

Proudly sponsored by



SUBSCRIBE

Did you receive this email in error click here to [Unsubscribe](#)
Did someone forward this email to you?
Want to join our mailing list?
Click here to [Subscribe](#)

Do you have an inspirational story to share?

Do you have a "heart kid" story or a "fun" story of why you want to participate as an individual, family or group for HeartKids?

If so, and you want to share your story and have the opportunity to get it into the Sunday Mail – please email your story to info@city-bay.org.au and citybay@heartkidssa.org.au – please ensure you contact Prisca if City-Bay/Sunday Mail contact you to share your story.

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](#)

How do you 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](#)



HeartKids SA City-Bay Newsletter

Issue 2 Tuesday, 13th July 2010

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

Early bird registration closes 18 August - \$400 prize up for grabs

The countdown continues, 10 weeks and counting.

OK, so the first e-newsletter was just to remind you about City-Bay and getting involved for HeartKids! This is the "put it into action" e-newsletter...you've had time to think about it, chatted to a couple of friends/family/work colleagues – so lets get the ball rolling now!

We need you (and your friends) to get "on your marks for little hearts". We are searching for 1000 people of all ages, sizes and fitness levels to walk or run (3km, 6km or 12km) all to help raise funds and awareness for the greatest killer in children under the age of 5 – Childhood Heart Disease! HeartKids supports the children and families affected with childhood heart disease and what better way to help than get involved in South Australia's biggest fun run – the Sunday Mail City-Bay Fun Run.

Join some of our local personalities who are getting behind us – Lucy Cornes, Kane Cornes (Port Power), Scott Thompson (Adelaide Crows), Isobel Redmond (Leader of the Opposition), Jacob Holmes (Adelaide 36ers) and Graham Manou (Redbacks) – if you don't see them running or walking, you may well see them mingling back at the HeartKids tent at the finish line for your free BBQ Breakfast.

Don't forget the first 1000 people registered with the HeartKids team will receive their FREE bag full of goodies including their team shirt and cap to wear on the day. Thanks to our major sponsor for this event – IKEA, for making all of this possible for us and our participants. Thanks also to our Valued Supporters and Helpers for making the day possible. Log on to www.heartkidssa.org.au to download all your registration forms and information about our early bird registration competition.



Lucy Cornes Ambassador for HKSA

Preparing for the City-Bay, and some interesting facts:

1. During winter you burn 30% more energy just maintaining core body temperature. What a great bonus for fat burn! Increasing metabolic rate, feeling vibrant and alive for the whole day, improving your body's immune defence enabling you to ward off the nasty bugs (combined with a healthy balanced diet and a good night's sleep), are just a few of the other benefits!

2. Only 10 weeks to go! You should set your goal distance now - 3,6 or 12km walk or run – why not get the whole family involved and registered with the City-Bay, and then with HeartKids SA! If you want to run/walk – you can start small, get your trainers on and tackle the block you live on. Once you can run/walk it non-stop, try for 2 blocks. Time how long it takes you to do those distances. If that is easy, get in your car and measure a kilometre or two, then run/walk that distance. The key is to master the smaller distances non-stop before adding more distance to your runs/walks, and build up slowly.

3. Cardio exercises combined with resistance training slows and in some cases reverses the body's aging processes. So add a couple push-ups, lunges, squats and dips while you are jogging or walking past your local park. For those that want the technical backup: this improves bone mineral density, increases metabolic rate (fat burning), reduces blood pressure, reduces cholesterol, improves posture and core strength, improves functional mobility, reduces resting heart rate, reduces onset of diabetes, releases endorphins (that feel good hormone), and most importantly REDUCES STRESS!!!!

4. Your body continues to burn calories by 25% of your work rate for 1-2 hours after you exercise, so you can enjoy the benefits for the rest of the day.

5. Remember: just 30 mins of "huffy puffy" exercise 3 times a week. Add to this the little things like taking the stairs, walking to the local shops, parking a little further away to get a good walk in, and you will be on your way to the City-Bay – and taking the next step to improve your quality of life long after the City-Bay is done.

In summary, lots of good reasons to start with your City-Bay training NOW - no more excuses!

Michelle Stollznov - Master Trainer
u+me=fit
email: mstollznov@hotmail.com



Part of the u+me=fit team in 2009



Michelle Stollznov

Josh's Story

Joshua appears no different from the average two year old, Lego, tractors, jigsaws, cubbyhouse and giggling with his big sister consume his days as he explores his way toward his third birthday. However, like many HeartKids, woven into his short life are threads crucial to his survival. Royal Flying Doctors Service, doctors, cardiologists, paediatricians, ENT surgeons, urologists, hospitals, nurses and speech therapists are all well known to Joshua and each individual he greets with a smile in an unassuming manner. Of course the many toys which are scattered through these departments certainly have their advantages!!

Resilience, stamina and determination are hard-wired in HeartKids from birth. Our brave little man is no exception. Joshua in his brief two years has endured having his heart stopped and operated on four times, two exploratory cardiac catheters, endless echocardiograms and renal ultrasounds and an exploratory laryngobronchoscopy.

Joshua was born 7 weeks premature with Pulmonary Atresia with a VSD and one functional kidney. At 4 weeks of age he was emergency airlifted by the RFDS to Royal Children's Hospital in Melbourne to undergo life saving open heart surgery to install a BT Shunt. At 6 months, after living with oxygen taped to his little face 24/7 to battle oxygen saturations around 60%, Joshua had his second open heart surgery to install a second BT Shunt allowing better flow of oxygen to his pulmonary arteries. Post operatively Josh battled a significant sternum infection and left vocal chord palsy, leaving him unable to cry with noise or swallow. Finally at 18 months old Joshua was big and strong enough to receive his corrective surgery establishing a four chamber circulation and flow to his pulmonary arteries. Joshua was finally pink and bounced back after surgery incredibly well. With all chambers firing and oxygen saturations of 100% Joshua was able to learn to walk, climb, get in to cupboards and draw on walls like any other toddler, and as parents we celebrated the tantrums! These signified strength and determination attributes he would need to nurture for the future!

Unfortunately 4 months later Joshua's repair failed and he went in to heart failure. Week about he was admitted to hospital for respiratory viruses as his immune system struggled. Two days before Christmas Joshua had a cardiac catheter, 4 weeks after his second birthday Joshua endured his fourth open heart surgery, having his conduit replaced.

It has been 5 months since surgery and I have just listened to Joshua sing a solo rendition of 'Twinkle Twinkle little Star' before bedtime. Vocal chord palsy and a cardiac condition don't lend themselves well to a vocalist, but at least he can have fun trying and has been given the beautiful opportunity to explore anything he desires.

Online Fundraising Pages - full steam ahead

Thanks to the following people/groups who have already setup their online fundraising pages to help raise the funds and awareness for Childhood Heart Disease – good luck with reaching your goals (congratulations Lee, you've already exceeded yours – brilliant effort 10 weeks out!):-

- Lee Duffield – www.everydayhero.com.au/lee_duffield
- Cassandra Scarman – www.hearts_4_sarayha
- Carrie Duffield – www.everydayhero.com.au/carrie_duffield
- The Kerr Family – www.everydayhero.com.au/have_a_heart

Or you can join the HeartKids online fundraising page easily by simply being a "team member" and sending your family, friends and colleagues the link to donate and sponsor you.

www.everydayhero.com.au/heartkidssa

To join the HeartKids online fundraising team OR create your own online fundraising page like the others above – please phone Emily Connor on 0410-032476.

You can also receive Posters for putting up in your staff room or work reception areas as well as donation tins and offline sponsor packs – see our website for more information.

Meet the CB Subbies.. (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.

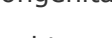
Mark Hyslop—father of one, Mark wanted to get more involved by helping HeartKids SA in some way due to a nephew's son who was born with a Congenital Heart Defect.

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 | u+me=fit | FTM T-Shirts |
| KIWANIS Club | Rostrevor/Campbelltown | Adelaide Crows |
| Colonial First State Adelaide | Jurlique | Calyx Fresh Oranges |
| Fantastic Snacks/San Remo | United Water | Hickinbotham |
| Cheap as Chips Mitcham | The Kerr Family | The Martin/Horsell Family |
| Xtreme Concrete Construction | | |



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
Kylie Bath – 0424 505 833
Email: kylie.bath@heartkids.org.au

HeartKids of South Australia
HeartKids of SA Inc.
6 Watson Ave
Rose Park SA 5067

Reply Paid 364
North Adelaide SA 5006
Email: mail@heartkidssa.org.au