

# Journal Provides a Creative Outlet for Young Cancer Patients

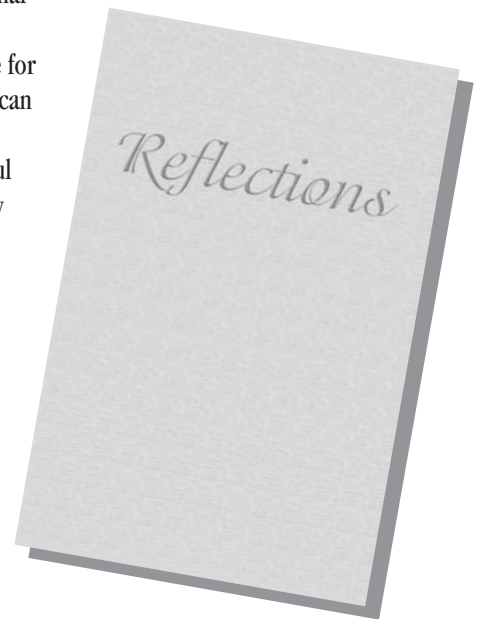
**T**he Optimist International Childhood Cancer Campaign is embarking on a new project to help children who are battling cancer. Patients often need an outlet for describing their experiences as they go through treatments. In addition, Optimists who have spent time visiting with young cancer patients have commented that they should be able to present these brave children with something of value to continue to help them between visits.

The CCC has developed a journal that older children can use for writing, younger children can use for coloring and children of all ages can use as an art or sketch book.

Each page features a thoughtful or encouraging quote, with plenty of blank space for the young cancer patient to write or draw. Interspersed throughout the journal are inspiring messages sent by well-known singers, actors, athletes and more. These entries include pictures and biographies of the celebrities. Some familiar names participating include native Canadian

Kevin Hearn, a cancer survivor and guitarist for popular rock group Barenaked Ladies; singer Michelle Branch; actor Jackie Chan; athletes Jackie Joyner Kersee, Cal Ripken and Peyton Manning; and former U.S. President Bill Clinton, also a cancer survivor.

Clubs can order journals and then present them to cancer patients they normally visit and spend time with. They can also present larger



*Your courage is inspirational to all, especially to me. Your ability to keep your head up and remain optimistic is something to behold. Never lose your spirit or your will to battle – it will help you get through many things in life.*

**— SARAH HUGHES, 2002 OLYMPIC FIGURE SKATING CHAMPION**

quantities for distribution to hospitals they normally help through the CCC. By presenting cancer patients with the journals, Optimists can continue to help children heal emotionally throughout their treatment. Journals will be available in early February for ordering in English and French, just in time to brighten the eyes of children who may have winter blues!

The journals will be priced at \$3.00 each, plus shipping, and will also be available for ordering in bulk. Those ordering between 10 and 19 copies will receive a 20 percent discount, with journals priced at \$2.40 each, plus shipping. Those ordering 20 or more copies will receive a 30 percent discount, priced at \$2.10 per journal, plus shipping.

Clubs will be able to order English journals by calling Shumsky Enterprises at (800) 326-2203 or by going to [www.optimiststuff.com](http://www.optimiststuff.com) and clicking on "Childhood Cancer Campaign." English and French versions will be available through the Canadian Service Centre.

*Take this journal and make it yours. Fill it with love, compassion and hope.*

**– KURT WARNER, QUARTERBACK**

*As a cancer survivor, I've walked down the same path you're currently on ... I have always kept a journal; I have a pile of them. They are a great source to draw from. Sometimes to remind myself of the journey I have been on, I will look through the old journals. I am always happy to find that I wrote down thoughts or drew a picture. I still learn about my experience with cancer when I do this. It helps me appreciate all the good things in my life.*

**– KEVIN HEARN, CANCER SURVIVOR AND GUITARIST FOR BARENAKED LADIES**

*Journals are powerful tools. Many artists have gotten their start through them. Taking time to write down your feelings may seem like a small, simple event – but it can be truly inspiring. It's fun and exciting to be honest and express yourself.*

**– MICHELLE BRANCH, SINGER AND SONGWRITER**

