

Mina's Heart Journey

BY MINA SHASAVAR



Dr. Sanatani, Dr. Patterson, Dr. Gandhi, Mina, and Dr. Hosking.

On Saturday, July 11, 1998, I entered this world in my favourite colour: bright blue. It was immediately discovered that I had a congenital heart disease.

The specific defect was later diagnosed as Ebstein's Anomaly, a leaking of the tricuspid valve, located between the right atrium and the right ventricle of the heart.

When I was about a month old, I was rushed to hospital in an unconscious state, my heart beating at approximately 200 beats per minute. It was the beginning of electrical challenges associated with my condition. From then on until I was about 16 years old, I cycled between countless combinations of medications, hoping the next one would help my heart from racing so frequently.

In 2010, we found out about a procedure called catheterized ablation, which involves closed-heart surgery where catheters are

threaded through to the heart to burn accessory pathways causing the racing.

Back then, BC Children's Hospital did not have the advanced mapping equipment necessary for a complex case like mine, so we travelled together with my cardiologist, Dr. Sanatani, to Edmonton for my first ablation.

The procedure happened on a Monday, shortly after my 12th birthday. We returned home on Wednesday and by Friday the racing was back.

I was furious. I felt that the entire exercise had been such a waste of time, both physically and emotionally.

We resorted back to the medications and continued cycling for the next three years until I trusted Dr. Sanatani to take me back to the cath lab. This time, we were able to stay at my home hospital, BC Children's.

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Volunteers needed

Our families enjoy the spring, summer, fall, and winter gatherings that CHN sponsors. We are always looking for volunteers, so if you have some time, talent, and expertise that you are willing to share, please contact Sam Aitken at: saitken@childrensheartnetwork.org.

THE VIEWS EXPRESSED IN THIS NEWSLETTER ARE THOSE OF THE AUTHORS, AND NOT NECESSARILY THOSE OF THE BOARD OF THE CHILDREN'S HEART NETWORK. THE BEST SOURCES OF MEDICAL INFORMATION ARE YOUR CHILD'S PHYSICIAN AND THE HEALTH CARE PROFESSIONALS WHO PROVIDE CARE FOR YOUR CHILD.

Heart Matters

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chn@childrensheartnetwork.org



/ChildrensHeartNetwork



COFFEE GROUPS NEAR YOU

These groups meet monthly; come and meet other heart parents while enjoying treats on CHN. For more information please contact:

ABBOTSFORD – [Rachel Gammon](#)
footballmama02@hotmail.com

CHILLIWACK – [Melissa Martz](#)
mellymartz@outlook.com

KAMLOOPS – [Miranda Brown](#)
cmazn2003@yahoo.ca

KELOWNA – [Karla Allan](#)
kdvk@hotmail.com

LANGLEY – [Tecia Beulens](#)
tbeulens@telus.net

MAPLE RIDGE/TRI-CITIES – [Amylou Watkins](#)
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RICHMOND – [Kate Walker](#)
kwalker@childrensheartnetwork.org

VANCOUVER – [Samantha Aitken](#)
saitken@childrensheartnetwork.org

VICTORIA – [Teri Godin](#)
terigodin@gmail.com



YOUNG ADULT HEART NETWORK COFFEE GROUP

We have a group for young adults living with heart disease. For more information please contact:

[Lauren Fougner](#) | lfougner@uvic.ca



The CHN would like to thank the CKNW Orphans Fund for their generous support of our Heartbeats and Hearts of Gold camp programs.

THANK YOU

CHN would like to thank The Province of BC for its continued support of CHN through its Community Gaming Grants program.



The Province of BC

SIGN UP TO GET CONNECTED

If you have a child growing up with heart disease please email us at chn@childrensheartnetwork.org so that we can add you to our mailing list to receive invitations to all our fun events!

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The famous HOG camp pudding fight & Mina recovering from surgery.

The procedure went well and the racing held off for a few weeks. But within a month, it started again and I went back on the medications, cycling for a third time.

In 2013, I went from having one racing episode every few days to having 30 to 40 episodes in a 24-hour period, missing school regularly as a result.

The medications were clearly not effective, and so it was back to another ablation.

We returned to the cath lab in May 2014, together again with Dr. Sanatani, and the third time was a charm.

I was finally in the clear of all things electrical with my heart.

A year later, however, we were back at BC Children's for a routine check-up when we were told that my leaky valve was allowing too much blood back into my heart and it was time to crack me open and fix it.

Open-heart surgery is always a big deal. At 17 years old, I had a very good idea of just how big a deal.

Together with Dr. Gandhi, we decided on an approximate timeline.

At the end of summer 2015, just before my senior year of high school, I underwent my first open-heart surgery. It was a complex operation and I came out of it in complete heart block, relying on an external pacemaker to keep my heart beating.

I spent a week and a half in the hospital, and some of the most difficult moments of my life are wrapped up in that stay.

Often, children with CHD undergo operations in their first years of life and so, the memories of surgery are vague, if they exist at all.

For me, I was fully aware of everything going on around me, and there was nothing I could do or say to change it.

The first few days following the surgery I had so many tubes and wires both in and on me.

Open-heart surgery is always a big deal. At 17 years old, I had a very good idea of just how big a deal.

Going outside was completely out of the question. At the tail end of the summer, with the beautiful sunshine coming through the window, I would have given anything to just take in a breath of fresh air.

Eventually, I won this battle and got myself outside. The machines were placed in a little shopping cart in front of me, and I felt my mood improve immediately.

Then the day finally came when Dr. Gandhi entered my room with the words, "Good morning, Sunshine!" and things finally looked up. My heart was beating normally and on its own, which meant it was time to go home.

Now, I am about to turn 20-years-old and enter my second year of university. I aspire to become a paediatric cardiac surgeon, in hopes of taking over Dr. Gandhi's position when it comes time for him to retire.

I am forever grateful to the team at BC Children's, most especially the Heart Centre for the lifesaving work they do on a daily basis.

In addition, the support I have received from the Children's Heart Network and my fellow youth growing up with heart disease through the Hearts of Gold program has been unlike anything I have experienced in my life. They are an integral part of my being as alive and well as I am, and my gratitude to them extends beyond measure. 🍓

Fun and connection with families at Camp Thunderbird



Parachute games, canoeing, rockclimbing & archery, Tristan & Dylan at the GaGa Ball.

Of all the events the Children's Heart Network has organized, one of my favourite so far has been the opportunity to go to Camp Thunderbird on Vancouver Island at the beginning of June.

I was first introduced to the CHN ten years ago while I was pregnant with my son Dylan and we learned he would be born with Tetralogy of Fallot.

I started meeting other heart moms. I had a phone conversation with one to learn about her daughter and her family's experience. Then I got to meet another during my visits to the hospital for check-ups.

The CHN has been a part of our family's life ever since. It was nice to know there were others like us facing similar challenges and there was going to be support to get us through them.

From the time Dylan was born, the CHN organized all kinds of fun activities. There were coffee groups for parents and Christmas parties, Easter egg hunts, bowling, and pumpkin patch visits for the kids, to name a few.

And then there was Camp Thunderbird. We didn't get a lot of sleep on this trip, but we got to meet some pretty cool kids and their families.

My son, husband and I shared a cabin with two other families. We kept busy throughout the weekend. There was archery practice, rock climbing and crafts. Other activities

included swimming, canoeing, a game of tag that taught the kids about the predator/prey dynamic in nature, and Ga-ga Ball, which was Dylan's favourite.

On our last night, we were treated to a campfire and a lovely rendition of "Riptide" sung by the camp leaders. Following that, they performed an improv skit of "Beans, the Musical" with one round performed by a handful of impressively talented heart kids. (The grown-ups were too chicken to join in.)

We all laughed a lot that evening as the sun set.

What I valued most about Camp Thunderbird were meal times when we could sit and chat with other parents. The chance to get to know other families a little deeper set this event apart from the others.

For Dylan, it was all about the fun. However, I know he benefits from hanging out and playing with kids that, like him, are pretty normal, but who are also different because they are heart kids who have had some serious surgeries and plenty more visits to the doctor.

We were very fortunate that, since Dylan's heart surgery, at only four and a half months old, his health has been relatively uncomplicated. With the way the health professionals swooped in and saved the day, I've been amazed by our health-care system and how well it has looked after my son.

And I've been just as happy with how the Children's Heart Network has been there for us. 🍓



Telus Ambassadors of the Fraser Valley

We would like to give a heartfelt thank you to the Telus Ambassadors of the Fraser Valley for their recent donation of \$2,500 to the CHN. These funds will be used to support our Hearts of Gold and Heartbeats summer camps at Zajac Ranch as well as upcoming CPR workshops for families living in the Fraser Valley.

> Linda Jackson from the Telus Ambassadors (left) and Barb Willson, CHN board member

DreamNight at the Vancouver Aquarium

This May, the Aquarium hosted its 15th Annual DreamNight. Over 1,000 children with life-threatening illnesses are invited to experience the aquarium with their families. It's a magical night of connecting with aquatic animals and having fun in a beautiful setting, away from hospital beds and daily challenges.

This year, the Children's Heart Network was able to send 60 families (over 275 people) to DreamNight. Highlights included playing with creatures in the Wet Lab and taking part in sing-alongs, arts & crafts, face painting and a magic show. There were snacks and treats and everyone received a swag bag to take home!

Thank you to the Vancouver Aquarium for spoiling our kids! It was a memorable way for our heart families to connect and support each other! 🍕



The Morovic Family enjoying Dream night >

Children's Heart Network on social media networks near you!



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facebook.com/ChildrensHeartNetwork



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https://twitter.com/Childrens_Heart



www.childrensheartnetwork.org

Connect with other heart parents from all over BC. Find support, ask questions, hear about upcoming events and coffee groups, and support others. It has never been easier to connect with others experiencing the challenges of bringing up a child with heart disease.

MEET THE CARDIOLOGIST: Dr Ashok Kakadekar

How and why did you become a pediatric cardiologist?

I originally wanted to be a neonatologist and moved to the U.K. to further my training.

One day, I got to observe a cardiac assessment for a baby, where, for the first time, I saw an echocardiogram being done. I was fascinated by the cardiac structures as they moved and I could see the defects first hand. With an interest in mechanics, I easily understood the cardiac pump and its dynamics. It appealed to me a lot that pediatric cardiologists could assess a baby's heart condition and offer parents different options. I decided I would pursue the field.

Where did you grow up? Tell us about your childhood and home life.

I grew up in Masur, a small city in the southern state of Karnataka in India.

There were 33 people in my joint family and everyone had to do their share of work.

Even in primary school, I helped the family to earn a living by working in our grocery store. This meant no playtime or fun time. I would open the store in the morning and spend a few hours selling provisions, and then go to school, and come back in the evening to do the same thing until the store closed.

We ate our meals with all our family members. It was mostly our grandparents who looked after us as mom and our aunts cooked all day. At night, we would sleep next to my grandmother who used to tell us fun stories until we fell asleep.



Who influenced you to go into medicine and where did you study?

My sister supported me and taught me how to be disciplined and to respect my elders. I had an aunt who encouraged me to study. She always told me, 'the only way to be successful is to study hard.' She really pushed me very hard to go to university in Dharwad.

Other family members were less supportive. One of my uncles really discouraged me from going for higher studies.

In the end, with my grandfather and father's support, I left home and went to university in Dharwad. It was a big financial burden for my family, but it changed my life.

I got very high marks at university and I wanted to become an engineer, but my grandfather encouraged me to go into medicine.

I did my medical degree at the University of Mysore. During an internship, I was inspired by the pediatric rotation and eventually obtained a child health diploma from the same university.

What led you to Vancouver?

After training at some prestigious British hospitals, including Great Ormond Street Hospital for Children, Guy's Hospital and Southampton General Hospital, I applied for a fellowship in pediatric cardiology at B.C. Children's Hospital. Dr. George Sandor called and told me he was willing to train me as a senior fellow, and that's how I came to Vancouver.

Do you have a mentor?

When I was training in the U.K., I had good senior colleagues, but I did not have any mentors. At BC Children's Hospital, I found a true one in Dr. Sandor.

After arriving in Canada, I realized I needed to take a pediatric cardiology exam required by the Royal College of Physicians and Surgeons of Canada. It was a difficult process to sort, but Dr. Sandor helped me. After a hectic year of processing paper work and an evaluation of my

training in the U.K., I took the exam. Dr. Sandor trained me and really encouraged me to do research. In one year, I produced four papers.

I am fortunate to still see Dr. Sandor at BCCH. He comes in to do research every week even in his retirement.

What do you like about working at BCCH?

After my fellowship at BCCH, we moved to Saskatoon for a job opportunity. We liked it there and I found a wonderful mentor and colleague in Dr. Tyrrell. It was a small place and it helped us to raise our children there.

Our daughter moved to Vancouver for school and our son is also keen to move here soon. We always wanted to come back to beautiful Vancouver.

I reached out to Dr. Sanatani a few years ago when they were looking for someone who is experienced in the field, and that is how we returned.

My colleagues at the newly built BCCH work in intensive care and across many subspecialties in pediatrics and pediatric cardiology care. It has been wonderful and I am very proud to be part of this team.

Tell us about any specialties you have within cardiology. Are you doing any research?

I am interested in fetal cardiac assessment. I'm working on fetal cardiology research with my colleague Dr. Moodley, as well as Dr. Sandor, who had already contributed significantly to the field.

Outside work, what do you like to do for fun? What are you good at besides being a cardiologist?

I am patient and a good listener. I like technology a lot and want to integrate it into patient care to make it easier for families looking after a child born with very complex congenital cardiac defects.

Tell us about your family and what you like to do when you aren't working?

My wife and I have three children. My eldest son is 26 years old and does accounting, my daughter is 24 and is just starting her residency at The University of Saskatchewan and the youngest is 19 and currently at Simon Fraser University. I like jogging and walking our dog, Toffee as well as watching sci-fi thriller movies and reading romantic novels and spy thrillers. 🍷

Meet New Board Member: Heidi Scorgie



Heidi is a CPA and has worked in public practice in South Africa and Canada for 23 years.

She and her family moved to B.C. from South Africa in late 2015. Along with her husband Barry, daughter Grace and son Adin, Heidi lives in West Vancouver.

In 2016, Heidi connected with the Children's Heart Network when Grace was diagnosed with an electrical heart condition, and had a pacemaker installed.

Heidi recently joined the board and is looking forward to giving back to the CHN, which provided so much support to her family.

CHN ACCEPTS DONATIONS OF SHARES

The Pacific Children's Heart Network can accept donations of shares of publically traded companies. Donating shares provides a significant tax deduction and capital gains exemption for the donor, while at the same time benefiting a worthy cause. We would like to thank Mr. Mark Corra for his share donations over the past few years. Talk to your financial advisor for more information, and to see if donating shares is an option for you.

Getting to be part of Hearts of Gold and going to Camp Zajac with them was a huge honour.

These memories and bonds will be with me for the rest of my life. Camp Zajac has always been and always will be a place where a kid can be a kid. 🍓



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Did You Know?

New Immunization Clinic

BC Children's Hospital has opened Canada's only drop-in immunization clinic. Vaccines are one of the most successful achievements in medical history in preventing infectious diseases and saving lives. However, in our province, approximately 33% of children under the age of two haven't been vaccinated or aren't up to date on their recommended vaccination schedule. This is most concerning for children with complex medical conditions as they are more vulnerable than the average child. That is why BCCH has started a storefront immunization clinic that is publicly funded and one of a few of a kind in the world. This clinic can be utilized by children, their siblings, extended family members and care-givers. You can either make an appointment or drop by whenever you are in the hospital. This "whole family" approach focuses not only on protecting kids, but also everyone around them.

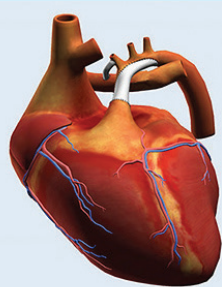
The clinic opened in October 2017 and has already seen over 2,000 patients and family members. Thanks to the new clinic, more flu shots were delivered to patients and families than in any other previous year. The clinic also provides immunization counselling to kids with complex conditions.

Heart App – "Heartpedia"

This cutting edge app uses technology that can help you monitor your heart condition or that of your child. It helps you understand the most common heart diagnoses, including Tetralogy of Fallot, Atrial Septal Defect, Ebstein's Anomaly, Truncus Aortic Arch, Hypoplastic Left Heart Syndrome, Coarctation of the Aorta, Transposition of the Great Arteries and more.

Features:

- Toggle between normal, defect and repair views of the heart
- Rotate and zoom into different views of the heart
- Watch videos with audio descriptions of each defect and repair
- Read detailed descriptions of each defect



Thank you to our generous donors

Victoria Summer Hearts of Gold Events



Come and join other heart teens (ages 13 to 18 years) this summer, check out our upcoming events!

When: Sunday July 22nd, 2-4pm

Where: All Fun Recreation (Go Karts, Batting cages, Minigolf) featuring the "CRAZY WAYNE THE TRAIN" Car Jump, Lordco Demo Series, Country Music Hit group Montgomery County & FIREWORKS!

RSVP: to Krista at viheartsofgold@gmail.com

AUGUST'S EVENT:

Horseback Riding!



What's Happening?

Heartbeats Camp for children ages 8 to 13 years old

When: 2 – 6 July

Where: Zajac Ranch in Mission

Annual Cultus Lake Waterpark Family Picnic

When: 18 August

Where: Cultus Lake (Please RSVP Sam at saitken@childrensheartnetwork.org and ensure your CHN membership is up to date)

Sun Safety for Children

Is the sun harmful to children?

Children have sensitive skin that can easily be damaged by exposure to ultraviolet (UV) radiation (rays) of the sun, even on cloudy or overcast days. Too much sun exposure can cause sunburns, heat stroke/heat exhaustion, skin cancers, cataracts and other eye diseases. During the warm summer months, a child's sensitive skin can also be burned by touching hot surfaces such as the pavement, outdoor metal slides or car doors.

Research has shown that exposure to UV radiation can also affect the immune system, leading to greater risk of infections and reduced vaccine effectiveness. The sun can also cause premature aging and damage to skin.

Given outdoor play, much of our exposure to UV rays occurs before we are 18 years of age. By the time we are adults, many of us have soaked up more than enough UV rays to cause skin cancer. By protecting children from sunburns and too much sun exposure, you can significantly reduce their risk of developing skin cancer.

How can I protect my child from sun exposure?

Try to keep toddlers and children out of the sun during the peak hours of 10 a.m. to 4 p.m. This is when the sun is the strongest. When you are outside, look for trees and other naturally shady areas for children to play. If possible, use a sun umbrella if you can't find a shady spot. If you cannot keep your child out of the sun, make sure to protect their skin with "sun smart" clothing and sunscreen.

Sun smart clothing

Encourage your child to be "sun-smart." Make sure they cover up with loose, appropriate clothes. Closely-woven cotton material offers natural protection from the sun. If you can see through the clothing easily, then UV rays can get through too. A long-sleeved shirt and pants are the best clothes to protect the skin. A wide-brimmed hat without ties, especially one that covers the neck, is recommended. Avoid baseball caps that do not shade the ears or back of the neck. You may consider purchasing lightweight, sun-protective swimsuits and hats that are specially designed for swimming and playing outside.

Make sure to use a sunscreen approved by the Canadian Dermatology Association.



Sunscreen

Dermatologists strongly recommend a sunscreen with UVA and UVB protection and a Sun Protection Factor (SPF) of 30 or more if you and your child are out in the sun. Use a lip balm with SPF 30 as well. Make sure to use products approved by the Canadian Dermatology Association (look for their name or logo on the label).

For a small number of children, the chemicals in some sunscreens can trigger a skin rash or burn when exposed to the sun. Do a patch test on a small area of skin before applying the product more widely, or use a mineral-based sunscreen that contains zinc or titanium to minimize the risk of a skin reaction.

Apply sunscreen 30 minutes before exposure to the sun so it is absorbed by the skin and less likely to rub or wash off. Apply the sunscreen according to instructions on the package and reapply every couple of hours, after swimming, or following active play time. Swimmers and those who sweat heavily should use a waterproof lotion.

For children wearing bathing suits, make sure that sunscreen is applied up to and under the edges of the suit to protect sensitive areas, such as the upper thighs and chest. Pay particular attention to the ears, back of the neck, tops of feet and the back of the knees. Be careful when applying sunscreen near the eyes. It can be irritating, so avoid the upper and lower eyelids.

Sunscreens, like many other products, have a limited shelf life and become less effective overtime. Check the expiry date of old sunscreen containers and replace them if they are out of date.

Do I need to take extra precautions to protect my baby from the sun and heat?

Yes. Babies younger than 12 months of age are especially sensitive to UV radiation and heat. It is safest to keep babies younger than 12 months out of the sun. Try to find or create shade for your baby if you are going to be outside. Use a stroller with a sunshade if possible. If your baby must be in the sun, you can apply sunscreen to small areas of skin that aren't covered by clothing or a hat.

Sunscreen is not recommended for babies less than six months of age as they can rub it in their eyes and mouth.

Make sure to use a sunscreen approved by the Canadian Dermatology Association. Do not let your baby get dehydrated or overheated. Make sure your baby is well hydrated in hot weather by offering breastmilk or something to drink every hour or so. Never leave your child alone in the car.

Should I protect my child's eyes from the sun?

Yes. The same UV rays that harm your child's skin can also injure their eyes. Babies and children are particularly at risk. Standards for sunglasses have improved, and most brands are effective at screening or reflecting ultraviolet rays. Look for sunglasses that provide 99 to 100 per cent UVA and UVB protection.

When buying sunglasses, see how well they cover the eyes. Large lenses, glasses that fit well, and a wrap-around design all help protect against damaging UV rays. Have your clear plastic or glass corrective lenses checked for UV protection.

What are other risks?

Skin cancer can develop in any skin type. Be extra careful with children who are fair-skinned and/or who have blond or red hair. They are more likely to burn easily and are most at risk of developing skin cancer later in life.

Most of the sun's damaging UV rays can penetrate light cloud cover and haze, so remember to protect your child even if it is cloudy or does not feel hot.

UV rays reflect off many of the surfaces around us. Up to 80 per cent of the sun's UV rays can be reflected off snow. Concrete, sand and water reflect less than 20 per cent. Children always need to be "sun-smart" whether they are skiing, swimming, playing or walking outdoors.

Try to keep toddlers and children out of the sun during the peak hours of 10am to 4pm

What are other sun safety tips?

- Protect your child's skin at all times, and try to stay indoors or in the shade during the hottest time of day (10 a.m. to 4 p.m.).
- If you have to go out in the sun without protective clothing, use sunscreen. Do not forget to apply it to ears, nose, and neck.
- Sunscreen is intended to enhance protection during periods of sun exposure – not to increase time of sun exposure.
- Do not wait for signs of sunburn to get your child out of the sun. Sunburns do not usually show up for 6 to 24 hours.
- A tan does not provide enough protection against the sun's rays. Actually, having a tan means that your skin has been damaged already by UV radiation.
- Teach children to be "sun-smart" and to protect themselves against exposure to the sun.
- Encourage your child to drink plenty of water.
- Indoor tanning beds and/or sun lamps are regulated by provincial law that does not allow children under 18 years old to use them. At any age, these devices damage your skin the same way UV radiation from the sun does.



Wine Gala wrap up: A record year – More than \$80,000 raised

BY SAMANTHA AITKEN

On Friday, May 4th the Children's Heart Network held its 16th Annual Wine Gala Dinner at The Villa Amato Ballroom in Vancouver. Over 230 guests enjoyed a fabulous 4 course dinner with wine pairings, and both live and silent auctions. It was CHN's premiere fundraising event of the year.

The evening started with a glass of Evolve Effervescence and canapés while guests admired the beautifully decorated room and perused the silent auction items.

This room was buzzing! Our emcee for the evening was Vancouver's veteran broadcaster, sports and news anchor Jody Vance, who welcomed the crowd and steered the evening through riveting, thought provoking presentations. Lisa Lalsingh shared her family's commitment to

supporting heart kids and families in getting to camp through Mila's Fund; a very special fund in memory of their heart angel Mila. We were then enlightened as teen, Mina Shahsavari, shared her heart journey and how she overcame many challenges with the help of her cardiac team and the CHN. She spoke of how the Children's Heart Network has supported her along the way as she developed lifelong friendships during fun monthly events and that each year camp is a highlight as these friends re-connect. Mina is now devoted to studying to become a part of the cardiac team at BC Children's Hospital – a true inspiration, follow your dreams!

The evening culminated with CBC's Man about Town, Fred Lee, as our auctioneer who entertained us with both his wit and heart-felt enthusiasm. Sending more heart kids to camp was one of CHN's goals this year, and thanks to Fred's energy and the generosity of our guests, we collected donations of almost \$20,000 to benefit our kids heading to Camp Zajac this summer. In total, we raised over \$80,000 to support all of our CHN programs! Children's Heart Network families will benefit greatly thanks to the generous support of all our attendees, supportive corporate sponsors, and auction donators. A huge "Heart-Felt" thank you to all of our volunteers, guests, donators, and the following major sponsors:

- Dean Alexander
- The Pediatric Cardiology Associates
- Dr Brian Sinclair
- Hayward Sheppard Barristers & Solicitors
- Air Canada
- Evolution Wine
- Colby Red Wine
- A & B Party Rentals
- Cindy Thaler
- Medtronic

Next year's gala is already booked: mark your calendar for Friday, May 3rd, 2018! 🍷

