

**KICKIN' CANCER**



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**WEARETHESOLUTION**

UNITED TO PREVENT  
(WATSUP!)

# HTB "TRIBE" UNAL

HELPTEAMBRENDA

**SUPPORTING** THOSE WHO HAVE FOUGHT, OR ARE FIGHTING,  
THE GOOD FIGHT AGAINST CANCER.

**EDUCATING** PEOPLE ON HOW TO LIVE AN ANTI-CANCER  
LIFESTYLE BY EATING REAL FOOD AND DOING SOME MOVEMENT.

## FOLLOW UP STORY FROM DEREK GILBERT - "CONTINUED THE FIGHT RELENTLESSLY"

BY DEREK GILBERT  
(CORVALLIS, OR)



I am deeply saddened to share an update to the previous story about my father David Gilbert. After enjoying nearly eight years of remission from his Stage 4 Non-Hodgkin's Lymphoma diagnosis early in 2012 he lost a courageous battle to a bacterial infection he contracted after an open heart surgery earlier in the month. True to form Dad fought a ferocious battle all the way to the very end and my brother, mother and I were there holding his hand at the very end.

While he will be missed beyond words and was taken far too early. Despite his many health issues second to his fight with cancer he made the very best of the eight years additional years and as a family we learned a lot of lessons from Dad's cancer experience. He was able to meet two grandchildren and learn of one on the way shortly before he passing. We developed a different perspective of what is truly important about life and relationships during a and after his fight. He was still able to bless a variety of nonprofits, friends and family both financially and through advice as well as council people through significant illness. Most importantly we saw his and Mom's relationship grow, evolve and become stronger as they walked down his path together.

My participation in the Seattle Firefighter Stair climb started as a way to help people, then became far more personal after he was diagnosed in 2012. Now I will carry on to honor his life and fight. I will be forever grateful that he was able to be waiting for me on the top floor of the Columbia Center as I finished in 2015 and again at this year's climb as combating blood cancer is a significant cause for both of us. Our family will always miss him, but plan on carrying his legacy forward by continuing our fight against cancer as relentlessly as he did!

## FOLLOW UP STORY FROM GoTEAMREBECCA – "GREATLY MISSED"

(LEBANON)

On June 6th, with family by his side, Ralph Smith had a massive heart attack. His daughter called 911, and while waiting for them his wife and son in law did CPR. The paramedics arrived, came in, did CPR, tired electric shocking him to get him to breath and get his heart rate back. They took Ralph to Lebanon hospital and kept working on him. They transferred Ralph to Corvallis hospital, continued to work on him, while running some tests. They said if they could get brain waves on him and to breathe on his own they could try surgery to get the very small blockage he had out. Unfortunately, Ralph had no brain waves, and overnight he took a turn for the worst. He was having seizures and convolutions throughout the night and he went 26 minutes without oxygen.

On Sunday June 7th Ralph Smith passed away de to a massive heart. They said it looked like he also had colon cancer! This was a very traumatic time for Rebecca and their children and family. It was very unexpected. Ralph was a very kind man .He loved hardball baseball. He played most of his life, from high school on, and until 2013 he was a catcher for the MSBL league in California. Ralph also was a well known photographer locally in Oregon. He served 3 years in the Air Force, then started truck driving for many years. Ralph drove a tour truck for multiple big stars: Journey, New Kids on the Block, Garth Brooks, and many others. He then retired from that and did construction.

His love was for photography, so when Rebecca Smith became ill, around 2011 she sent Ralph to photography college so he could take over the business she had started. The love he had for photography was like something he should have always done he was great at it and many people can tell you that. He did many shoots in the Oregon area but also all over from California to Washington, but his big love was shooting bands of all kinds! Ralph was a family man and loved his children and wife very much. His younger years as we all have a passed was rough for him in life but when he married Rebecca things changed for him and he finally settled down and learned family was very important and all he wanted to do was please and make her happy and take care of his family. He will be greatly missed by MANY.



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## SUE JURAN "HELLO FROM HEAVEN" - KEIZER OR

BY CLAIRE JURAN (A BOARD MEMBER OF KICKINCANCER)

The summer of 2013, Sue constantly felt ill. She started to stay home more often, miss events, and even a few church services. She went to the doctor several times to see what the cause of the illness was, and they ran some tests in early November 2013. The results came back about a week before Thanksgiving that year. Sue had breast cancer. Sue was tough, strong, brave, and above all else, COURAGEOUS.

Before Christmas, every year Sue would ask all her kids and grandkids to give her a word that they wanted to work on or represent them in the coming year. Then Christmas day she would give everyone a scripture that she thought best fit them and their word for the year for them to look at and read to keep them going each day. Each year she would pick her own scripture as well. For the year of 2014, the word was COURAGE. The scripture was Joshua 1:9 "Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God is with you wherever you go."



January 2014, Sue had a mastectomy to try to remove the cancer. She then started chemo. From February to March 2014 Sue was getting chemotherapy, her hair was falling out, but that she was beating this cancer thing. WRONG. By May 2014, the chemo that they had been giving her the past couple months, had completely burned her lungs and she is now on a ventilator. She can't talk and she has a big tube down her throat. We brought her Ipad so that she could type out messages to us when she wanted. One day in her hospital room she started waving her hand, motioning that she wanted to type on the Ipad. Sue was so weak when she would type so you would have to start guessing what she was typing because she wouldn't hit the right the letters and it would be gibberish and she would get tired before she could finish. She started typing "It's wond". "It's wonderful?" Sue shook her head yes and then began to type, "I'm free".

The next day, May 17th 2014, was the day the ventilator was being taken out. Sue would probably have a few minutes with us after the ventilator was removed to say our goodbyes. Sue spoke to each grandchild individually said how proud she was of them. She personally said a heartfelt goodbye to each person in the room. She then asked them to sing to her. "We tried one, I don't remember what it was, but I do remember her telling us, in her faint hoarse voice that we sounded horrible", Claire says. That is one thing she never lost, her sense of humor. The decision was made to sing I Can Only Imagine.

Suzanne Dawn Juran passed early the next morning on May 18th, 2014, a Sunday. "My mom asked if I wanted to go to church and said I didn't have to if I didn't want to and I said, "Grandma would want us to go." Our church, like many others, starts out with worship and a few songs in, to my dismay, I Can Only Imagine starts playing. I started bawling. I knew right then and there my grandma Sue was telling me she was celebrating with the Lord and wanted to tell me hello." Tells Claire Juran from the board of directors for KickinCancer.

## QUARTERLY THOUGHT

BY BARON ROBISON

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's NOT." (Dr. Seuss from the Lorax) Sometimes the greatest pearls of wisdom come from the most unlikely of places. In the early 1970s the "War on Cancer" was started as the federal government began funding research into ways to stop and cure cancer. Sadly, what you may define as success and what they define as success are very different now, 50 years later.

For me, success would be to hear "NED - No Evidence of Disease" or "your cancer appears to be gone". In the INDUSTRY of FIGHTING

My WHY for being on the board for Kickin Cancer is because I want to help educate others on ways to prevent cancer, ways to be healthy and to be there for people through this fight. I want to watch the numbers of people getting cancer lessen as the years go on and know I had a small part in it. I want to try to make a difference. I know that my grandma would be proud of me for what I am doing with KickinCancer.

## "CANCER NEVER HAD ME"

DAISY KEEFER (EUGENE, OR)

On Valentines day 2009, at the age of 10 while on a trip to the store with my mom, she noticed a lump on my shoulder that hadn't been seen through my winter clothes. She thought maybe my shoulder was dislocated, but I had full function and no pain. The following Monday I headed to our family doctor and had an x-ray done. My doctor told us there was something there but he couldn't tell what. He sent me to Salem hospital. I had another x-ray, and an MRI. They told me I had a tumor and sent me to the pediatric oncology unit at Doernbecher Children's Hospital in Portland.

The next week we had a biopsy scheduled so we could know what was there. They found that I had a large, late stage tumor in my shoulder, and later found nodules in my lungs. I had Ewing's sarcoma, which is a fairly rare bone and soft tissue cancer. I went straight into intense chemotherapy because I didn't have time to wait. This meant innumerable doctors visits, and staying in the hospital for weeks at a time. I had a surgery to remove the tumor, which had shrunk considerably after doing only 3 months of chemotherapy, and to reconstruct my shoulder. After the surgery, I did radiation on my lungs.



The following September 2010, I woke up one morning in a really bad state. I was essentially bleeding internally into my lungs. It turned out that the radiation had severely damaged my lung tissue. I was put in to an induced coma and taken off chemotherapy. I was asleep 2 weeks. I slept through my 11th birthday. I recovered, but I still have asthma because of it almost 11 years later.

Around Christmas that year I was told I was cancer free. What a Christmas present! But 3 months later, at my first check up they found that cancer had grown back in my lungs. The only solution was more chemotherapy because of how fragile my lungs were. I was on an experimental cocktail for 2 years. Chemo was just part of my life as an early teenager. Eventually, they decided the nodules in my lungs were no longer shrinking. So I went off of this chemo cocktail, and a few weeks later there was no new growth to be seen.

Once again, I was cancer free! That was 8 years ago now. My shoulder has been reconstructed a couple times since 2009, and my asthma sticks around, but I'm healthy now! I'm a full time student at the University of Oregon I believe I have a very bright future ahead. I had cancer, but cancer did not, and will not have me

cancer successes are measured in incrementally that may "extend your life". As I have been told my many beautiful people recently, their quality of life has become more important than their quantity of life.

So after 50 years of governmental funding and research alongside new drugs from the major companies here is where we are in 2020. Approximately 600,000 Americans will pass from cancer and about 1,800,000 NEW cases of cancer will appear. Here in Oregon 8,260 people will pass and 23,330 NEW cases will appear. So how do you and I make it better? I believe there is HOPE. We begin living an anti-cancer lifestyle; "ProActive to Prevent". I am recommending that you "Save yourself, then each one teach one" so that we can actually significantly reduce cancer for future generations.