

The Border City “Beat”



Heart Defects Society of Windsor and Essex County

Francine Bryar Memorial Bursary

Beatrice Phelps

Hearts weren't meant
to be born broken.

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In our last newsletter, we introduced the Francine Bryar Memorial Bursary, which was established in honour of our President who passed away last year. Application forms for the \$500 bursary were distributed to the Guidance Councillors at area high schools in March. **The deadline for submission of applications has been extended until June 4, 2011.** If you are or know a high school student with a congenital heart defect who will be entering an accredited post-secondary institution in Ontario for the 2011-2012 school year, please contact us immediately at 519-973-0915 or e-mail Darren@HeartDefectsSociety.org. If a successful candidate is selected, an announcement will be made at our family picnic on June 11.

1st Annual HDS Golf Tournament — July 30

Brian Caza

The Heart Defects Society will be holding it's first annual golf tournament at Fox Glen Golf Course in McGregor, Ontario on Saturday, July 30, 2011. This is a "Best Ball" tournament, so you don't have to be a great golfer, but you can play, have a great time and support a worthy cause.

This tournament is open to the public. Tickets are \$100 per golfer, which includes 18 holes of golf, cart, pop and hot dog at the turn, dinner after the game and a chance at some great prizes. There will be raffles and a 50/50 draw as well. You can put together your own foursome if you prefer, but individuals are also welcome!

For tickets, you can leave a message at the Heart Defects Society office at 519-973-0915, and someone will get back to you. Or just mail a cheque made out to Heart Defects Society (write "Golf Tournament Registration" on the memo line) and send it to us at 1479 Tecumseh Rd. E., Windsor, Ontario, N8W 1C2. Be sure to include your address so we can mail you your ticket. (If you have your own foursome, please include a note with the names of the other golfers you will be playing with.) Hope to see you there!



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HDS Office—Volunteers Needed!

Brian Caza

We are now well established at our new office location at 1479 Tecumseh Road East. However, we are still in need of volunteers to assist with staffing the office at regular hours.



In order to service our community, we would ultimately like to have someone at the office for at least a few hours each day from Monday through Saturday. If you have any timeslot during which you are consistently available and can commit to being at the office for 2-3 hours one day each week, please contact Brian at Brian@HeartDefectsSociety.org. You do not need to be actively involved with the HDS to volunteer for this duty. Responsibilities will include general office tasks, such as answering phone calls and light computer work.

2nd Annual Christine Sorrell Memorial "Pooker Run"— September 18, 2011

Warren Hayes

Due to a conflict with another local motorcycle ride, we have changed the date of this year's Pooker Run to Sunday, September 18. The route will be very similar to last year, with stops in Amherstburg, Colchester, Leamington, Essex and Belle River, ending with dinner and awards at the Teutonia Club of Windsor. Last year's event was a spectacular success, with over \$25,000 raised for the Heart Defects Society. We are now well into the planning phases of this year's ride and it promises to be even bigger and better! We're lining up some great prizes for the top pledge earners, and like last year, there will be lots of raffles and door prizes. So if you ride, or know someone who does, please spread the word and mark your calendars for this exciting event. Details are currently posted on the HDS facebook page, and soon the event will have it's own website (watch facebook for the announcement!) If you would like any further information, or are interested in volunteering, you can e-mail the event's chairperson, Warren Hayes at Warren@HeartDefectsSociety.org.

CHD Resource Library

Christine Womack

We now have several items available for lending from the HDS office. A few of the current titles include:

- "The Heart of a Child: What Families Need to Know About Heart Disorders in Children"
- "Starting a Conversation: School Children with Congenital Heart Disease"
- "The Heart of a Father: Essays by Men Affected by Congenital Heart Defects"
- "What About Me?: When Brothers and Sisters Get Sick"
- "Franklin Goes to the Hospital" (a storybook for children)
- "Something the Lord Made" (DVD)



If you are interested in borrowing one of these titles, or browsing our other offerings, please call the office at 519-973-0915 to schedule a time to come by.

The Board of Directors

Introducing our Newest Director!



Stephanie Voakes — I am 32 years old and was born with multiple congenital heart defects. I am doing as well as can be expected physically, and living a fairly normal life. Due to my heart problems, I'm unable to work, drive, or have my own children. But I'm trying to be more physically active to become healthier and stronger. I enjoy being a "home-maker" and taking care of my fur-babies (I have 2 dogs and 1 cat).

I enjoy spending time with friends and family. I'm always the one with the camera, taking silly random pictures because they make the best memories. I also like to read, write and play on the computer. One of my favourite things to do is camping, and just being outdoors in the summer. Other activities I enjoy include bowling, playing pool and shooting darts, although luck plays a very important role on my behalf!

I learned of the Heart Defects Society in 2008, when asked to purchase tickets for the annual pasta dinner. In doing so, I found a sense of belonging, to know that there are others like me, surprisingly closer to home than I thought. Coming from a small town and growing up with CHD was a struggle. I never felt like I fit in, as I was the only one in my hometown with a serious heart problem. In working with the HDS, my goal is to continue to spread the word and to reach out to families that may not know that there is support for them, and to lend support to those with heart defects themselves, as I know it can be difficult to deal with. I'm excited to be working with an organization so close to my heart and look forward to meeting everyone!

Annual General Meeting—August 11, 2011

Darren Womack—Vice President

Our Annual General Meeting (AGM) has now been scheduled for Thursday, August 11 at 6:30PM at the HDS office, located at 1479 Tecumseh Road East. The purpose of this meeting is to review what we have accomplished during the preceding 12 months, to discuss goals for the coming year, and to elect the Board of Directors. Each elected Director serves a term of two years and is eligible to run for the Officer positions (President, Vice-President, Treasurer or Secretary), which are determined annually during this meeting. For the upcoming year, six of the seven director seats are up for election. If you have ever considered running for a seat on the board, now is an excellent time to get more involved.

Anyone with an interest in the Heart Defects Society is invited to attend the AGM, regardless of whether you have had past involvement with the HDS. This is a great opportunity to voice any ideas or concerns you may have, and to help steer the future direction of our organization. We value your input and hope to see you there!



HDS Family Summer Picnic — June 11, 2011

Beatrice Phelps

Our annual summer picnic is right around the corner! We're making the final preparations for a day that is always fun for everyone who attends! All families affected by congenital heart defects are encouraged to come out and catch up with old friends, meet new ones and enjoy the great outdoors!

This year's picnic has been scheduled for Saturday, June 11th from 11:30AM to 2:30PM and will once again be held at Mic Mac Park in Windsor (Picnic Area #03). Finding the site and the associated parking area is a bit tricky, so look for our signs and HDS flag and banner! The picnic will be held, **rain or shine**, as there is a covered pavilion at the site. Lunch will be provided, and as always there will be door prizes and games for the kids (including the ever-popular piñata!).

There is a playground and splash pad at this site, so pack your swimsuits and sunscreen! Shelter will be available, but we do ask that you bring your own lawn chairs in case the picnic tables get too crowded. We also plan to announce the first recipient of the Francine Bryar Memorial Bursary at this event. Hope to see you there!



Walk'n Roll 2011— Save the Date!

We are now beginning to plan for our 5th annual Walk'n Roll, which will take place on **Saturday, October 15, 2011** along the Riverfront, beginning near the Ambassador Bridge. The proceeds from this event, including sponsorships and pledges, contribute to the Melissa Trothen Memorial Fund, which helps provide financial support to local CHD families who must travel to London or Toronto for their cardiac care. It is a fun event with activities for the kids prior to the walk, musical entertainment and a barbecue lunch at the "finish line". Please mark your calendars and watch our facebook page for details as they develop.

Heart Defects Society Board of Directors

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