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Special points of interest:

- ♥ In 2009 just over 570 people raised a massive \$41,000 for HeartKids SA, by walking or running in the City -Bay fun run.
- ♥ We are aiming for 1000 participants in 2010, just imagine what we could achieve.

USEFUL LINKS...

- [HeartKids City-Bay Registration Forms](#)
- [Sunday Mail City-Bay Website](#)
- [Create your own EVERYDAY HERO fundraising page](#)
- [Donate NOW](#)
- [HeartKids SA](#)
- [IKEA](#)
- [Contact Us about City-Bay](#)



HeartKids SA City-Bay Newsletter

Issue 1 Monday, 28th June 2010

On your marks for little hearts for the Sunday Mail City-Bay Fun Run Sunday 19th September 2010

The countdown has started, 12 weeks and counting.

Dust off those runners, dig out your sweatband and start preparing for the City-Bay Fun Run 2010, September 19th.

Last year, you were involved in the HeartKids SA team for the City-Bay Fun Run, by way of a participant, sponsor, supporter or

We need you...

This years City-Bay is going to be bigger and better for HeartKids SA; we are aiming for 1000 participants!!

We would love to see you back again, so please bring a friend, family member or even get your workplace, club or school involved.

This year we are very appreciative to some local personalities who have chosen to get "on their marks for little hearts" by being involved in the



2009 HeartKids city-Bay Team Photo at the finish.

HeartKids team. We have Lucy Cornes (new Ambassador for HeartKids SA), Kane Cornes (Port Power), Scott Thompson (Adelaide Crows), Jacob Holmes (Adelaide 36ers and Ambassador for HeartKids SA), Graham Manou (Redbacks and Ambassador for HeartKids SA) and Isobel Redmond (Leader of the Opposition) - hopefully more local personalities will choose to get involved over the next month or so.

donor—or you have shown interest in getting involved.

HeartKids SA would like to thank you from the bottom of our hearts. Your involvement has helped us raise in excess of **\$41,000**, with over 570 people running or walking for us! What a fantastic outcome.

If you know of anyone who is interested, please forward this email to them and get them to register to be in the running for our Early Bird registration prize (read on for further details).

Don't forget only the first 1000 participants who register with HeartKids SA will receive one of our fabulous goody bags, with a HeartKids SA T-shirt and cap as well as lots more goodies.

Childhood Heart Disease statistics...

- ♥ On average, each week 2 to 3 South Australian families need to travel to Melbourne with their seriously ill child to receive life-giving surgery—not available in South Australia.
- ♥ Childhood Heart Disease is the leading cause of death in children under the age of 5 in Australia.
- ♥ Childhood Heart Disease is the most common birth abnormality, affecting 1 in 100 children in Australia.

HeartKids puts your donations to good use...

With the huge success of the 2009 donations tally, HeartKids SA is able to provide funding towards the Travel Assistance Fund which assists the families with the accommodation costs associated with travelling for surgery.

Funds raised support programs such as playgroups, family events, team camps as well as providing a family support co-ordinator.

This year HeartKids have a couple of new initiatives that

some of the funds raised from the City-Bay will go towards, such as Travelling Support Bags (for families travelling to receive surgery / medical support) and Family Information Sessions.

Early Bird Registration Prize

Keen to register for the HeartKids City-Bay team??? Make sure you get your entry in to us before 5pm, 18th August 2010 and you could be in the running for our Early Bird Registration prize a \$400 SA Shorts Holiday voucher. The Basin Haircutters have kindly donated this prize to HeartKids SA.

HeartKids SA must receive the HeartKids SA Individual, Group or Family Registration form by COB 18/08/10 to be eligible for the draw. All individual names will be entered into a database and numbered. We then will ask an independent 3rd party to choose a random number to determine the winner. All decisions are final.

The Winner will be contacted by HeartKids SA to collect their prize.

This prize can be redeemed by phone 1300 764 227 or in person at South Australian Visitor & Travel

Centre, 18 King William Street, Adelaide. Valid until 16/6/2012. Non-transferable - the voucher must be used by the City-Bay Early Bird Prize Winner by the valid date through the SA Visitor & Travel Centre for a SA Shorts Holiday. Thank you to our kind Supporter, the Basin Haircutters for supplying this prize.

Check out some of the Shorts holidays on the website.

<http://www.southaustralia.com/shorts/>

Conditions of Entry

Katelyn's Story

"This is not a normal four chamber heart." These eight words, spoken softly to my husband Robert and I in a small darkened room after a lengthy ultrasound, are etched in my mind forever.

Further investigations over the next few days confirmed the diagnosis that our unborn baby had a complicated heart condition. The right ventricle, which pumps blood to the lungs, was too small and there was also a large hole in the wall between the top two chambers.

As I sat nervously in the waiting room of the Cardiology department of Women's & Children's Hospital a good friend who had come along for support handed me a Heart Kids brochure. I numbly read that heart defects are the most common birth abnormality, affecting 1 in every 100 children. The notice board displayed photos of children showing their heart surgery scars (which I later learnt were nicknamed 'zippers') and I began to realise how oblivious I had been to this childhood disease.

Katelyn Deeann came into

this world on the 2nd February 1999. She was pink and alert but was taken to PICU soon after her birth to begin extensive tests and treatment. As predicted her oxygen levels began to drop and 3 days later she was on a RFDS plane to Melbourne. Her first surgery to insert a shunt was performed at 8 days of age at the Royal Children's Hospital.

She recovered well but life was never dull. Feeding problems, severe reflux, a life threatening bowel malrotation and numerous admissions to hospital for infections were some of the challenges faced. A month after her 1st birthday Katelyn returned to Melbourne to endure 5 hours of open heart surgery and came home with her very own 'zipper'.

In 2009, sadly the conclusion was that there were no further surgeries possible and in May her name was placed on the active waiting list for a heart transplant.

We were back in Melbourne in June, away from family and friends, and while waiting for a new heart was difficult we tried to make the

best of everyday. Coffee and a chat with the support worker from Heart Kids Victoria was a vital break in a stressful situation.

Unfortunately Katelyn's much loved Grandfather was very ill so we were extra keen to get back to S.A. We convinced doctors and thankfully got to spend time with him before he passed away on 3rd July. Katelyn attended his funeral but was taken to hospital later that day as she felt unwell. She suffered a cardiac arrest in the emergency department and sadly the team of doctors who knew her very well couldn't revive her.

The grief journey is a tough one - shock, denial, anger, guilt, sadness, followed eventually by acceptance. As we approach the first anniversary of Katelyn's death we remember with much love a determined little girl whose courage touched many people. Her 10 year journey highlighted the importance of Faith, Family and Friends and her smile will never be forgotten.

-We thank Katelyn's parents Kathy & Rob Crowhurst for sharing this story with us.

Meet the CB Subbbies.. (City-Bay Sub Committee)

HeartKids SA would not be where it is today without the support of its valued volunteers. This year we are lucky enough to have 7 volunteers helping to coordinate HeartKids SA involvement in the City-Bay...

Prisca Harrison—mother of 5 year old twins, Brock and Chelsea and 2 year old HeartKid Lewis. Prisca has been a volunteer for HeartKids SA for nearly 2 years now.

Emily Connor—mother of 3 year old Riley and 1 year old HeartKid Harrison. Emily and her family raised in excess of \$6000 in last years City-Bay, and decided to get more involved by joining the committee this year.

Desiree Ruby—mother of 2 healthy girls, Emma (5) and Lily (3). Desiree's family and friends have walked the City-Bay for HeartKids SA for the past 2 years.

Sally Nicholson—mother of 2 healthy boys, Thomas (9) and Harry (7). Sally's family have supported HeartKids SA in the City-Bay for the past 2 years.

Mark Hyslop—father of one, Mark wanted to get more involved by helping HeartKids SA in someway due to a nephew's son who was born with a Congenital Heart Defect.

Lindsay Taylor—mother of 3 year old daughter, Evie-Bella, and who's family has supported HeartKids SA for the past 2 years by walking the 6kms in the City-Bay.

Stephanie Iannone—17 year old student at Cabra Dominican College who chose to support HeartKids SA as part of her Year 12 studies. Steph also has a close friend with CHD, who is a heart transplant recipient.

MAJOR SPONSOR

We are proud to acknowledge our major sponsor for this years HeartKids SA City-Bay Fun 2010.



— VALUED SUPPORTERS —
the Basin Haircutters

FTM T-Shirts

KIWANIS Club
Rostrevor/Campbelltown

Fantastic First State Adelaide

Fantastic Snacks/San Remo

Adelaide Crows

Calyx Fresh Oranges

How do I get involved?

Step 1

Register with Sunday Mail City-Bay.

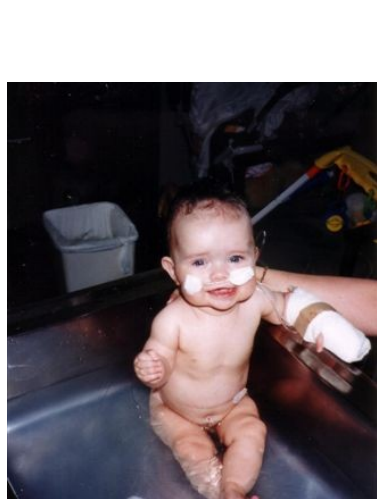
Step 2

Register with HeartKids SA

Step 3

Fundraise or make a donation (optional)

For more details follow the [HeartKids SA website](#) link and download the "How to Register and Fundraise" PDF or drop us a line [Contact Us](#)



Katelyn
8 months old



Katelyn
"her smile will never be forgotten"

More about HeartKids SA

Our Vision

Life unaffected by Childhood Heart Disease

Our Mission

As the public face of Childhood Heart Disease ("CHD") and through our active partnering with the medical community and Government, Australia will adopt best practice in the intervention, treatment and support for all those affected.

This will result in a reduction of incidence, decreased mortality, significantly improved quality of life and best outcomes for those affected by CHD.

This will be achieved through our work in support, awareness advocacy and research.

Volunteer City-Bay Co-ordinator

Prisca Harrison - 0402 126 579

Email: citybay@heartkidssa.org.au

State Manager

Kerry Southwell - 0420 363 155

Email: kerry.southwell@heartkids.org.au

Family Support Co-ordinator

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