



Regional Champion – Trudy R, B.C.

Two years ago, I went to diabetes camp with my mom and sister. I wanted to make a friend with diabetes. When I went and I saw all the children with diabetes I wanted to find a way to help them. And I also wanted a way for other kids to go to diabetes camp.

My name is Trudy. And I wanted to have a lemonade stand not only for me to make other friends at camp, but for everyone to make more friends at camp because I found my best friend there.

I was diagnosed when I was four. And now I have been diagnosed for three years. My favourite sport is field hockey. In the winter, I go cross-country skiing every weekend because my mom makes me. And I love animals. When I grow up I want to be a veterinarian.

When I got tired of having shots, I decided to get an omnipod. I'm glad I did that because it works out very well with my blood sugar. Most people think that people with diabetes can't eat anything sweet or do as much activity. But that isn't true. We can still do anything.