MESSAGE FROM THE PRESIDENT

Spring brings cherry blossoms, sunshine and camper applications. With our preparations for summer 2011 well underway, we are excited to offer another ten fun-filled weeks of summer camp.

We are continuing to work with medical organizations so we can meet the needs of campers with a variety of medical conditions, serious illnesses and disabilities. We are pleased to announce CNIB will be holding their first camp at Zajac Ranch for Children this year. We have committed to CNIB to do our best to ensure the camp is modified to accommodate children who are either blind or have limited vision. This is a very exciting step for us. Our goal is to accommodate all children regardless of their physical or emotional challenges.

First time experiences
As we head closer to summer camp, we know that many first-time campers and parents will be nervous about their child’s first independent camp experience. We are grateful to Liz for sharing her experiences about letting Cole, age 9, attend Autism Camp for the first time (see story inside).

Self-sufficiency and independence
A summer camp experience is a rite of passage for all children and Cole’s story shows it leads to increased self-sufficiency and independence. Realising they can do things, without mom or dad, is very empowering for our campers—and their parents too.

Another first-time camper in 2010 was Asad, age 15, who came to our Epilepsy Camp. He too was nervous—having never had a summer camp experience before. Through his Nursing Support Coordinator, we learn how Zajac Ranch for Children gave him many firsts—including the opportunity to go swimming for the first time in his life (see story inside).

Can-do attitude
First-time campers leave Zajac Ranch with a can-do attitude. Sophia first came to our Heart Network Camp at age 8, and it was such a great experience that she has returned every year. We are thankful to her parents for sharing Sophia’s story and showing how a heart condition is not a barrier to summer camp (see story inside).

Camp gives all children the opportunity to play and have fun. It’s the chance to escape the stresses and strains of living with a medical condition. We are thankful for all our volunteers, donors and supporters who enable hundreds of children every year to have a summer camp experience. Talk to any camper and generally you will get the same answer. It can’t really be described, but there is a magic to camp.

Thank you for your continued support.

Carmen Zajac

“I think going to camp is important because we become stronger not only physically, but mentally. We can see what we can do and that can make us feel and think positively about ourselves… I don’t feel alone anymore, knowing that there are other kids just like me that have similar medical problems.

Elizabeth (Beth), age 13, Kidney Disorders Camp
1. **First Time Experiences**

   At Zajac Ranch, our children get to do—often for the first time—activities that you or I may take for granted like swimming, canoeing, horseback riding, music, and arts & crafts. They thrive here.

   “I feel that Zajac Ranch is a place where kids can just have fun, be themselves and try new things, which outside of camp they may have never got the opportunity to.”

   Andrea, age 15, Epilepsy Camper

2. **Financial Support**

   Many families do not have the means to provide for the special needs of their children and therefore some children miss out on opportunities to participate in activities and reach new heights they only dreamed of. Through the support of our generous donors, Zajac Ranch supports each and every child that attends camp.

   “Without the help from the donors it would not have been possible as I am a single “mom” to Amanda. Our funds have been very tight for the last few years. When I found out that Amanda would go to camp this last year I had to sit down for a bit, to have a cry, because I was so grateful that there are people out there that really do care and made it possible for Amanda and others to go to Zajac Ranch.”

   Evelyn, Aunt of Amanda, age 24, Young Adult Camp.

3. **Medical Support**

   Traditional camps generally are not equipped to support children with medical conditions, but we are! Parents frequently comment on the comfort of knowing their children are supported by well trained staff and medical professionals on site.

   “It was wonderful knowing that he was being looked after in a caring and professional manner. He said he wanted to go back next year even before we’d left the Ranch! You truly offer a life changing experience and please know that we will always be thankful.”

   Family of Isaac, age 7, Epilepsy Camper

4. **Innovation**

   Zajac Ranch is unique in its ability to welcome ALL children regardless of their medical condition. With a 24/7 Medical Centre on site, if children can benefit from camp and are able to participate in our specialized programs their development, confidence and independence will soar.

   “At Zajac Ranch, the patient disappears and the child emerges.”

   Volunteer Doctor at Zajac Ranch

5. **Friendly Learning Environment**

   Children learn while having fun! They will learn about the environment while taking a hike, geography while on a canoe trip and be awed by astronomy while looking up at the night sky during a campfire.

   “While at camp, I had so many new experiences and opportunities that I never thought I would. The staff were great leaders and very helpful. I made many new friends who are like me and I can keep in touch with. Thank you for the experience of a lifetime!”

   Braeden, age 15, Kidney and Multi-Organ Transplant Disorders Camp

6. **Independence**

   At Zajac Ranch children learn they can do things on their own. As they take responsibility for themselves, they take huge strides in emotional growth.

   “When my husband dropped Nick off at the camp, he reported that Nick couldn’t wait for his dad to leave the ranch. Nick really wanted to run off and join the other campers – a first for Nick - and a great stride of independence. We are so proud of Nick, and so happy to have made the best decision in support of him by choosing to send Nick to Zajac Ranch!”

   Monique, parent of Nick, age 10, Autism Spectrum Disorder Camp

---

**Vote for Zajac Ranch for Children**

Zajac Ranch for Children is in the running for a $100,000 Pepsi Refresh Project grant to help send 100 children to summer camp.

To receive the grant, Zajac Ranch for Children must receive the most votes in this cycle of the Pepsi Refresh Project. There can only be one winner in the $100,000 category.

Anyone 13 years of age and a Canadian resident can vote once per day per project.

From May 1 – June 30 vote daily for Zajac Ranch for Children at www.refresheverything.com and help us be number one.

Show your support by voting and by telling everyone you know to vote too!

For more information visit www.zajacranch.com or call 604.739.0444
7. Socialization

At Zajac Ranch, children’s illnesses are left at the gate. Children who often come with similar backgrounds and or/circumstances share common experiences and find themselves making new friends that will last a lifetime.

“Natalie realized by spending time with other children with illnesses that any challenge can be over come… Natalie enjoyed most the friendships that she made and will cherish these memories always”

Parent of Natalie, age 10, Kidney Disorders Camp

8. Transformation

After a week at Zajac Ranch, parents are amazed by the transformation in these children. This is the result of feeling loved, nurtured and given the permission to play and have fun!

“Jack returned home Friday night a different boy! His experience at the Zajac Ranch has been life altering.”

Parents of Jack, age 11, Autism Spectrum Disorder Camp

9. Achievement

All too often, the lives of children with disabilities, illnesses and special needs revolve around what they can’t do. At Zajac Ranch, we focus on what children CAN do. They love it.

“If you’re at camp, anything and everything is possible.”

Stephen, age 11, Camper

10. Lasting Impact

The social, emotional, and physical skills learned while at Zajac Ranch will help them as they mature and grow into young adults. Camp teaches our youth independence, self worth and the ability to contribute to society as good citizens to the best of their ability.

“To watch the smiles and hear the squeals of laughter, fear and triumph reminds us as health care professionals how important childhood experiences are.”

Dr. Morrison Hurley, retired Pediatric Nephrologist and Chair
Zajac Ranch Medical Advisory Board

SOPHIA’S STORY

Everyday in Sophia’s life matters and all positive experiences are welcome

Sophia, age 12, likes to do anything artistic. She loves animals and Munag books. Having a very rare heart condition, Catecholamergic Polymorphic Ventricular Tachycardia (CPVT), has not stopped Sophia coming to camp. She came to the Heart Network Camp for the first time at age 8 and it was such a great experience that she has returned every year.

Often singing and humming songs she learnt at camp, Zajac Ranch for Children provides an opportunity for Sophia to “let her hair down.” Sophia’s parents explain how Zajac Ranch for Children is a place where she can “still be a kid when often she is dealing in an adult world” and why it is so important to their family:

“Sophia has CPVT which means her heart does not know how to stop beating when fast—so she can go into cardiac arrest at any moment. This can be triggered by over excitement through to physical exertion being too high. She has had six episodes and thankfully not left us yet.

At 10 years of age Sophia had a defibrillator implanted in her chest. There is no cure for this condition because it is at a cellular level. So everyday in Sophia’s life matters and all positive experiences are welcome.

Since the day Sophia arrived at Zajac, she has a kaleidoscope of memories which she happily shares. So many wonderful experiences have made such a positive impact for Sophia. From meeting amazing children whom she has so much fun with—to the wonderful people who work or volunteer at Zajac.

The best thing about the camp is that Sophia loves being with the children and having time with them. She also enjoys all the camp counsellors and the camaraderie that comes with being all together. She loves the horses, and one year we had her come back after the camp and go horse riding every weekend. So Zajac became a place where she could be and enjoy all that Zajac has to offer.

For us as a family, this is the only true break we have. We have no family to call upon if we need a break or to sit for us if we need to go out. So this time is very precious to us as well. We know from the moment we leave Sophia at Zajac she is in the very best of care, and we are thankful and grateful that Zajac has found these amazing people to help Sophia be a kid when often she is dealing in an adult world.

The donors and sponsors should know that their support is very, very much appreciated and words do not do justice for all the good and joy that is experienced there. It is such an amazing place tucked away in a piece of paradise in BC. We are just so thankful that we can be a part of it and that it really does make such a difference in the lives of all those who are fortunate enough to be a part of it.

Or as Sophia would say “It’s the coolest place on the planet for kids!”
Cole's Story

Zajac Ranch for Children is dedicated to providing children with new experiences. Here’s Cole’s story about how camp provided him with the opportunity to become more independent.

Learning he would be going to camp for the first time, Cole was eager to go. Having never spent a night away from his parents before, he was especially excited about the sleepovers. But for his parents, Liz and Graham, the decision to let Cole attend camp for the first time was a tough one. “I was really nervous, he was only nine when we sent him. I thought he’s so young…we were scared,” explains Liz.

Sending a child to camp is a “rite of passage” for both parents and children. For any parent, letting your child go to camp for the first time is a big decision. But for parents of a child with medical needs, it is an even more challenging, as Liz explains, “it was one of the biggest decisions we have had to make.”

Cole was first diagnosed with autism at the age of four and is non-verbal. Like many parents of a child with a medical condition, Cole’s parents are “used to doing things for him.” Constantly caring for a child’s needs means parents have extra demands on them and they can feel isolated, especially if they have no family nearby to support them. Zajac Ranch for Children provides the opportunity for respite — but it can still be difficult for families to let others care for their children.

Attending camp for the first time in 2006, resulted in increased independence for both Cole and his parents. For Liz and Graham, camp provided the opportunity for respite, as Liz explains “the staff support was brilliant…[we] realised that we are not the only ones who can look after him – other people are capable of taking care of his needs.”

Before his first camp, Cole had never been on a sleepover before. Attending camp helped him to become more independent. The camp experience made him more independent and helped him to become more self-sufficient, for example, picking out his clothes to wear for the day.

Now when Liz talks to parents and they say their child is not ready to go, her advice is to “go for it. Just do it. The facility is incredible. The counsellors are wonderful…it’s an amazing experience.”
ASAD’S STORY

“Your kindness and efforts to assist Asad to camp in summer of 2010 will always be memorable for this family… It was a highlight of my year—and the family’s too!”

Ellen Comba

A Christmas card we received prompted us to share this story.

2010 started off as a challenging year for Asad and his family. Experiencing seizures, Asad, age 15, was admitted to hospital. There he met, Ellen Comba, Nursing Support Coordinator at Fraser Health, who helped him and his family through this difficult time.

Diagnosed with epilepsy as a child, Asad was placed on medication. The seizures stopped, so he was taken off it. Now the seizures had come back. Examinations revealed Asad had developed a brain abnormality, though it could not be determined if this was as a result of the seizures or because of them. Ellen’s first step was to help get Asad on medication to control his seizures.

But seizures were not the only challenge Asad faced. Originally from Kenya, Asad had recently immigrated to Canada with his mother, stepfather and two younger brothers, Mawlid, aged 12 and Hassan, aged 11. Experiencing difficulty integrating into the Canadian system, he was not coping with the new environment he found himself in. Maybe it was because his English was poor, or because he had not matured like most local teens, or because his front teeth were missing and he was made fun of or ostracized by his peers. In any event, he was not coping well.

Ellen understood that Asad and his brothers were vulnerable and that even though they were in the relative safety of Canada, their lives could go from bad to worse. Immigrant youth are susceptible to alienation and disenfranchisement.

Working with Asad, she saw a glint in his eyes. A feeling within told her that there was hope for him and his brothers—the youngest who had been diagnosed with post-traumatic stress disorder. Through her community work Ellen was familiar with Zajac Ranch for Children and their week long camp for youth with Epilepsy.

“Zajac staff worked extremely hard to make sure that Asad and his brothers could attend camp,” said Ellen. The family did not have the means to pay for camp but Zajac Ranch for Children supported the process all the way and found the funds to support them. “I was impressed,” she added.

The boys had a great time at camp. Their favourite things were swimming, playing with the horses and spending time with the counselors. Apparently the boys had never swam in their lives.

When Ellen was asked about why she went to such lengths to get these boys to Zajac Ranch for Children, she commented: “I want these boys to have hope about what life can be.”

EPILEPSY

Epilepsy is far more common than most people realize. Approximately 40,000 people in BC and 300,000 people in Canada have epilepsy.

It is usually diagnosed in childhood or in the senior years. Approximately 1 in 12 people will have at least one seizure in their lifetime.

Our 2010 Epilepsy Camp was sponsored by Boston Pizza in partnership with Center for Epilepsy & Seizure Education, BC.

For more information visit www.bcepilepsy.com/publications_and_resources/FAQ.aspx

AUTISM SPECTRUM DISORDER

Autism Spectrum Disorder (ASD) is a complex condition that impacts normal brain development and affects a person’s social relationships, communication, interests and behaviour. Individuals with ASD vary widely in their needs, skills and abilities but most have common types of characteristics including:

- difficulties with communication and social interaction;
- repetitive interests and activities;
- unusual attachments to objects or routines.

According to Statistics Canada, the number of “persons with autism or any other developmental disorder” was just above 69,000 in 2003, or about 1 in 450 Canadians.

Our 2010 Autism Spectrum Disorder Camp was sponsored by White Spot.
Thank you!

We would like to say Thank You to ALL the individuals, community groups, corporations, and charities that have helped us raise spirits. Although we are unable to mention everyone here, some of our recent donors are:

- **Canterbury Coffee Corporation** donated $20,000.00 to support camperships.
- **S.K. Sanitary Specialties Mfg. Ltd.** donated $1,000.00 to send a child to camp.
- **Super Save Group - William Vandekerhove, President.** $100,000 was donated.
- **Ames Family Foundation** donated $10,000 to support camperships.
- **Modern Pur Air** donated $1,500 to support camperships.
- **Unity for Autism** donated $10,000 grant.
- **R. Howard Webster Foundation** donated $5,000.
- **C. William Webster.** $5,000 received.
- **Kamloops Fraternal Order of Eagles** donated $500 to help send a child to camp.
- **Diamond Foundation.** $5,000 received.
- **The Characters Talent Agency (Vancouver) Ltd.** donated $1,000.
- **S.L. Feldman & Associates** donated $4,000.
- **Centra Windows Ltd.** raised $1,000 through annual charitable donation program, as voted on by employees.
- **The Stewart & Jean Thompson Children’s Foundation** donated $5,000.

$1,000 received from **John C. Kerr Family Foundation.**

**City of Vancouver, Engineering Services** raised $2,930 through annual Family Day.

**Roy Maguire** donated $2,500.

**Little League BC Celebrity Golf Classic** gave $2,000, a share of the proceeds from their 2010 Golf Tournament.

**Jevco Insurance Company.**

Thank you to **Codie Owens** for raising $610 through a 10km run fundraiser.

**VOLEUNTEERS!**

We would like to thank all our hard working volunteers who give so generously of their time. The Zajac Foundation and the Zajac Ranch for Children are fortunate in having the support of many volunteers, including summer medical and camp volunteers, event volunteers, office volunteers and many more who volunteer their time in a variety of ways from graphic design to camp clean up!

In 2010 we had over 80 summer medical and camp volunteers ensuring the success of another summer camp season. **THANK YOU!!**

If you are interested in volunteering at camp next summer, please contact the Foundation office at 604.739.0444.

**THANKS FOR YOUR SUPPORT!**

**Pings Wings Wandering Wok Catering**

Pings Wings Wandering Wok has been supporting Zajac Foundation for years by donating their mobile catering service at our fundraising events.

Pings Wings is a mobile wok kitchen and specializes in customized catering. They don’t just do Oriental stir frys but a whole range of dishes, from a succulent Prime Rib Roast or Roast Turkey, assorted finger foods, full course Oriental dinners, etc.

If you are planning a special event such as an office party, wedding, birthday, retirement party, or any other kind of event, you can depend upon Pings Wings Wandering Wok Catering to create a memorable food experience.

For more information on Pings Wings Wandering Wok Catering visit [www.wanderingwokcatering.com](http://www.wanderingwokcatering.com).
Legacy Giving

Did you know that during any given summer, your support:

• Lights 60 campfires to sing around
• Raises the curtains on 252 talent show performances
• Gives 37 medical volunteers the materials to provide care
• Subsidizes over 400 families who otherwise would not be able to offer their child this opportunity
• Raises the spirits of over 500 youth with physical disabilities and special needs

Have you considered leaving a lasting legacy to Zajac Ranch?

LEAVE A LEGACY

With over 50,000 children having been identified with special needs in BC, our work has never been more important. Leaving a legacy to Zajac Ranch will help us to reach even more children and families across BC for generations to come.

"Thank you all so very much for everything you did for Isaac. He had an excellent time (we have the pictures to prove it!) and it was wonderful knowing that he was being looked after in a caring and professional manner. He said he wanted to go back next year even before we’d left the Ranch!

You truly offer a life changing experience and please know that we will always be thankful.”

Parents of Isaac, age 7, Epilepsy Camper

REMEMBER ZAJAC RANCH IN YOUR WILL

Having a ‘will’:

• Means that you can provide for the people and causes that you most care about
• Guarantees that your gift will make a difference in the lives of others
• Is a way to express your deepest commitments
• Ensures that you will have control over who benefits from your estate
• Ensures that your lasting legacy will be recognized for generations to come

Yes, I’d like more information on leaving a legacy to the Zajac Ranch.

Please contact us at 604.739.0444, info@zajacranch.com, or visit our website at: www.zajacranch.com for more information on how to leave a lasting legacy.

WAYS YOU CAN HELP

• Help sponsor a child through a monetary contribution
• Host an Event
• Donations in Honour of a loved one (in memorium, birthday, wedding, anniversary, Christmas)
• Leave a Legacy – Charitable Bequests
• Volunteer at the Zajac Ranch
• Donate In-Kind Gifts
• Designate your United Way Donations to go to the Zajac Foundation

DONATE ONLINE

Visit www.zajacranch.com to make a donation or learn more about the Ranch.
Yes! I WANT TO HELP RAISE THE SPIRITS OF CHILDREN WITH SPECIAL MEDICAL NEEDS.

Name: ______________________________

Company Name: ____________________

Address: ____________________________

Province: ______ Postal Code: ________

Email: ______________________________

Home Tel: ______ Business Tel: ________

I WISH TO DONATE

☐ $25  ☐ $50  ☐ $100  ☐ $250  ☐ $500

☐ Send a child to camp $1,000  ☐ I would prefer to donate: $ ______

☐ Monthly Credit Card Payments of $ ______

PAYMENT

☐ MasterCard  ☐ VISA  ☐ Cheque

If you are making your donation by credit card, please print clearly below. Please make cheques payable to The Zajac Ranch for Children. A tax receipt will be issued to you for your donation.

Name on card: ________________________

Card Number: ________________________

Expiry Date: __________________________

Signature: ____________________________

The Zajac Ranch for Children
Suite 300 - 2006 West 10th Avenue
Vancouver, BC Canada V6J 2B3

Tel: 604.739.0444  Fax: 604.739.0441
Email: info@zajac.com
Website: www.zajacranch.com

Please send me more information on your medical camps
Please send me more information on site rentals
I am interested in volunteering at the Ranch or in the Foundation office
I am interested in hosting a fundraising event
Please send me information on your golf tournaments and other special events
Please do not send me any mail or email

Charitable registration #86039 2877 RR0001
Spring/Summer 2011 Newsletter