

## Orcas Member Swims for his Daughter

My name is Patrick Mohr and am a proud member of the Nunawading Orcas Master Swimming Club. My super-sister Jodi O'Connor and I will be swimming as a duo in the 2013 HBF Rottneest Channel Swim which is a distance of 19.7km.

My sister and I both have a long history in swimming starting out at the Maylands Amateur Swimming Club in Perth under the amazing and inspired coaching of Fred and Wynn DeLacey (and Family). Jodi has a close friendship with Shelley-Taylor Smith who has been an inspiration to Jodi and I and open water swimmers worldwide for many years.

It sounds like a mammoth task, but it's only a few hours of discomfort. Nothing really, compared to the never-ending and sometimes painful daily routine of a child with T1D. Our team name, "Julia's Jelly Beans" was inspired by my 13 year old daughter Julia who was diagnosed with Type 1 Diabetes at the age of two.

She is an inspiration to us all and let's nothing stand in her way. She keeps fit and healthy through her passion for dancing and singing (with some swimming thrown in). She manages her diabetes successfully with a level of maturity beyond her years. But this takes a lot of hard work and commitment. Blood tests, canulars, insulin, exercise, illness, diet, insulin pump equipment. Julia manages all this and more in her everyday life being fully aware of the serious long-term and short-term complications. She really needs your help to make T1D a thing of the past for her and other inspirational kids' worldwide dealing with this condition. Please give as much as you can afford as every dollar counts. Julia, myself and the whole family thanks you for your time and generosity. We have an official fundraising link below through Everyday Heroes and Team Cure Diabetes to which you can donate.

Jodi and I are training hard for this swim combining pool and dry land workouts with a few extra swim sessions thrown in. I'll also be doing a couple of open water swims leading up the Channel Swim including the 5km MMAD swim at Mount Martha.

**Patrick's story has even made the local paper. On the next page is part of the story.**



The Orcas are getting behind Patrick!

*Patrick Mohr is a swimmer, it's just one of the things he knows how to do well. So well that he's using this natural talent to take part in one of Western Australia's toughest swims.*

*The 2013 HBF Rottneest Channel Swim will be held on **Saturday, 23 February 2013**. It's a swim that departs from Cottesloe Beach and finishes at Thomson Bay, Rottneest Island, and has a total distance of 19.7km. Pat will be swimming as part of a duo with his sister Jodi O'Connor, also an accomplished swimmer who lives in Western Australia, and they are both hoping to raise funds for the Juvenile Diabetes Research Foundation (JDRF).*

*It's a cause close to Pat's heart who's daughter Julia has suffered from type 1 diabetes since the age of 2. Now 13 years old, Julia is also an active campaigner and fundraiser and keeps fit and healthy through her passion for dancing and singing (with some swimming thrown in). She manages her diabetes successfully with a level of maturity beyond her years. But this takes a lot of hard work and commitment – blood tests, canulars, insulin, exercise, illness, diet, insulin pump equipment. Julia manages all this and more in her everyday life being fully aware of the serious long-term and short-term complications. Pat and Julia are looking for help to make T1D a thing of the past for Julia and other inspirational kids worldwide dealing with this condition.*

*Pat has been a valued and much admired member of the Nunawading Orcas since 2006 and trains with us regularly at Nunawading Aqualink. The Nunawading Orcas are a Masters Swimming Australia swim squad who train three nights a week. Orcas training sessions are run every Monday, Wednesday and Friday nights during regular school terms, starting 8.30pm Monday and Wednesday and 7.30 on a Friday. As a masters swim squad the Orcas provide structured training to anyone over the age of eighteen interested in a regular structured swimming routine. Pat is one of the Orcas more accomplished swimmers and helps set the pace for others in our squad.*

**To help raise money for Patrick please go to the link**  
[http://fundraise.teamcurediabetes.org.au/patrick\\_mohr\\_1](http://fundraise.teamcurediabetes.org.au/patrick_mohr_1)