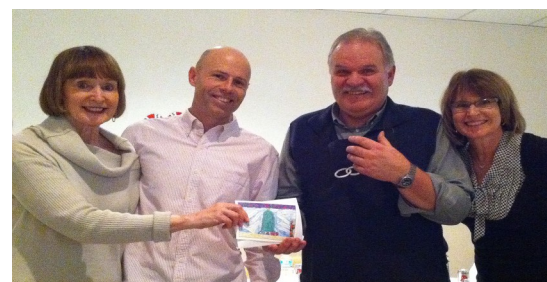
Dan Mornar

BCCCPA Receives \$10,000 from AIK ~ Athletes in Kind for 2011!

BCCCPA offers a gratitude of thanks to Athletes in Kind for their donations of approx. \$10,000 in 2011!

Athletes in Kind organizes athletic and non athletic events to raise money for families battling cancer. Their events include; Pitt Meadows Day Head Shave, Canada Day Kid Fun Run, "kids help kids" race series and individual events hosted by team AIK members. They also have a year round elementary school running program called the Athletes In Kind Km Club.

Visit AIK online at: www.athletesinkind.com



Cecilia Maerov, Dan Mornar & Suzanne Dunbar of BCCCPA, receive a major donation from "Athletes in Kind's" Promotions & Race Director - Eric Muller (2nd left)—at an honorary dinner in December 2011.

Did you know... Every year in BC approximately 150 Children are diagnosed with a life threatening cancer or blood disorder?

British Columbia Childhood Cancer Parents' Association

Special points of interest:

- Foresters Members son holds Haunted House Fundraiser in his garage on behalf of BCCCPA!
- A "Spooktacular" effort raised over \$ 700.00 !!
- Be sure to look for Jordan's Haunted house next fall!

A Shining Example ~ Foresters helps inspire a boy to keep giving back.

Community service and volunteerism are two of the most important elements Foresters Membership provides, and the Tardi family embraces these opportunities as often as possible. Over the past 13 years the Tardis have attended many Foresters events - but it's their volunteer efforts that seem to have had the greatest impact on their young sons. Committed to giving back to their community, the family has volunteered for many Foresters activities, including Christmas Toy Workshops where they helped to build toys for sick children.

Volunteering has truly become a lifestyle for the Tardis. And giving back is 2nd nature to their boys.

Jordan Tardi, a grade-9 student, recently raised \$701.51 that he has donated to the British Columbia Childhood Cancer Parents Association (BCCCPA) in memory of Quinn Dunbar, a boy who passed away from cancer in 2008. The BCCCPA helps families who have children with cancer and who are struggling financially by providing them with financial aid. Jordan raised the money by setting up a haunted house in his garage, and he has since been nominated by his teacher and vice-principal for a Surrey Youth

Recognition Award for community spirit.



Jordan Tardi of Lord Tweedsmuir High School raised over \$700 for BCCCPA with his Haunted House !

Both Jordan and his younger brother Tyler have said that they want to continue the haunted house tradition every year in support of the BCCCPA. It's proof that children learn by example. If you make an effort to teach your children the importance of helping others they'll learn that it's just something everyone should do. And they'll keep on doing it.

Special points of interest:

- BCCCPA Funds Childhood Cancer Research
- BCGSC is a World Leader in genetic sequencing – right here in Vancouver!
- Potential advances in Neuroblastoma treatments due to our Donated Funds to Research!

Research Funding – BCCCPA's \$10,000 donation to the BC Genome Sciences Centre & more Research Project Funding to be announced in 2012!

One of BCCCPA's mandates is to advocate for (and fund) research into childhood cancer discoveries, treatments and cures. As parents of children with cancer, we see value in research that is making a difference, as do you - our donors and readers.

BCCCPA's first major contribution was to the BC Genome Sciences Centre (BCGSC) of \$10,000.00 that was matched by a "mirror" donor for a total of \$20,000.00 - this, and a major contribution by *The James Fund* allowed the BCGSC to use their expertise in genomics & DNA sequencing ***"to identify therapeutic targets in high-risk Neuroblastoma"***.

About the BC Genome Sciences Centre:

Led by Dr. Marco Marra, they were the 1st in the world to sequence the SARS virus, and be established as a Canadian & world leader in DNA sequencing research. New-generation sequencing technology called Illumina dramatically reduces sequencing cost while improving its throughput. This technology at BCGSC can determine the DNA sequence of all genes in a cancer cell and detect their expression levels at the same time.

Statement of Purpose of the (BCGSC): "To identify therapeutic targets in high-risk Neuroblastoma."

The BCGSC collaborated on two projects with Neuroblastoma experts at the Hospital for Sick Children (Toronto), & the Children's Hospital's of Philadelphia & Los Angeles. These collaborations would not have been possible without the generous



L-R: Marco Marra (GSC), Simone Carpenter, Sasha Maslova (GSC), Olena Morozova (GSC), Gayle Nelson, Suzanne Dunbar, Dave Dunbar & Al Carpenter.

donation from BCCCPA that enabled us to work on specialized Neuroblastoma research at the BCGSC. **Update of collaborations with other Centers:**

Early results from our sequencing experiments found that Neuroblastoma "queen bee" cells from bone marrow metastasis of Sick Kids patients expressed B-cell markers, normally found in leukemia and lymphoma cancers. These cells are thought to escape current therapies and contribute to tumor relapse. The potential clinical impact of finding the B-cell markers is significant, since it may suggest the use of existing leukemia and lymphoma drugs for treating metastatic Neuroblastoma in children.

Look for our announcement later this year of BCCCPA's next "Research Project" to be funded!

Did you know... In BC there are approximately 350 children with cancer & blood disorders in ongoing treatment at any given time?

British Columbia Childhood Cancer Parents' Association

Special points of interest:

- BC's Biggest Breakfast campaign kicks off annually at the beginning of the month of May.
- Ricky's All Day Grill jumps in and supports BCCCPA for the 2nd year in a row!
- Over \$ 4500.00 raised in a single day at a single venue!
- Host your own Biggest Breakfast at anytime, anyplace, during the year! Just go onto our website & register.

"BC's Biggest Breakfast gets major support from RICKY's All Day Grill!"



www.rickyscentralcitymall.com

On Sunday May 29th, 2011 RICKY's All Day Grill Restaurant at Central City Mall (Surrey), helped to kick off "BC's Biggest Breakfast!" Fundraiser.

Mike Bains (owner) of Ricky's knew the value of BCCCPA as a group that provides aide to families with a child with cancer, and are struggling financially, so they got involved again. They knew that funds raised from BCCCPA events are dispersed through social workers at BC Children's Hospital, Surrey Memorial & Victoria General.



Besides autograph signing by Mike Riley - QB of the BC Lions! (center), prizes were also raffled off!

Though this was BCCCPA's 5th year of their "Breakfast" campaign, it was the second time that Ricky's became involved, and it was a great success!

Click link about Ricky's in 2010! <http://www.rickyscentralcitymall.com/community.html>



Ricky's All Day Grill donated money from every breakfast. Over \$ 4500.00 was raised to help families. Imagine what Ricky's will do next year! Mike Bains (R) & Dave Dunbar (BCCCPA Director)



Special thanks to the kitchen staff and waitresses. We love your fashionable "BCCCPA" aprons!

For more information on how to host your own breakfast on behalf of BCCCPA, please visit our website at www.bcccpa.org, click on "Fundraising", then go to "BC's Biggest Breakfast" and register.

Special points of interest:

- The Christmas Family Ball Society honours BCCCPA for the 2nd year in a row!
- BCCCPA Directors Les & Cecilia Maerov describe the event as "Gorgeous"!

Christmas Family Ball Society donates \$7,000 in 2010 & supports us in 2011!

The Christmas Family Ball Society is a non-profit organization that holds a yearly family dinner with the purpose of raising funds to benefit smaller fledgling Children's charities. BCCCPA's honoured to be chosen!

As reported in *Vancouver Magazine*:

Christmas Family Ball Charity Fundraiser (Nov 25, 2011)

Ring in the holiday season this year at the annual Family Christmas Ball. Friends and families gather for a formal dinner to celebrate the spirit of coming together and giving back to the community. November's event marks the Family Christmas Ball Society's 47th year of fundraising for lesser-known children's charities in Vancouver. All proceeds from ticket sales will be donated to the British Columbia Childhood Cancer Parent's Association and Lasting Magic.

For tickets & info visit : www.Christmasfamilyball.com

Venue: Four Seasons Hotel at 791 W. Georgia Street



Lisa Bailey and Mary Bonifacio from The Christmas Family Ball Society presenting a cheque for \$7,000 to Cecilia Maerov (center) from the BC Childhood Cancer Parents' Association.

Did you know... When a family has a child suddenly diagnosed with cancer, usually one parent quits their job to care for their child fulltime — could you afford a loss of income?

British Columbia Childhood Cancer Parents' Association

Special points of interest:

- A car enthusiasts' dream... 100's of Porsches!.
- People from the local Sun Peaks community joined the fun-filled event.
- Silent Auction & Live Auction were the highlights of the weekend!
- \$10,000 was raised benefitting BCCCPA's Family Financial Aid Program..

Porsche Club of America/Canada West Region, helps the BCCCPA Team!



September at Sun Peaks Resort and 100's of cool Porsches... what an incredible venue for BCCCPA to participate in!

From a recommendation by past PCA-CWR member (Andrew Lee) BCCCPA became the "Charity of Choice" for the Porsche Club's "Escape 2010". And, with help from Mr. Danny Ilias—VP of the PCA-CWR & the organizing duo of Michael Sanderson & Martha Walsh the weekend was memorable indeed.



Amongst the 100's of cars was this replica of the Porsche that James Dean crashed back in 1955.

Besides the incredible array of German automotive eye-candy throughout the streets of the village over 2 1/2 days, the weekend included a silent auction with a beautiful case of wine from Sumac Ridge Winery, a Bugatti Writing Set from Bennett Jones LLP, an Escort 9500 IX Radar Detector from Mobile Solutions, an HD DVD Player from Toshiba Canada, a "Country Furniture" Gift Basket, \$700 in Glass Service from Mr. Fred Beck of the BROCO Auto Group, Canucks Tickets from A.C.T. Equipment Sales, 2 nights at the Sands Best Western and a number of other items that created a lot of bidding.

Saturday night's short presentation about BCCCPA by Dave Dunbar (Director) followed by the music video of Megan McNeil's song "The Will to Survive",



BCCCPA's information tent was well visited during the "Show & Shine" event on Saturday.

gave the club members an understanding about BCCCPA's mission. Then the exciting live auction began. It included an original, carved native mask from the "CRS Trading Post" at Britannia Beach (www.thecrstradingpost.com), Porsche themed



works of art, a \$3000.00 diamond pendant necklace (donated by Jim & Susan Pate) and other valuable goodies! We also want to thank Mario & Silvia Erler of the Sun Peaks Lodge! (www.sunpeakslodge.com)

The live auction was made very fun & memorable by the talents of Mr. Tyler Olson of westcoastauctions.ca

The weekend was a big success and raised approx. \$10,000.00 for struggling families of a child with cancer in BC — **Thank You, PCA-WCRI!**

Did you know... "A person that loses a partner is called a widow. A child who loses a parent is called an orphan. But there is no word to describe a parent that loses a child, because the loss is like no other..."

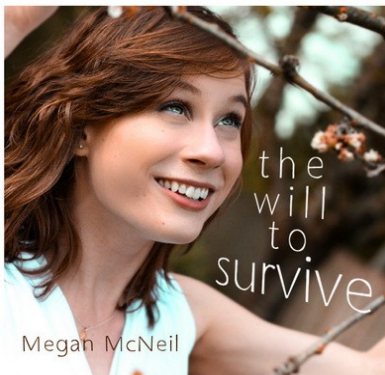
– J. Neugeboren

British Columbia Childhood Cancer Parents' Association

Special points of interest:

- Megan McNeil launches her song "The Will to Survive" to help Children fighting cancer.
- BCCCPA supports Megan's efforts and the McNeil Family in their time of loss.
- A Beautiful song and Megan's story are highlighted on Canada AM, CBC's "Connect" with Mark Kelley & throughout the USA.
- You can support BCCCPA & Pediatric Cancer Research – Download the song via Amazon.com & iTunes links – (only \$ 0.99 cents) ~ at the bottom of this article!

Megan McNeil's "Will to Survive" inspires families, survivors and donors.



"Our daughter was our hero. She taught us the meaning of bravery and inspired us every day with her own Will to Survive. She wrote her song as a gift to anyone who needed to be picked up on a very bad day. And when you are a family fighting childhood cancer, there are a lot of very bad days. We are so grateful for the many who have reached out to let us know how much her song meant to them. And we are so glad she was, and is, our daughter."
– Dave & Suzanne McNeil



January 28th, 2011 – Megan McNeil, 20, a singer who captured the hearts of North Americans with her song about what it's like to be a kid battling childhood cancer, passed away today. She had battled Adrenalcortical Carcinoma since she was 16. Megan wrote "The Will to Survive" to lift the spirits of other kids in the chemo ward.

Megan McNeil and her family know how hard the childhood cancer journey can be. And how lonely too. BCCCPA was there for the McNeils, as it has been for so many. And it hopes to be inspirational to others wherever they live, whose worlds have been turned upside down by childhood cancer. "Childhood cancer doesn't just affect the child. It affects the whole family and ripples out through whole communities. And yet research into childhood cancers are woefully underfunded, and support for families is woefully inadequate. We know. Because we've been there. And we are determined to walk beside those who will let us." (Megan's parents - Dave & Suzanne McNeil)

Megan McNeil's "The Will to Survive" captured hearts across North America & gave hope to many.

When legendary music producer Garth Richardson (Hedley, Red Hot Chili Peppers, KISS) heard Megan's song, he knew he had to produce it, and a campaign to raise awareness to fight Childhood Cancer was born. Canada AM selected Megan's story one of the best of 2010 and CBC's Connect with Mark Kelley selected it as the most inspirational story of the year. Tens of millions of people throughout Canada and the US learned more about childhood cancer thanks to Megan's song and media campaign. News features about her story appeared as far away as England and Russia.

Megan considered it her personal mission to tell the world how terribly underfunded research is into childhood cancer. She also wanted everyone to know that research into adult cancers does not do much to help kids, but research into childhood cancers helps everyone, including adults.

Proceeds from "The Will to Survive" go to Childhood Cancers Groups including BCCCPA.

For \$ 0.99 cents you can download Megan's song.

Copy & paste this link: <http://itunes.apple.com/ca/album/the-will-to-survive/id378380828>

Or this Amazon link: http://www.amazon.com/The-Will-To-Survive/dp/B003T5FR1K/ref=sr_1_5?ie=UTF8&qid=1330816089&sr=1-5

Special points of interest:

- Singleton amazes families and BCCCPA with ongoing support
- BCCCPA Directors Cecilia Maerov and Dan Mornar attend golfing event and said, "It was Great!"

Singleton Urquhart raises \$ 6,800.00 through Golf Tournament in 2011!

Singleton Urquhart, Legal Counsel, has been a major supporter of BCCCPA for the last 7 years. The firm has hosted an exciting annual live and silent auction & several other events to raise funds to donate the proceeds for families who have a child with cancer and are struggling financially.

Last September, at Singleton Urquhart's Annual Charity Fundraising Golf Tournament, BCCCPA was a key beneficiary that appreciated the overall total donation of \$ 6800.00 to our organization.

BCCCPA's very proud of it's association with SU.



Dan Mornar from BCCCPA receiving a generous donation (\$ 5700.00) from Bob Hodgens at Singleton Urquhart's Charity Fundraising Golf Tournament.

Did you know... Though progress has been made in treating children's & adolescent's cancer, 1 in every 5 children diagnosed each year do not survive. A Childhood cancer diagnosis is devastating to the entire family.

British Columbia Childhood Cancer Parents' Association

Special points of interest:

- Coast to Coast Against Cancer partners up & puts the Inside Ride across the nation to raise funds for childhood cancer charities..
- The 1st year of the Inside Ride picks BCCCPA for all of BC & partners with the Starlight Children's Foundation .
- Teams came up with wacky names and a few wacky outfits while they pedaled their buns off!
- The NEW Cloverdale Rec Centre was "The Host with the Most" for BCCCPA's first "Spin-a-thon" type event.
- Thanks to all the Teams! Timmies Ya Yas
Forever Fit Fanatics
RE/MAX Lifestyles Realty
Urban Pedalbytes
Strength Within
Quin's Angels
Biking Babes
because we can
Bonds of Courage
Claire Bear's Brave
Encourage Fitness
and... New York Fries

"Coast to Coast Against Cancer" supports BCCCPA's 1st "Inside Ride!"



The Inside Ride came to BC for the first time to raise funds for Childhood Cancer Charities.

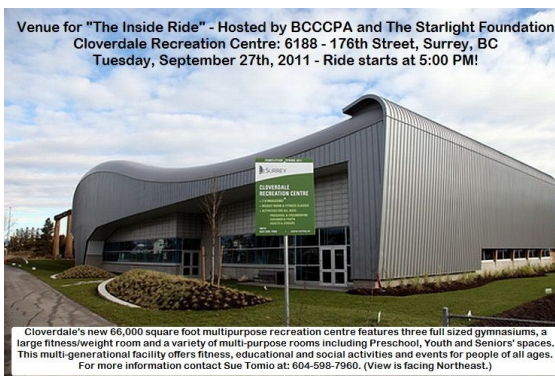
The team at **BCCCPA, The Starlight Children's Foundation** and the **Coast to Coast Against Cancer Foundation** invited businesses, students, friends and families to participate in The Inside Ride, Canada's first organized stationary cycling challenge/celebration and fundraising event dedicated to raising funds for local children's cancer charities supporting survivorship & quality of life in our community. Presented by the Coast to Coast Against Cancer Foundation, donations raised support for pediatric oncology and family funding programs.



Les Maerov (BCCCPA Director) shares a laugh with Jenn Davies - Inside Ride Coordinator.

The Coast To Coast Against Cancer Foundation follows a 100% receipted donation model due to the generosity of event sponsors like **LG Electronics Canada, New York Fries** and others, plus a widespread reliance on volunteers. The Inside Ride was a ("Spin-a-thon") type event representing Surrey/Vancouver and BC overall. State of the art bikes, were mounted on stationary trainers, equipped with odometers. Each team member took turns riding at a comfortable pace for 10 minutes to fun, fast-paced music, while friends, colleagues & spectators cheered them on. Volunteers recorded team mileage and tracked who was cheering the loudest!

Check out this video of an "Inside Ride" by volunteer, Aldo Vissagio. Copy & paste to your browser : <http://gallery.me.com/aldoVissaggio1#101494>



The facility for this 1st annual "Inside Ride" was none other than the incredible (and new) Cloverdale Rec Centre on 176th Street in Surrey. Events coordinator Sue Tomio and the Staff helped to co-host and support our organizations fundraising efforts and helped to keep the "fun" running smoothly. Centre website: <http://www.surrey.ca/culture-recreation/8524.aspx>

100% of Funds Raised supported BCCCPA & The Starlight Children's Foundation - "Way to go, Teams!"



Team "Timmies' Ya Ya's" - lead by top fundraiser Marcy McAuley & sponsored by Tim Horton's was not only colourful, but raised the most funds overall!

Each team raised money through on-line and off-line pledging. After they registered, teams & individual team members received access to their own personal fundraising webpage, along with pledge sheets - this made the fundraising fast, easy and fun! Medals were presented to the team with the best team spirit, the best team costume, highest mileage team, and the top fundraising team along with the top male and female fundraisers and top volunteer fundraiser.

Did you know... Many costs are not covered by healthcare in BC ~ such as life supporting liquid nutrition for a child on a feeding tube — needed due to extreme nausea from chemotherapy?

British Columbia Childhood Cancer Parents' Association

Special points of interest:

- 13 teams, great music, hardware (medals), tons of fun and a great cause... who could ask for anything more?

"Coast to Coast Against Cancer" supports BCCCPA's 1st "Inside Ride!"... Cont'd

A fantastic, fun-filled time was had by all the spinners and 13 teams raised **over \$ 14,000.00!!**



Sherry Norman-Martin's "Forever Fit Fanatics" teams' theme may be... "Spongebob Squarepants" smiles!

Forever Fit Personal Training - www.foreverfitpt.com

A GREAT BIG "THANK YOU" GOES OUT to the Coast to Coast/Inside Ride crew - Jenn Davies & their talented team members - plus Sue Tomio and the Staff at the New Cloverdale Recreation Centre - looking forward to 2012!

When was it:

Tuesday, Sept. 27/2011 - (4:30pm-6:00pm)

Where:

Cloverdale Rec Centre - 6188 - 176 St. Surrey

**SPOTS ARE LIMITED for 2012 so...
RESERVE YOUR TEAM BIKE TODAY!**

<http://Vancouver.theinsideride.com>

Special points of interest:

- TNT Hockey Performance Training (www.tnthp.ca) and FIRSTAR (www.firstarsports.com) team up to bring NHL Pro Hockey Players to Langley's Sportsplex for a Hockey Game Fundraiser for BCCCPA!
- Other fans participated in a few rounds of golf with the players the day before. This event was hosted at the Northview Golf & Country Club and raised more funds to support struggling families.

TNT & FIRSTAR Team Up to run an NHL Pro Hockey Game Fundraiser!



AND



Mike Thompson of TNT & his wife Kim have had their Friends & Family's lives impacted by cancer. So they decided to make an impact in the lives of families with children who have cancer by calling up their contacts in Pro Hockey to hold a fundraiser.

The players answered Mike's call, as he's well known due to his professional background as a trainer to many NHL Hockey Players over the years. In their 2nd event to support BCCCPA, TNT also teamed up with FIRSTAR and created a family fun event that permitted fans to see their favorite NHL players up close on Fri. Aug. 5th/11..

Though fans loved to see the players in their local arena (at the Langley Sportsplex), they really enjoyed the autograph session after the game, which included a great silent auction of sports memorabilia.

A few of the NHL PROs who were on hand...

Troy Brouwer - *Chicago Blackhawks*

Greg Zanon - *Minnesota Wild*

Brad Thiessen - *Pittsburgh Penguins*

Vernon Fiddler - *Phoenix Coyotes*

James Reimer - *Toronto Maple Leafs*

and many other players...!

Be sure to look for next year's TNT Sponsored event!

TNT Hockey Performance Training is dedicated to providing athletes with cutting-edge, scientifically proven training programs to reach and maximize their athletic potential.

Firstar Sports Inc. ("Firstar") is an innovative leader, manufacturer and distributor of scientifically advanced microfibre performance clothing and accessories.



NHL Pro - Brandon Segal - Dallas Stars

Imagine a single mother with a child with cancer, who now has to quit her job — what if there's other siblings — and what of the self-employed that may not have any healthcare?

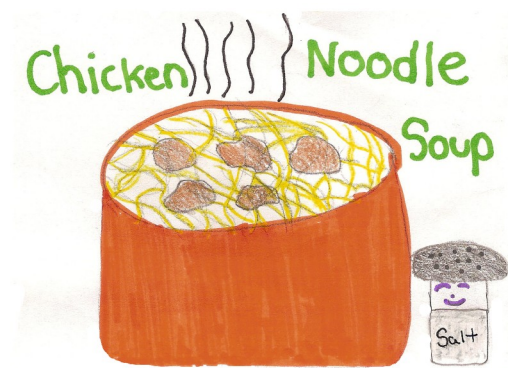
British Columbia Childhood Cancer Parents' Association

Nature's Corner ~ by Shannon Whieldon

Special points of interest:

- Helpful hints and comfort tips from nurse – Shannon Whieldon
- Chicken Noodle Soup... you knew, but now you really know, why it's so good!
- Soothing Peppermint, more than just an ingredient in gum.
- Grandmas and Moms just know... "There's power in the bath!"

Natures Corner ~ Things that make me feel better:



Chicken Soup for the "Healthy" Soul & more...

Mankind has been caring for its young since the beginning of time. Nature created us to survive. The more educated and technologically advanced we become the more we understand that many of our grandmothers "wise tales" are grounded in logic. Chicken noodle soup is filled with salt. The salt damages the walls of bacteria in your mouth and throat. Salt makes you thirsty. Water flushes poison and toxins from your system. Ten milliliters of chicken noodle soup by tea spoon, syringe or medicine cup every ten minutes for an hour can soothe a non-functioning gut and encourage it to start working again.

The human voice spoken one foot away from the incubator of a 27 week premature infant can cause it to stop breathing. (It takes too much energy to assimilate noise pollution and still have enough energy left over to breathe.) To conserve your child's energy when nauseated turn off the noise, turn down the lights, lay them as horizontal as possible. The less energy we use to assimilate our environment the more we have available for our body to repair and heal our cells.

Soothing Peppermint:

A cool cloth to the brow or inhaling peppermint can soothe away nausea. Peppermint foot spray from the Body Shop is available in a convenient bottle to spray on a cold cloth or dry tissue to breathe when traveling or in bed. Peppermint tea is cooling, soothing and aids digestion. Children often prefer the spearmint gum over drinking the tea, with the same benefits.

Cleanliness is next to... "Healthiness"?

Skin is the largest organ of our body. It protects us from infection and eliminates toxins. A daily bath can do wonders. Even a child who is too weak to walk or play will move the joints through the range of motion in a warm bath. Movement decreases pain. Heat from the water relaxes tense muscles and stimulates blood circulation. As muscles contract and relax to move our limbs it causes extracellular fluid to be pushed back into our bloodstream so we can excrete the toxic wastes in our urine.

Soap is abrasive and damages our skins natural oils. Immediately before disinfect the tub, rinse with clean water. Use one drop of baby oil in the water to eliminate the need for lotions which can clog skin pores. Wrap your child in a warm towel from the dryer. Pat dry or rub your hand against the towel, do not rub a towel on fragile skin. An old necklace or shoe lace can be used to pin the CVC or lines during a bath. A daily bath is a lot of work but can yield up to four hours of restful sleep allowing the body much needed time to rejuvenate and repair.



Don't be too hasty to throw out grandma's secret recipe or forget the arsenal of tools Mother Nature gifted us. You too are a wealth of knowledge in the art of healing. Look back to a time before medicine and remember what worked for your family in the past.

Nature's corner is submitted by Shannon Whieldon, a 23-year veteran nurse who's teenage son remains healthy and active despite using 97 consecutive months of chemotherapy in his 10 year battle with childhood cancer.

**Artworks are courtesy of Topham Elementary School - Grade 7.*

Did you know... More than 45% of families come from outside the lower mainland for their child's treatment ~ travel, accommodation, food & parking expenses can be significant!

British Columbia Childhood Cancer Parents' Association

Special points of interest:

- Susan Kerr is a Director with BCCCPA and the Patient/Parent Liaison for the Vancouver Island communities.
- Key Contributor's to BCCCPA's Financial Aid Program on the island include the Queen Alexandra Foundation and Peninsula Co-Op!
- The National "Coast to Coast Against Cancer" Foundation supports BCCCPA's efforts on "the Rock" with a Donation!
- Susan's son Jacob designed the "Kick at Cancer" Logo that is now used for their fundraising soccer tournaments.

Letter from Susan Kerr, BCCCPA's Vancouver Island Liaison

Island Anchors

February 2012

"Vancouver Island oncology families now have more options available to them than they did just over a year ago thanks to the awareness and the compassion of many special families within BCCCPA."

Susan Kerr, BCCCPA



The Position of Patient / Parent Liaison:

The position of Patient/Parent Liaison for the pediatric oncology families was made possible by important contributions by a private parent donor in Vancouver and also the BC Childhood Cancer Parents' Association. This position will provide families with easier access to important support systems, networking options, monthly meetings and event participation.

Monthly meetings will vary in topic discussions, but will also depend on family input. Please do not hesitate to contact the Patient/Parent Liaison with any questions or concerns.

Contributions for 2011:

As 2012 unfolds, I would like to acknowledge and celebrate important contributions to both the pediatric oncology families of Vancouver Island, the Gulf Islands; and the pediatric oncology program at Victoria General Hospital.

Supporting a child through a cancer diagnoses can be a daunting challenge, but there are many more support options for families than ever before.

The BC Childhood Cancer Parents' Association has for many years now, provided support to families and the clinic ensuring financial resources for both.

BCCCPA's Family Financial Aid program has given pediatric oncology families financial support in times of need through the hospital social worker.

There were many contributions to the BC Childhood Cancer Parents' Association in 2011 specific to the needs of the pediatric oncology families of Vancouver Island and the Gulf Islands.

Queen Alexandra Foundation: \$ 12,500.00

A grant was awarded to BCCCPA for the 'Family Financial Aid Program', enabling 13 families from across Vancouver Island and the Gulf Islands to acquire much needed financial relief.

Peninsula Co-Op: \$ 10,000.00

The BC Childhood Cancer Parents' Association was awarded \$5,000.00 for the Family Financial Aid program specifically for families from Vancouver Island and the Gulf Islands.

In addition, \$5,000.00 in Co-Op food and gas vouchers was donated to the Victoria General Pediatric Oncology Unit to be used at the hospital social worker's discretion.

Coast to Coast

Against Cancer Foundation: \$ 4,521.08

Funds were donated to the BC Childhood Cancer Parents' Association for programs and initiatives on Vancouver Island in support of pediatric oncology families. These funds were raised through the amazing efforts of teams in the 2011 editions of the National Inside Ride Tour.



Jacob Kerr's Team at the "Kick at Cancer" Soccer Tournament 2011 ~ Support from the Prospect Lake Soccer Association was much appreciated!

Did you know... though children's' cancer affects all ethnic, gender and socio-economic groups, that the average age of children diagnosed is just six years old?

British Columbia Childhood Cancer Parents' Association

Special points of interest:

- BCCCPA supports outings and events for families to still have fun amidst getting used to the "new normal" that a child's diagnosis of cancer brings.
- Susan Kerr has been very active in the area of expanding BCCCPA's presence and helping to make a difference in families' lives.
- Country Singer from Duncan helps BCCCPA raise much needed funds!
- Closing note from Susan Kerr – Patient/Parent Advocate and BCCCPA Director for Vancouver Island.

Letter from Susan Kerr, BCCCPA's Vancouver Island Liaison... Continued

Island Anchors

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Power to Be Adventure Therapy Society:

Power to Be will once again be providing pediatric oncology families with outings and events throughout the year. Past outings have included Mary's Therapeutic Farm, Camp Barnard day camp, and Kayaking.



Jessica and Joel Dorval Kayaking at a "Power to Be - Adventure Day" at Camp Barnard.



Shelly Dubois - Country Singing Sensation from Duncan, BC : \$ 10,714.00

Shelly Dubois understands all too well the financial stress and strain that a family faces on top of the mental stress that having a child with cancer, brings. Her own daughter Chantal was diagnosed with brain cancer and ultimately lost her 2 1/2 yr battle in October 2008. The Dubois' appreciated support from many during their fight, and Shelly decided to give back and support BCCCPA - thru concerts, donations and a 50/50 draw, Shelly raised over \$ 10,700 to help other families of a child with cancer. BCCCPA applauds her talent and her ability to help

other families in need. Way to go, Shelly!
www.shelly-dubois.com

Ryan McMahon of Nanaimo:

Another Island singer/songwriter was featured on ShawTV as the collaborator on Megan McNeil's song "The Will to Survive". (See her storyline - page 5)

Copy & paste this link to view:

<http://www.youtube.com/watch?v=7LA9FD3EPf0&feature=related>



Vancouver Island's much appreciated ~ Pediatric Oncologist, Dr. Ewa Lunaczek-Motyka having fun with the kids at Camp Barnard!

Childhood cancer affects the entire family, and providing an avenue of support on Vancouver Island is an invaluable opportunity for improved health and wellness that I am certain many current and future oncology families will benefit from. I feel extremely privileged to once again be a part of the support and team approach to assisting the pediatric oncology families on Vancouver Island.

Sincerely, Susan Kerr

Patient/Parent Liaison & BCCCPA Director

Email: s.kerr@bcccpa.org



A clinic check-up/visit for Susan Kerr's son Jacob .

Did you know... Despite major advances in treatment – many rare cancers have a low survival rate and the number of diagnosed cases annually has not declined in nearly 20 years?

British Columbia Childhood Cancer Parents' Association

Special points of interest:

- The Dunbar Family submitted this funny story of their son Quinn's desire to get a pet... of almost any kind.
- Jokes of the Day were submitted by 12 -year-old Quinn Dunbar, and Mr. Dan Mornar (of unknown age) .

The Kids Page... Artwork, Jokes & True "funny" stories ~ events & things that happened/were said, during the battle with cancer...

It started the 2nd year into our almost 7 year battle with Quinn's cancer. "Mom, Dad", he said in a questioning voice "Can I have a pet?" "NO!" was the reply. Though we (as children) had grown up with pets; in a household where Quinn's older sisters had dance, singing lessons about 6 days a week and we were battling his cancer, we couldn't devote the time, attention & energy that a pet deserves and needs. Yet, he kept asking. So we somewhat caved in... "Yes", I said, "We'll get some fish." "You don't have to walk it, pick up it's poop or get shots from the vet - it's a great, low maintenance pet." Now Quinn, being a very smart 7 yr old, said "That's logical... and I get a pet." So, that Saturday, we went to the local pet store and walked into the "Cave" of fish. (A term we came up with for the separate area within the pet store that was dimly lit - dark - and had about a hundred fish tanks.)

Upon entry, we noticed a single, huge tank to the left. It was about 4 feet long, 18" wide and 2 feet deep - with hundreds of little fish. The sign on it's front said "Feeder Fish". Quinn asked, "Dad, what are Feeder Fish?" I said "They're a cheap, sickly, wimpy kind of Goldfish that are used as live food for very large fish tanks with large fish in them, as they don't bother with the little cans of fish food flakes, they use these live fish." He shrugged his shoulders as if to acknowledge the "cycle of life" and the reality of feeding larger fish. He was okay with that.

After 20 minutes of looking at the variety of fish to pick from, we stopped in front of a tank with some fairly large Goldfish and decided this is the type he wants. An employee asked if we needed help. "Yes," I said while pointing. "My son would like to get a couple of those fish." "How big is the tank?" asked the employee. With my hands I motioned and said "It's about 12" long, 8" deep and 10" high - that he got from a friend."

"Oh No", says the employee, "That's much too small for two of these fish, but just one would be alright." Quinn had a slight look of shock on his face. "Oh No", I said "He needs to have two in the tank. The fish needs a buddy to play with, so he won't get bored."

"Well", said the employee, as he walked to a tank in the corner of the "Cave", "How about two of these?" He was pointing at, and now standing beside, the "Feeder Fish" tank!

Now, my Scottish roots and sensibilities seized me and I mentally said, "I don't have a problem with that." I took Quinn by the hand, walked over and said while pointing to the large tank "How about two of these?" His eyes popped open momentarily, then his head sank down to his chest as he slowly muttered under his breath, "Yah, I guess so." And to think just 20 minutes earlier I'd said that these were "cheap, sickly, wimpy kind of Goldfish that are used as live food for very large fish..."

I tried to make it interesting by pointing out individual fish amongst the hundreds and saying, "How about the one with the red and black spots? Or one with gold, black and white spots?" "Yah, I guess so", was his reply.

The employee managed to "net" the two "special" fish, put them in a bag with water, knot it up and hand it to Quinn. We said "Thank You", and headed out of the "Cave" to the cashier. I gave Quinn a Toonie, he handed it to the clerk and showed the baggie of two fish, and she handed him his change and a Membership card.

Upon arrival at home we set up the little tank according to instructions - on the kitchen counter - and placed the two of Quinn's "pets" into the tank.

Upon a half hour of watching them swim around and a little bit of "flake" food given them, Quinn's Mon (Suzanne) came home from shopping, rounded the corner from the living room into the kitchen, and spotted the little tank on the counter with the fish inside. "Oh Great", she said smiling, "What are their names?" To which Quinn lifted his head slightly from his folded arms on the edge of the counter, looked over at his mother and said, "Breakfast and Lunch!"



Jokes of the Day:

Q. What do you call a Rabbit with fleas?

A. "Bugs Bunny!"

Q. How much does a pirates' earrings cost?

A. A "Buck-an-ear!"

... a few favorite's of Quinn Dunbar's

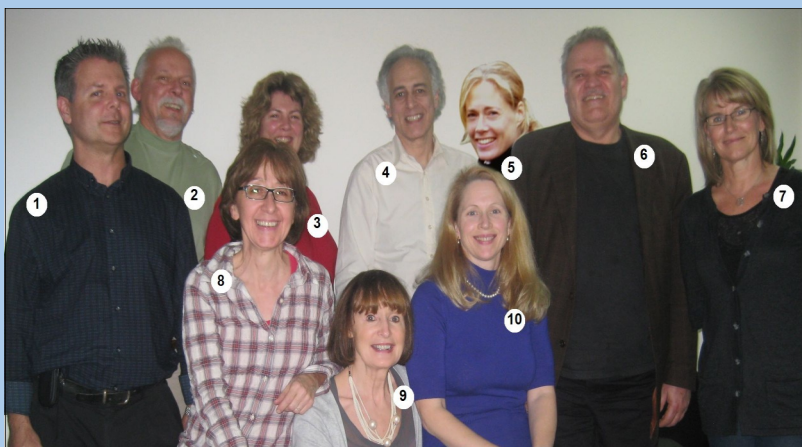
Did you know... to get that warm “fuzzy” feeling, visit our website: www.bcccpa.org , click on “How You Can Help!” ~ & become a Member, host a Breakfast... make a difference!



British Columbia Childhood Cancer Parents' Association

A Big Thank You to the BCCCPA team for their hard work throughout the year!

BCCCPA – Board of Directors



- 6) Chairperson – Dan Mornar
- 4) Vice Chairperson – Leslie Maerov
- 2 & 3) Treasurers – Al & Simone Carpenter
- 1 & 7) Fraser Valley Liaisons –
Dave & Suzanne Dunbar
- 5) Vancouver Island Liaison – Susan Kerr
- 8 & 9) Fundraising Development -
Gayle Nelson & Cecilia Maerov
- 10) Director – Shannon Whieldon
- Medical Advisory Staff – Dr. Paul Rogers MB,
FRCP (Lond), FRCPC, MBA (not pictured)

See the “**News & Events**” * section on our website to view other upcoming events & fundraisers this year...

- * April 27th - 29th, 2012 ~ Bereaved Parent's & Family Retreat at Harrison Hot Springs Resort
- * In the Month of MAY 2012 ~ “Kick-Off” of “BC's Biggest Breakfast!” Fundraiser at... (to be announced!)
- * Late summer “Hockey All-Star Fundraiser” through TNT - Hockey Performance Training (including NHL Pro's)
- * Early Fall ~ Bi-Annual “BCCCPA HEROES” Golf Tournament at Eaglequest Coyote Creek in Surrey... + MORE!
- * August - Register a Team & Collect Pledges for our “Inside Ride” on Wed. Sept.27/12 ~ a truly fun FUNdraiser!
- * Late Sept. Look for a “Special Event” tied in with RICKY's “All Day Grill” at Central City Mall & our BCCCPA!

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Email:
info@bcccpa.org

We're on the Web!
www.bcccpa.org

In 2011 the BCCCPA raised more than \$ 157,000.00 !!!

Our “Funds Distribution” Chart on the right shows that almost 90% of all the monies raised was given out to Charitable Programs. This shows the largest dollar portion (almost \$ 140,000.00) went to families in need through BCCCPA's Family Financial Aid Program in 2011.

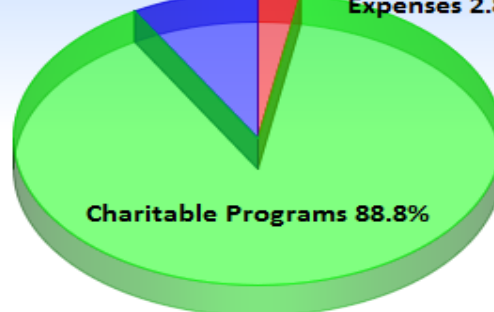
Thank You for our Success!

The BCCCPA is a registered non-profit charitable society whose mission is to provide financial aid and emotional support to families who have children with cancer or blood disorders.

“TOGETHER WE CAN”

BCCCPA 2011 Funds Distribution

Administration 8.4% Fundraising Expenses 2.8%



Charitable Registration #: 89530 8807 RR00001