

## CAPITAL NEWS

## WESTSIDE

## Cancer survivor prepares for Across the Lake fundraiser

WADE PATERSON  
STAFF REPORTER

Growing up in West Kelowna, Jane (Kneller) Richardson crossed Okanagan Lake many times.

This summer she will cross the lake again, but for the first time in her life, she'll do it without the assistance of a car or boat.

"I've swam in the lake, but I've never swam across it before. The idea intrigues me," said Richardson.

Richardson was diagnosed with breast cancer in March, 2012.

After going through a couple of surgeries and chemotherapy, she began swimming. She'd always enjoyed her time in the pool and knew it would be a good way to recuperate.

At first she could only do eight lengths of the pool, now she can do 80.

"It was a slow start. I could only go swimming

about once a week and I was only walking about two kilometres per day.

"I'm up to walking six or seven kilometres about three times a week and 80 lengths in the pool once or twice a week."

A fitness trainer friend of Richardson's challenged her to consider entering the Interior Savings Across the Lake Swim July 20 after hearing about her progress.

"I thought: That sounds like a pretty good idea."

She will take part in the swim as a fundraiser for the McMurtry-Baerg Cancer Centre, a privately run facility that is housed in the Vernon Jubilee Hospital. She will also raise money for the Lorelei Comfort Fund, which provides assistance to cancer patients whose financial barriers create hardship in terms of dealing with diagnosis and treatment.

"This is my way of getting better and giving back."

Richardson, who currently lives in Armstrong, said she has plenty of family members who will be wearing pink to support her when she swims in the lake this summer. She's also working on acquiring a flaming pink swim suit to help her stand out in the water.

"I have been in to see my family physician to make sure that I am physically healthy enough to do the swim—that, of course, was a concern for (organizers).

"I don't foresee any problems at this point."

Richardson said raising money is just one of the reasons she's taking on the challenge.

"I want to be able to show other breast can-

SEE SWIM A33



## BREAST CANCER

survivor Jane (Kneller) Richardson will attempt the Interior Savings Across the Lake Swim this summer as a fundraiser for the McMurtry-Baerg Cancer Centre and Lorelei Comfort Fund.

CONTRIBUTED

## ROAD ACCIDENTS

## Learning to communicate the message that one crash is too many

My daughter, Cassidy, is in Grade 6. She had a spring break school project to write a speech.

My memory of school work around that time of my scholastic development is more along the lines of using pencil crayons to colour maps.

There's no way my Grade 6 self would have been writing and delivering speeches.

At my wife's urging, she chose my One Crash is Too Many awareness campaign as her speech topic. I live and breathe this stuff, but my 11-year-old daughter needed to get up to speed. She has been in and around it, but

ACHIEVING  
JUSTICEPaul  
Hergott

in order to write about something you have to really understand it.

We gave her the link to the campaign website, onecrashistoomany.com, and gave her some other materials to read, but interviewing me was a key feature of her research.

She had lots and lots of questions. I faced a lot more "why?" and "I don't

get it" than I expected.

For my 11-year-old to get to a place of sufficient understanding to write about it, I had to get to a place of being able to effectively communicate it.

One of the key awareness points of the campaign is the significance of car crash injuries.

Victims regularly walk away from crashes with no visible injuries. In fact, the victims themselves regularly feel no symptoms at all at the crash scene.

It's not until later that day or evening when damaged tissues start tightening up and become inflamed, and it's often not until the next morning

when you wake up hardly able to move.

It's often not until months or years later when a permanent prognosis of what the victim will have to endure for the rest of his or her life can be given with any reliability by a medical specialist.

Emergency services have only what they see at the crash scene to work with when questioned by the media about crash injuries.

They report to the media again and again that there are no injuries, or that any injuries are "minor." The media passes that message on to the driving public again and again.

Yes, from time to time there will be extremely violent head-on crashes putting victims in critical condition or resulting in deaths, just like from time to time we hear about other freak occurrences. The loud and clear message to the driving public is that the most serious consequence of the day to day car crash is the deductible you have to pay to get your car repaired.

I found myself struggling to explain to Cassidy the concept of how someone can suffer what turns out to be a very serious injury, with very little or zero indication of injury at the time it is sus-

tained.

Our spring break sun-soaked Mexican holiday provided an excellent analogy that Cassidy easily understood.

It's like a sunburn. Yes, as careful as we tried to be, there was a sunburn or two. As you splash and play in the pool, unprotected skin is burning.

You, and those around you, have absolutely no awareness of the damage as it occurs. If you could feel the tissues burning, you would immediately apply sun screen or cover up. You can't feel it.

It's not until that evening when those around you start commenting on how red your back is.

It's not until you step into the shower the next morning and scream out in pain that the full extent of your burn is apparent.

Please think of that analogy the next time you hear about a report of no injuries or minor injuries in a media report about a car crash, and please forward a copy of this column to the reporter.

*This column is intended to provide general information about injury claims. It is not a substitute for retaining a lawyer to provide legal advice specifically pertaining to your case. Paul Hergott is a lawyer at Hergott Law in West Kelowna.*

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