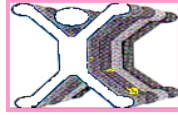


REFLECTIONS



Spring & Summer 2011

Quarterly Newsletter

Spring to me is the renewal of life! It has been so nice to see life coming back, the grass turning green, the tender little buds on the trees breaking out and the warmth slowly returning! I love it! Welcome home spring and soon to be summer! ☺

James' Miraculous Story

On the night of March 12, 2011, James and I were attending the monthly event at St. Andrews Club for the dinner offered by Rebounders Canada of which James is a member. Shortly after dinner at around 8:30 p.m. when we had to leave, James fell to the floor. At that moment George (Shari Klu's father) picked him up and drove us to the Emergency Department right away. After James had an MRI on his brain, the doctor found out that he had a brain tumor the size of an orange. The next morning he had brain surgery to remove the tumor and the surgery went so well that he was given the chance to survive again. I am so thankful for the immediate action that George Klu took to save James' life. He is our Hero! Also, I would like to thank Diane (Melissa's mother) for the good advice to bring James to the hospital right away; otherwise it might have ended up differently. Finally, I would like to thank Rebounders Canada-if we had not been at St. Andrew's that night, who knows what might have happened. Once more – George, you are James' life savior! Thank you so much! We owe you!

Judy Wan (James' mother)

Toronto Area 2011 Events

In the Toronto area, survivors meet at the St Andrew's Club, downtown Toronto, in the Sun Life Building at 150 King Street West on the 27th floor. We meet on the 2nd Saturday of each month (2nd Friday in July and August) at 6:00 p.m. for dinner or at 4:00 p.m. on dates marked "Newsletter."

July 8th - St. Andrew's – 6:00pm

August 12th - St. Andrew's - 4:00pm

Sept. 10th - St. Andrew's – 6:0 pm

October 1st –Rebounders Round-up and "New Life" Dinner Fundraiser at St. Andrew's

October 14-16th - SHARE Conference in Ottawa

Nov. 12th - St. Andrew's (Fall Newsletter) – 4:00pm
Theatre downtown Toronto (date to be announced)

Dec. 10th - St. Andrew's (Christmas Party)

Please call Norman at (905) 337-2797 if you are planning on attending any of the above events or for further information.

Ottawa Area 2011 Events

In the Ottawa area, survivors meet at the Grimes, the building next to the Civic Hospital twice monthly on the 1st and 3rd Tuesday of each month at 6:00 p.m.

June 7th and 21st - Grimes -6:00pm

July 5th and 19th – Grimes -6:00pm

August 2nd and 16th – Grimes – 6:00pm

September 6th and 20th Grimes – 6:00pm

September 30- October 4th – Rebounders Round-up and "New Life" Dinner Fundraiser in Toronto

October 18th – Grimes – 6:00pm

October 15th – SHARE Conference

November 1st and 15th

December 6th and 20th

Please call Louise at (613) 316-8792 if you are planning on attending any of the above events or for further information.

Mark these dates

October 1st

**Rebounders Round-up and
"New Life" Dinner Fundraiser**

October 14-16th

SHARE Conference in Ottawa

Check it out at www.ottawashareconference.ca

(the website is currently being updated)

We will be supporting 20 members in travel & board

First Descents comes to Canada

First Descents, an American organization that uses adventure therapy to promote psychological, emotional and physical healing while building a community of young adult survivors and fighters, is coming to Canada for the first time. The camp is aimed at anyone between the ages of 18-39(ish) who have heard the words "you have cancer" - including adult survivors of childhood cancer like the Rebounders. The organization offers FREE week-long experiences in the form of whitewater kayaking, climbing or surfing to curing some of the emotional effects of cancer and empowering cancer fighters and survivors to regain control of their lives. The first Canadian camp will be a kayaking camp held near Ottawa from August 14-20, 2011.

It is filling up fast, but First Descents have also always accepted Canadian participants at their American camps as well. There are still spaces in many camps running throughout the summer in various locations across the US, and travel bursaries may be available for first-time campers as well. To find out more go to firstdescents.org and/or check out the First Descents Canada Facebook page

at <http://www.facebook.com/pages/First-Descents-Canada/149172831778454>.

2011 POGO SURVIVOR CONFERENCE LIFE AFTER CHILDHOOD CANCER

By Philip McCorkell

Contrary to popular belief the world did not end on May 21st, 2011. For us, it was a new beginning. For the next two days survivors from across Ontario had the chance to attend the various Plenary and Concurrent Workshops that best suited their individual needs. Our conference was held at The Kingsbridge Conference Centre and Institute in King City, just north of Toronto. The resorts remote location and surrounding grounds made for a wonderful weekend getaway. Many social, recreational and fitness activities were made available to participants with something available for all regardless of ability. Originally I had planned to sit this one out but decided to chance it. So along I went trekking with the group through some of the outdoor trails, up hills, across brooks and through bush and treed narrow paths. Other activities available included art, cooking and a number of other various fitness activities. All our accommodations and meals were included. The food was plentiful and available in a wide variety and selection to suit everyones appetite. The staff could not have been nicer or more helpful

and friendly. Speaking of food, one of the sessions was "Eating – Is There a Solution to the Confusion", a look at nutrition and making the best selections and choices for a healthy diet and lifestyle. "Subsequent Cancers – Risk and Prevention" examined who is most at risk, lifestyle, healthcare and long term follow-up and what can be done to reduce the risk. The two concurrent workshops that I attended were "Hormonal Issues and their Treatment" and "Heart Health". Other workshops presented included. "Survivorship in Oncology: The Role of Exercise in Preservation and Restoration of Quality of Life", "Insurance 101", "Making My Way in the Workplace", "Memory Changes Following Cancer Treatment: Effective Strategies for Milder Symptoms" and "Romantic Relationship and Disclosure". I would have liked to have attended that last one mentioned, however it was not to be as you could only attend two of your three concurrent workshop selections. Fortunately the plenary sessions, "Building His or Her Mojo: Sex, Intimacy and Sharing", "The Sexual Self after Cancer: Body Image, Self - Esteem and Sexuality" and "Fertility 101 for Survivors" were very similar in nature. Lately these have been issues that I spend a lot of time thinking about. Past attempts at relationships have left me with mixed feelings. I have long given up on the idea of a non survivor. One of my main reasons for wanting to attend this conference was to hopefully meet someone. I did get to meet a few new people but not to this nature. I just turned fifty and will be on my own soon. I will be returning to college in September and not sure if I will be able to deal with these issues as I reflect back on a few bad experiences with past classmates. Chances are that I will once again be the minority in a classroom filled with women, a norm in healthcare studies it seems. These are issues that I will have to learn to live with I guess! Throughout the conference I found that my mind reflected back on some of the courses that I have taken at college, Psychology, Human Development and to some degree, Abnormal Psychology come to mind. One reflects on the other and vice versa. One enhances the other. I enjoyed listening to, and found that most of the speakers to be knowledgeable and very approachable. I found that the late effect issues presented were consistent with the "Children's Oncology Group" outlines available on POGO's website www.pogo.ca. Reference to the conference speakers can also be found on the website. Sponsors of this conference were KRG Children's Charitable Foundation, b.r.a.i.n. child and LIVESTRONG. Their support has made this a truly enjoyable first "POGO SURVIVOR CONFERENCE" and hopefully not the last.

**Presents the
Founder and Board of Directors**



Andrew Sprawson: Founder

Andrew Sprawson survived a brain tumour at 10 years of age. This did not hold him back from living his life to the fullest. After finishing college courses in business and cabinetry, he formed his own company known as "Tree House Toys" and began designing and building backyard play centres. Years later, due to a loss of balance which resulted from the side effects of his treatments, Andrew had to forgo his company. With time on his hands, he was encouraged to look for other survivors who had similar experiences: Rebounders Canada was born! Happily, he met and married Jill, his lifelong partner in love and support! They have two energetic boys, Spencer (13) and Peter (11). Rebounders Canada which Andrew founded in 1990 is still going strong today and has enhanced the lives of many who want to "Thrive and not just Survive!"



Jill Sprawson: Chair

Jill Sprawson survived a brain tumour at 7 years of age. She met Andrew Sprawson the year before attending Laurentian University. Jill acquired her undergraduate degree in sociology and considered continuing on to earn a social work degree at college. However, she found herself in love with Andrew whom she married. In so doing, she naturally started working with survivors as she had always wanted to do and subsequently she became co/coordinator of Rebounders Canada. Jill and Andrew live in Oakville with their two sons, Spencer (12) and Peter (10). She is delighted to have been nominated as Chairman of the Board of Rebounders Canada this year.



Shelley Macdonald: Secretary

Shelley Macdonald joined the Rebounders board of directors in 2006. She is the mother of Elizabeth (Beth), a survivor who was diagnosed with a brain tumour in infancy. Through Shelley's long friendship with members of the Sprawson family, she and Beth met the inspiring Andrew and Jill Sprawson and learned about the benefits of being a Rebounder. Shelley is pleased to give back to this organization with her ongoing work on the board and her assistance with the charity's annual New Life Dinner fund raiser.

Stephen Hodd: Treasurer

Stephen Hodd has known Andrew Sprawson for over 32 years. Having started a business many years ago, he brings an understanding of the needs of any venture to be based on a strong vision of the future and a passionate desire to make a difference to all it serves. He is proud to be a Rebounders board member because it so clearly aims to improve the here and now for adult survivors of childhood cancer by providing opportunities for social contact and mutual support. As founder of St. Andrew's Club & Conference Centre he is delighted that it can host the regular Rebounders monthly meetings in Toronto and annual New Life Dinner and conference in the fall. Like all Directors, he welcomes others to offer their support to this worthy cause.



Monika Roess

Monika Roess is a retired school teacher who has a passion for life and a desire to make a difference. “And the rest is history...” are the words she uses to describe her relationship with Andrew and Jill Sprawson. She had the good fortune to meet and assist them when their electric scooter broke down in front of her home in 2008. Shortly thereafter, and with their usual warmth and disarming charm, they asked her to attend “just one” board meeting. Then they asked her to consider serving on the board...and the next thing she knew, she had the privilege of working with the TEAM to help organize the 2009 and 2010 conferences: “Living in the Here and Now”. Monika feels blessed to be a part of the Rebounders’ community and is honoured to serve as a board member for Rebounders Canada.



James Whetstone

Jim and Andrew met years ago at a men’s gathering at Andrew’s father’s house. In addition to enjoying their camaraderie, Jim and Andrew also gained a great deal of respect for each other. Andrew appreciated Jim’s wit and extensive knowledge on an array of subjects and Jim was moved by Andrew’s commitment to improve the lives of adult survivors of childhood cancer. Jim was asked if he would consider being the key note speaker at Rebounders first ‘Living in the Here and Now” Conference in 2009 and shortly thereafter was asked to join Rebounders board! In addition to Jim’s success as a psychotherapist, he also helps those who have difficulty dealing with the trauma of driving after being in a car accident. Jim’s insights and contributions are appreciated by all.



Alison Hodd

As a child Alison was fortunate to grow up next to Rebounders -founder Andrew Sprawson and his family. On many occasions after his brain tumour diagnosis, treatment and recovery, Andrew would babysit Alison and her two younger brothers, splashing around in the local pool on a hot summer day. Andrew’s kindness and compassion for others has always inspired Alison and so in 2009 she started by helping with the Living in the Here and Now Conference. By sharing her understanding of sound adult learning principles gleaned as a corporate trainer in the pharmaceutical industry she was able to help develop for program for the 1st conference. Alison lives in Oakville with her husband and two young kids and is a proud to serve on the Rebounders Canada board.

Saturday, October 1st is
Rebounders Annual General Meeting
At The St. Andrew’s Club
You can personally meet the directors and have the
opportunity of voting them in as our board!
More information to come!

Have you got a story to tell?
Share your survivor story and inspired others!
Your story will go up on our website.

Thank you Beth for sharing your story!

Please send your story to:
Rebounders Canada
1160 Klarecroft Way
Oakville, Ontario
L6H 3A2
or
Rebounderscanada@cogeco.ca

