

The Border City “Beat”



Heart Defects Society of Windsor and Essex County

Pasta Dinner 2010

Darren Womack—Vice President

Hearts weren't meant to be born broken.

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The 4th Annual HDS Pasta Fundraiser was held on February 12th (during Congenital Heart Defects Awareness Week) at the Teutonia Club of Windsor. There were over 250 adults and children and more than 25 toddlers in attendance, making the event an astounding success! Good food and great service helped to ensure an enjoyable evening for all!

This year, we expanded our kids’ games and crafts area, and the little ones had a great time, as did their parents who appreciated the opportunity to relax and socialize. Our raffle and door prize donors were very generous. Ticket sales for raffle prizes and our 50/50 draw went very well, and the prizes were gratefully received by all the lucky winners.

We would like to extend our deepest thanks to all the event sponsors, volunteers, donors of prizes and desserts, and of course all those that came out to support us in this great cause. **Thanks to everyone’s support, we were able to raise over \$2000 to help those affected by Congenital Heart Defects.**

We look forward to seeing you all next year!!

See page 4 if you are interested in attending the 2010 Adult Congenital Cardiac Patient Conference in Toronto!

2010 Cash Raffle

Brian Caza—Treasurer



That's right, it's that time of year again!

The 2010 Cash Raffle tickets are available! Tickets are \$2.00 each again this year, with just 5000 tickets being printed. The draw will be held on June 12th at 2PM at our Summer Picnic, which is being held at Mic Mac Park this year (see page 3 for details)!

Prizes are \$1500 for first prize, \$1000 for second prize and \$500 for third prize.

If you are interested in buying tickets, or having books of tickets dropped off to you to sell, call the HDS at 519-973-0915 and leave a message with your name, address and how many tickets you would like (they come in books of 10). We will deliver them to you and all you have to do is call when you are out and we will come by and pick them up.

We are also looking for volunteers to work 3 or 4 hour shifts to sell tickets at locations such as grocery stores and Canadian Tire, in Windsor and throughout Essex County. Our goal this year is to branch out to make ourselves more visible to the people of Essex County. We are in the process of securing venues at which to sell tickets. If you are interested in helping, call the HDS at 519-973-0915 and leave a message.

Let's have a great year again and sell out like we did in 2009! The money that is raised goes to the Melissa Trothen Memorial Fund (see page 4), Social Events, and Educational Materials.

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Announcements

What's New?

We would like to welcome:

- Gen and Warren Hayes to the HDS family!

Celebrations and Milestones

We wish a very happy birthday to:

- **Farrah** on March 24th
- **Isaac** on March 27th
- **Caitlynn** on May 15th
- **Nicole** on May 28th
- **Glen** on June 5th

Best wishes to:

- **Tyler** who will celebrate the fourth anniversary of his open-heart surgery on May 2nd
- **Francine** who is celebrating 24 years since the insertion of her BT Shunt in 1986

News:

After a very long wait, Francine received the call for her heart transplant in November, 2009. The surgery was a success, and her new heart is functioning well.

In spite of several non-heart related setbacks in her recovery, Francine is now responding well to treatments and therapy and hopes to be home in the near future.

She would like to thank everyone for their thoughts over the past several months and looks forward to seeing all of you again soon!

Submissions welcomed and encouraged.

Please send us your **birthdays**, **anniversaries** (surgery, wedding, etc.) and **milestones** (entering into a new area of life, such as first day of school, high school, university or parenthood). **News** that you would like to share is also welcome. If you have an upcoming surgery, or are recovering from an illness, we would like to add you to our thoughts. Let us know about it!

Please contact Darren at the HDS for any submissions you would like to enter. Call 519-919-4485 or email submissions to Darren@HeartDefectsSociety.org.



In recognition of Earth Day on April 22nd, the HDS would like to begin distributing this newsletter in electronic format. If you would prefer to receive news from us via e-mail rather than paper, please send your name and current e-mail address to Darren@HeartDefectsSociety.org.



(If we do not hear from you, you will continue to receive paper copies by postal mail.)

New for 2010! Memorial Poker Run

Darren Womack

The Heart Defects Society is excited to announce the 1st Annual Heart Defects Society Christine Sorrell 'Pooker' Run scheduled for July 25th this summer. Christine Sorrell, the daughter of Genevieve Hayes and step-daughter of Warren Hayes, passed away in October 2005 due to a previously undiagnosed congenital heart defect. The Hayes', who are both avid motorcyclists, brought forward the concept of having a charity motorcycle run to the HDS Board last fall, both to help raise awareness of congenital heart defects and the HDS, and to help raise money for families that must travel out of town for treatment.

While the final plans are still being put together, we could not be more pleased with the idea. The ride is planned to leave the CAW Local 200 Hall in Windsor, travel along the riverfront out to Amherstburg for the first stop, on to the Meadow's Bar and Grill in Harrow for lunch, on to Leamington for the third stop, Essex for the fourth stop, Tecumseh/Lakeshore for a fifth stop and finally back to the Teutonia Club of Windsor for dinner and prizes.

So, if you have a motorcycle and are looking for a great reason for a nice Sunday ride, we would love to have you come out and join us. Additional information along with pledge forms will be available shortly.

If you are interested in volunteering to help out with this event, please contact Darren Womack at either Darren@HeartDefectsSociety.org or 519-919-4485.

The Board of Directors

Director of Youth Outreach

Darren Womack

The HDS Board of Directors currently has one vacant position which we hope to fill with a **Director of Youth Outreach**. This position was established for someone between the ages of 18 and 25, preferably born with a CHD, to help guide the board to understand and meet the needs of our current and potential members in their teens and early twenties. With all the technological advances and changes with respect to electronic social networking that have taken place in the last decade, the Board felt it would be very beneficial to have an individual who better understands the needs of this age group to help guide the organization as a whole.

If this is something that you may be interested in, please contact Darren Womack at 519-919-4485, or by e-mail at Darren@HeartDefectsSociety.org.

Our Secretary, Christine Womack, is expecting her third child to arrive in May, at which time she will be taking a leave from her HDS duties to care for her expanding family. We will be needing a volunteer to fill in temporarily as Secretary until Christine is ready to return. If you have good typing and organizational skills and would like to get more involved with the HDS, we would love to hear from you. Time requirements include one evening each month to attend board meetings (currently the fourth Tuesday of each month), as well as recording and distribution of meeting minutes. Anyone interested should contact Darren Womack at 519-919-4485, or by e-mail at Darren@HeartDefectsSociety.org.

HDS Member Family Picnic — June 12, 2010

Each year, the HDS holds a summer picnic for all members and their immediate families. It is a relaxing, family-oriented gathering to catch up with old friends, meet new members and enjoy the great outdoors! This year's picnic has been scheduled for Saturday, June 12th and will be held at Mic Mac Park in Windsor (Picnic Area #03). Lunch will be provided, and as always there will be door prizes and games for the kids. Shelter will be available, but we do ask that you bring your own lawn chairs. **Please mark your calendars and plan to join us for this fun-filled day!**



Social Gathering - Time for Something New?

Our monthly social gathering is currently held every second Sunday of the month at Tim Horton's on Walker and Ypres at 7:00 pm. The gatherings are intended to be a relaxing time for interaction among HDS members.

The next gathering is scheduled for **April 11th, 2010** followed by another on May 9th, 2010. **Hope to see you there!**

In an effort to meet the needs of our entire membership, we are considering making changes to the time or location that our gatherings are held, or perhaps alternating between different times or locations. We would love your feedback on this issue. Please send any comments you may have to Glen@HeartDefectsSociety.org.

Some possible changes may include:

- Adding a daytime, weekend gathering for the convenience of parents with young children
- Adding a more family-friendly location such as a fast food restaurant with a play space
- Adding a west-end location

If you have any other suggestions, please let us know!

Adult Congenital Cardiac Patient Conference 2010

The 5th Annual Congenital Cardiac Patient Conference is to be held in Toronto on May 15th, 2010. The Heart Defects Society hosted a trip to this conference last year, and all attendees thought it was a very worthwhile excursion. Therefore, the HDS is considering hosting another trip to this year's conference, which is geared towards adults living with CHD. It will be held at the George Vari Engineering & Computing Centre at Ryerson University. Program topics include Family Planning for Men and Women, Staying Active, Healthy Eating and several others. Speakers include a variety of medical personnel, as well as congenital patients giving their personal perspectives.

Arrangements for travel and overnight accommodations will be coordinated by the HDS if there is enough interest. Anyone wanting to attend or find out more should contact Brian Caza **by April 11th** at 519-973-0915, or by e-mail at Treasurer@HeartDefectsSociety.org.

Spotlight on our Sponsors

We would like to thank Caroline Ferrato at **Wee Piggies & Paws**, who generously supported our 2009 Walk'n Roll, and is also offering a special deal to all members of the HDS.

If you purchase one hand or foot impression of your child for \$24.95, you will get the second one free. You will find a coupon for this special offer enclosed with this newsletter. Samples can be viewed online at www.Weepiggies.com.

Did you know that we are on facebook? Join our group, Heart Defects Society of Windsor and Essex County.

Melissa Trothen Memorial Fund

The Melissa Trothen Memorial Fund is available to assist any Windsor Essex County family who needs to travel to London or Toronto for CHD related appointments, surgeries or other procedures. If you or your loved one with be heading to London or Toronto for care in the near future, please don't hesitate to contact us at 519- 973-0915 or print out and mail the application form online at www.HeartDefectsSociety.org/MTMFund.html. If you know of any families outside of our membership that have been affected by congenital heart defects, please pass this information on to them as well. We are here to help!

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