



## 2013 Winter Sports and Fun

Saturday, February 16, 2013 we held our Eleventh Annual "Congenital Heart Defect Awareness Day "Winter Sports & Fun" at the Pottle Tree Farm in Perry Maine to increase awareness of Congenital Heart Defects and to raise funds for families affected by CHD's. We had over 156 people gather in what must have been the warmest year we've ever had. The snow was spotty, but that didn't stop us from having a ski race. The kids enjoyed the wet pond, and we really didn't even need our mittens and hats. A storm came rolling in that night.

The Outdoor Adventure Recreation Center at WCCC provided a trailer full of ski equipment, snow shoes and skates. We had some ice fishing, but no catches.

Many thanks to Sandra Pottle for hosting the event at the wonderful Pottle Tree Farm and all the volunteers that helped us to raise over \$1,400 for families caring for children with congenital heart defects. We are saddened to share that Mike Duffy, one of our most faithful volunteers and grandfather to Seamus Duffy, passed away this year. He will be missed most especially at the campfire which he faithfully tended for years.



Roy Duffy of the "Kids Team" poised to deliver snowballs in the yearly snowball fight with team "Tess Ftorek and friends" at Winter Sports and Fun at the Pottle Tree Farm.

## 2013 Beneficiaries



This year Stronghearts donated \$2,000 to Camp Meridian, a camp for children with congenital heart defects. Lauren (9) went to Camp Meridian for the past two years.

Lauren was born with an Aortic Valve Disorder (AVD) which required 5 major heart operations between the age of 5 months and 7 years old. Lauren reflected upon her surgeries, remembering a shot that stung when it went into her arm. Now, at almost 10 years old and in the 4th grade, Lauren is full of energy. She said that what she loves about Camp Meridian are the themes. The theme this year was "Showing True Colors". She really enjoyed the paint ball activity.

Lauren's father, Fabio Napoleoni, is a nationally recognized local artist. He explained that having a child with a heart defect affects the whole family. Mr. Napoleoni, expresses his experience in his work--each of his pieces has a heart. He also donates to Camp Meridian. Visit Mr. Napoleoni's Facebook page: <https://www.facebook.com/groups/NapoleoniFanClub/>

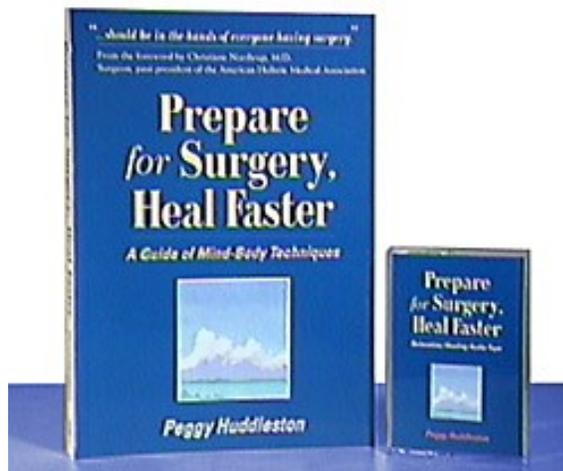
Stronghearts also provided funds to the Christ Episcopal Church Deacon Fund as a way to support local families. Through the Deacon Fund, we were able to help a local family caring for a child who had heart surgery. If you know of a local family caring for a child with a congenital heart defect, please let us know.

## Support for Families Preparing for Surgery

For years we donated to Precious Hearts so that families could receive gift baskets when their child is having heart surgery. This service is still provided, but through a new organization—Heart 2 Hearts. Thanks to a grant, Hearts 2 Hearts did not need a donation to provide the gift baskets this year. Like Precious Hearts, Heart 2 Hearts also provides families in Maine with opportunities to get together and to support each other.

We plan to work with Heart 2 Hearts in a new way. We hope to provide families connected to Heart 2 Hearts with the Peggy Huddleston's Prepare for Surgery workshops and books. Sue Carroll Duffy is certified to provide the hour workshop that can be completed over the phone. Families will learn how to reduce their anxiety, envision a positive future, and create a circle of support during the time that a family goes into surgery.

One of the steps in the workshop is creating a circle of love to surround the family at the time of the child's surgery. Would you like to be a part of that circle? Let Sue Carroll Duffy know if you would like to support families in this way: by e-mailing her at: [stronghearts@roadrunner.com](mailto:stronghearts@roadrunner.com).



## Memorial Donations in Loving Memory of:

Mike Duffy, Scott and Mary Metcalf, Evan Jewell Weston, Paula Louise Weston, Mary Metcalf, Jim Pottle, Seamus Carroll Duffy, Diane Bassett, Lewis Bassett, Elizabeth Matera, Dale Sherrard, Elliot Fishbein, Bob Dolan, Caroline Dopyera, Lee and Irene Carroll, Judy McDonald, T.Way McDonald, Dana Bowen, Jr., Philip Clement, Sid and Hazel Bahrt, Dr. James Bates, Leiana Howarth, Moses Holbrook Walker, Jim Neal, John Benvenuti,

## Trail Prep January 24th at 1 PM Pottle Tree Farm, Perry Maine

Want to help clear the trails in preparation for Winter Sports and Fun?  
Contact Tess Ftorek with questions: tessaftorek@gmail.com

## Saturday February 15th at the Pottle Tree Farm in Perry Winter Sports and Fun



**Skate . .Cross Country Ski. .Ice Fish. .Snow Shoe. .Hike. .Labyrinth. .Sled . .Potluck**

No Admittance Fee. Donations support Stronghearts in their effort to support families caring for children with congenital heart defects.

The event is held in honor of Congenital Heart Defect Awareness Week and in loving memory of Jim Pottle and Seamus Duffy.

From Rt. 1 in Perry Maine, go 2 1/2 miles down South Meadow Rd. The Pottle Tree Farm is on the right.

Stronghearts is a Perry based foundation established in 2002 by Brian and Sue Duffy in memory of their son Seamus who died of a congenital heart defect, Hypoplastic Left Heart Syndrome. Stronghearts supports families caring for children with congenital heart defects.



*Seamus Carroll Duffy Memorial Foundation  
PO Box 177, Perry, ME 04667*

### Board Members

President: Brian Duffy  
Vice President/Treasurer: Sue Carroll Duffy  
Secretary: Kristin McKinlay

Phone: 207-214-2117

E-mail:  
stronghearts@roadrunner.com

On the web at [Stronghearts.org](http://Stronghearts.org)