

TWENTY QUESTIONS WITH...

Julie Colvin



Sue Nielsen
Speaker Reporter

This week's *Twenty Questions* features an interview with *Haleybury* author Julie Colvin.

1. What is your full name?

Julie Ann Colvin.

2. Where were you born?

Huntsville, Ontario.

3. What book have you written?

A Cure for Emma - One Mother's Journey to Oz.

4. When is *A Cure for Emma* being launched?

A Cure for Emma is available for sale now. The official launch begins with my first book signing event, which will be held at Chat Noir Books on October 13th between 4:30 and 6:30 pm.

5. Why did you write the book?

I began writing as a way to cope with the changes that were happening in our lives since my daughter's diagnosis with type 1 diabetes (T1). I then decided that writing a book could be an excellent way to raise awareness and money towards the cure for T1.

I did not want to write a book solely about the ins and outs of this disease, however; this would make for a very dry read. So I wrote about the adventure of discovery and healing I found myself on as I searched for a way to cure my daughter. This is a journey that I hope many will be intrigued and inspired by.

6. How did you come to the realization that your daughter had Type 1 diabetes?

We were out for a swim when I noticed Emma (then 7 years old), was looking extremely thin. I could actually see the definition of her spine poking through her skin. Over the next week or so I bulked up her meals thinking maybe she was having a growth spurt, but the more she ate, the thinner she became. Her drinking increased dramatically each day. She would bring four or five cups of water up to bed at night. I decided to bring her into our family doctor after she had an accident and wet the bed, something she had never done before. Her symptoms were textbook diabetes. Once the diagnosis was made we had to drive to North Bay to get to a pediatrician who could help teach us how to keep Emma alive from that point on.

7. Where are the book's profits being donated?

I am donating 100 per cent of my net royalties for the first five months of sales or 5000 copies sold to Dr. Denise Faustman from Harvard Medical School. I will then be donating a smaller percentage of sales to T1 Cure Research until the cure is found.

Dr. Faustman is using an inexpensive vaccine called BCG which has shown excellent results

in phase I of human clinical trials for illuminating the "Killer T" cells, which are responsible for destroying the insulin producing beta cell of the pancreas. Once the "Killer T" cells are illuminated there has been evidence that the beta cells can regenerate and produce insulin again.

We brought Emma to Boston to provide blood samples for Dr. Faustman's research and this is when I decided I would like to raise money for the Faustman Lab. I believe that Dr. Faustman has one of the most promising approaches to curing this disease and her lab is about to begin phase II of human clinical trials which is very exciting.

8. Why did you feel it was important to advocate so strongly for T1?

Being a medical imaging technologist fulfilled my need to help people get well. Combine this personal trait with the fierce determination of a mom to protect her child - there was no way I could avoid taking on this role. From the moment Emma was diagnosed, I searched for a way to take the burdens of this disease away from her. It's how I'm wired.

9. What special challenges have you faced along the way concerning daily management?

Taking over the role of Emma's pancreas has many challenges; the most obvious of which is the relentless 24/7 vigilance that must be maintained to avoid life threatening high or low blood sugars, which can be all consuming with a husband who travels a great deal and little support otherwise. At least ten blood sugar checks every day are needed (including in the middle of the night) to help navigate through exercise, stress, growth spurts and illness. It is an exhausting disease for the main caregiver.

Carbohydrates need to be counted in everything that Emma eats, and even with the most determined efforts, unexpected problems still arise. Having an insulin pump has provided more freedom for Emma as far as eating and schedules are concerned. We are grateful to have had the opportunity to use insulin pump therapy for Emma, thanks to government grants provided to children in Ontario under the age of eighteen.

10. How is Emma's health?

Emma is a vibrant, healthy

thirteen-year-old. From the outside one would never know that Emma had a health concern. The problems of managing this disease can develop over time. Problems with kidneys, eyes, nerves and the heart are the more common organs affected by type 1 diabetes. Maintaining a healthy lifestyle with lots of exercise and keeping ones "A1c Hemoglobin" (a blood test that calculates the average amount of glucose that has stuck to blood cells over a three month period) are priorities for us to reduce the risks of these complications in the future.

11. Is there a cure for T1?

Not yet. Type 1 diabetes is an autoimmune disease that destroys the insulin producing cells of the pancreas. It is a completely different disease from type 2 diabetes. With type 1 diabetes the pancreas can no longer make insulin. Before insulin therapy was discovered in 1922, T1 was a death sentence. It's important to note that although insulin keeps my daughter alive, it is not a cure.

12. How has the Colvin family's life changed due to Emma's diagnosis?

I worked tirelessly to try and keep the "Colvin's" life unchanged, especially for Emma. Despite my efforts, there were many changes for everyone; this is a disease that affects the whole family. I could no longer run my mobile ultrasound service for veterinarians in Northern Ontario and became a full-time surrogate pancreas for Emma, which left the financial burdens of providing for our family solely on my husband's shoulders. Emma experienced a great deal of stress trying to cope with painful injections every day, and her younger brother,

Continued on page 5a



Let's do LUNCH

IF ONE OF OUR SPOTTERS SEES YOU AT ONE OF OUR PARTICIPATING RESTAURANTS

"We'll Buy You Lunch!"

This week's winner is Roger Savoie, from New Liskeard.

Roger won his lunch courtesy of Kentucky Fried Chicken and The Weekender.

You could be next!

ELK LAKE
ECO CENTRE

Join us daily for a taste of Temiskaming!

OPEN THURSDAY EVENINGS 5 - 10 PM FOR WING NIGHT!

Monday to Friday 11 am - 2 pm Daily Lunch Specials!

Dinner 5 pm - 8 pm with reservations

CALL FOR RESERVATIONS (705) 678-2248

www.elklakeeco.com

THE ONE AND ONLY

Big Crunch Combo!

KIRKLAND LAKE | **NEW LISKEARD**
57 Government Rd. W. | 233 Armstrong St.
705-567-5010 | **705-647-7272**

Hot & Fresh PIZZA PIZZA
Ontario's #1 Pizza!

Downtown New Liskeard 705-647-1111

GET IN ON THE FUN!

To advertise your restaurant here, call Al, Mike, Brenda or Brandy at

705-647-6791

Readers Have Proved It!

THIS CONTEST IS

HOT!

Seeking young leaders

OCNA Junior Citizen of the Year Awards

Sue Nielsen
Speaker Reporter

DISTRICT — It's that time of year when the seasons have changed from summer to fall, children are back at school and political leaders are anticipating a successful provincial election outcome.

While there may only be one successful candidate, who is willing to show leadership in their community, there are several youth who do so much in their community, without proper recognition.

If you know someone who goes above and beyond to help their school, church, service club or community then why not nominate them for the Ontario Community Newspaper Association's (OCNA) Ontario Junior Citizen of the Year Award?

The Temiskaming Speaker supports the Ontario Junior Citizen of the Year Award that provides recognition for outstanding young people who are examples of leaders in our communities.

Nomination forms are available at the OCNA website at www.ocna.org, or call the OCNA offices at 905-639-8720 ext. 239 and The Temiskaming Speaker offices.

Nominations are being accepted until November 30, 2011.

Twenty Questions with Julie Colvin

Continued from page 3a

Will, would often take a back seat to the dramas of this disease.

Within a year of Emma's diagnosis, I began to learn many coping techniques to regain balance within our lives. These techniques guided me onto a new path as a "wellness facilitator."

13. Were there special problems accessing medical care for Emma?

Thankfully we live in Canada, one of the best countries in the world when it comes to health care. Supplies are extremely expensive and without a good benefits package or government subsidies for people under set salary ranges -- acquiring the supplies needed to deal with this disease are often a huge financial burden. In Third World countries this is tragically the case. The life expectancy for a child in West Africa with type 1 diabetes is approximately two years, due to lack of accessible insulin and care.

14. How did your medical background help?

Being an ultrasound technologist for over ten years, I had many opportunities to point out the pancreas on the ultrasound screen to my patients. I understood what a pancreas was, all the organs in the body for that matter.

This obviously is a tremendous advantage when you are faced with a disease as complex as diabetes. I didn't require an education

on the physiology of diabetes, or how important it is to maintain good blood sugar control. I was on board with all of that right away. Even though I understood what we were up against, however, I was still completely overwhelmed with the whole gravity of the situation and the grim reality of taking over the role of my daughter's pancreas.

15. What are the symptoms of T1 that parents should be aware of?

The most obvious symptoms of type 1 diabetes include: extreme thirst and frequent urination, extreme hunger, weight loss, fatigue, irritability, unusual behavior or blurred vision.

16. How has the Internet helped you in terms of raising awareness of T1?

Living in a small town has made connecting with other T1 families difficult. It's been an isolating experience for us. Discovering the online community introduced me to countless T1 Families around the world who were eager and willing to talk about the good days and the bad days dealing with T1. I quickly learned that I was not the only parent getting up every night to check my daughter's blood sugar; that I was "normal". It's an incredible support system.

I did find initially that there was a great deal of negativity and loss of hope, regarding the future

of a cure for T1, however. This is the reason I started the Facebook community: "T1 Diabetes Cure - Global Headquarters", which is a forum for all of the top researchers and T1 families. I believe that sharing information and joining the T1 community with the scientists working towards the cure, has brought a sense of hope and empowerment to many families online.

17. What causes T1?

Over the years almost everything has been blamed for causing type 1 diabetes, including: cow's milk, early introduction of cereal, absence of breast feeding, too much hygiene and too many vaccinations. The truth is, there hasn't been a specific trigger identified, and perhaps it may be a combination of many of these factors. Hopefully scientists will sort this puzzle out soon.

18. Is there a holistic approach to treat T1?

There are very effective holistic approaches towards controlling and even curing type 2 diabetes.

As far as type 1 is concerned, holistic approaches can help provide more stability, but a person cannot live without insulin. Type 1 diabetics no longer make enough insulin to survive; therefore it is never an option to go off of insulin therapy for T1.

19. Where can people get your book?

"A Cure for Emma" can be

found on all online locations: Amazon, Chapters, Barnes & Noble, Smashwords; in both paperback and ebook. It is also available in Chapters and Coles book stores throughout Ontario. Of course the best place to get "A Cure for Emma" is locally - at Chat Noir Books.

20. What advice can you give to other parents about managing and coping with a child's T1 diagnosis?

Reach out for as much help and support as you can get. Involve family and friends and teachers to learn about type 1 diabetes. Advocate for your children every opportunity you can - there is nothing to be ashamed of with this disease and educating the public about type 1 diabetes is important.



OFFICE
937907 Marsh Bay Road, Coleman, 705-679-8833
OFFICE HOURS
Monday-Friday - 9:00 a.m. - 5:00 p.m.
COUNCIL MEETING
Monday, October 12, 2011 at 6:00 p.m.
COMMUNITY NEWS

FIRE PERMITS: Required to October 31, 2011 in accordance with By-Law #06--03 and are available at the Coleman Municipal Office at NO cost.

MUNICIPAL WASTE SITE: Year Round Hours of Operation: Tuesday 9:00 a.m. to 4:00 p.m., Saturday 9:00 a.m. to 4:00 p.m. All residents are required to stop at the gate to consult with the Waste Site Attendant.

Garbage is being left along Coleman roads. "Any person who contravenes any of the provisions of By-Law 04-27 is guilty of an offence and is liable to a fine not exceeding \$500.00 for each offence".

LOCAL GOVERNMENT WEEK - October 16-22, 2011: Council is accepting applications from Coleman students who are interested in being **Mayor for a Day**. All applications can be dropped off or mailed to the Municipal Office, 937907 Marsh Bay Road, Coleman Township, ON, POJ 1C0.

COBALT PUBLIC LIBRARY: The Cobalt Library will be holding an open house on October 19th. Anyone who would like to showcase their arts and/or crafts will be welcomed.

POSSESSION AND DISCHARGE OF FIREARMS:

Restriction

- No possession of a loaded firearm within eight metres of the travelled portion of a road (or roadside fenceline where one exists) at any time and no discharge of a firearm from or across a right of way for the passage of vehicular traffic at any time.

A person is trespassing if the person enters onto property or engages in an activity on property where notice has been given that entry or the activity is not allowed. Notice may be given in a variety of ways; some of the common ones are verbally, signs, symbols or fences.

A hunting licence does not give a hunter the right to enter private property.

It is your responsibility to find out who owns the land you wish to hunt on and obtain permission. If you are on private property for the purpose of hunting or fishing and the occupier asks you to leave, if you do not do so immediately, or if you do not obey signs prohibiting trespassing, then you will also be violating the *Fish and Wildlife Conservation Act, 1997*.

The penalties for offences under the Fish and Wildlife Conservation Act, 1997 can include: General offences.....\$25,000.00, 1 year imprisonment or both.



TOWN OF

COBALT COMMUNITY NEWS

NEXT COUNCIL MEETING: Tuesday, October 13, 2011 at 6:30 p.m.

OFFICE HOURS: Monday to Friday 9:00 a.m. to 5:00 p.m.

RECYCLING DEPOT: Residents are advised that the Town of Cobalt has replaced the glass recycle bin with a plastics bin that will accept plastic recycling material with the No. 2 to No. 9 symbol. Glass items will **not** be accepted and will be collected with your regular residential garbage.

PROPERTY ASSESSMENT: Your property assessment is determined by the Municipal Property Assessment Corporation (MPAC). If you have any questions regarding your property assessment, please contact MPAC at 1-866-296-6722 or www.mpac.ca.

THE HOIST ROOM: Cobalt's fitness facility is located above the Father Les Costello Arena. Memberships are available at the municipal office for \$25.00 per month plus a \$10.00 card deposit. Keyless entry allows you to work out on your own schedule.

STOOP AND SCOOP BY-LAW WILL BE ENFORCED - As per By-Law 92-22, be advised that no dog owner and no person who has control of a dog shall leave excrement deposited by a dog on or within the Town of Cobalt. **Every person who contravenes the above is guilty of an offence and on conviction, is liable to a fine.**

BURNING PERMITS: The Cobalt Fire Department advises that any burning within the Town of Cobalt requires a burning permit. Please contact Fire Chief Shawn Hearn at 705-679-8345 and leave a message to request a permit.

ROYAL LEPAGE
BEST CHOICE REALTY
Each Office Independently Owned & Operated
www.bestchoicerealty.ca

OFFICE #
705-647-6848
FAX #
705-647-9285

131 Whitewood Ave.,
New Liskeard

C'EST UN PLAISIR DE VOUS SERVIR EN FRANÇAIS.

Auto Value
Certified Service Centers

Wayne's Corner Garage
7 Silver Street
Cobalt, Ontario, POJ 1L0
☎ 705-679-5711
☎ 705-679-5711

SPECIAL
\$27.95 Oil Change
Propane - Gas - Diesel

Wayne Gray
Owner

• Tires • A/C
• Exhaust • Tune Up
• General Maintenance