



Happy Holidays from the Killip Family!

FROM JOHN:

Sharing new chapters of my **Personal Legend**. I open and close my letter to our friends with the same words that I did in our last family holiday letter.

It has been a year of fortuitous meetings filled with life's twists and turns.

In late October and early November of 2011, I was privileged to travel with 40 members of the World Outreach Foundation (WOF) www.worldoutreachfoundation.org; medical doctors, nurses and two dentists for about 10 days in two villages in the Himalayas of Nepal on a medical and dental outreach program. We flew from KC to Houston, Moscow, Singapore and on to Kathmandu; yes that is over 33 hours of flying time each way. The largest number of our group spent their time working in a hospital in Pokahara, the third largest city in Nepal. A smaller group of about 15 of us traveled on to the villages of Jomson and Tukchee in the Province of Mustang. Oh my, what an adventure! It is only possible to fly over the Himalayas when the weather is perfect. Our group arrived at the Pokahara airport before dawn and sat watching the sun come up to a cloudy morning. By about 9:00 the clouds began to open up and the flights began. There is one airplane making this trip about 5 times each morning before the winds in the mountains get so strong that they can no longer fly. The trip is: 10 minutes to load, 17 minutes over the mountains, 10 minutes to unload, 10 minutes to load and back over the mountain in 17 minutes. Our group was on the third flight out. This is important because following our flight thick clouds settled in and there were no flights into or out of the Himalayas for at least over a week. This was the first time the WOF had taken dentists on one of their trips. My friend Jack Nelson and I had taken over 90 pounds of dental surgery instruments and supplies that had been donated by friends in Kansas City as our second piece of checked baggage. We were joined by Pranaya Khanul, an oral surgeon from Kathmandu. At the end of our stay in Tukchee we were able to identify that we had contributed approximately \$60,000 of in-kind-care and gifted \$25,000 worth of surgical instruments and supplies to the patients served by the Tukchee Medical post. It was COLD—the guesthouses and clinics had no heat or hot water therefore our entire team worked, ate (the same plate of rice a variety of vegetarian curries and soup which was served at each meal) and slept (the beds were a plywood board with a 1½ inch foam mattress, one blanket and a straw pillow) in our clothes. The need was huge, the people were warm and stoic. The swings from fantastic to depressing were vast and constant. Subarna, our host and leader, who was born and initially went to school in the village of Tukchee, introduced us to relatives and town's people who have ancestors who have lived and worked together for over five generations (it seems that everyone is a cousin). Subarna lead us on an early morning walk (2½ miles each way) to visit the Chhairo Gompa monastery to witness the restoration that Subarna and his family are carrying out which was personally very moving to me. www.restorationworksinternational.org

Time to leave Jomson and Tukchee—but as I had related earlier there were no flights going over the mountains; therefore, we along with many native Nepalese people undertook an 18-hour bus trip down the mountains. On roads that were notched out of the mountainside (just wide enough for one vehicle). I rode in the front seat along with the driver. This was the most visually exciting day of my life—we traveled from the snow-capped Himalayas through mountain canyons as high and as deep as the eye could see, villages, rainforests, rice paddies, changed busses three times and arrived in Kathmandu at 3:30 in the morning to find that our hotel manager (another of the cousins) had closed and had gone home for the night. He was located and arrived to allow us to have our first showers, a warm bed and breakfast in over a week. Throughout my life this trip will remain an important chapter in my **personal legacy**. I pledge to return to Jomson and Tukchee in the future.

I am confident that each of us will share stories about the time that our entire family including my brother Norm and his wife Val spent time in Colorado at Little Squaw. My story: Brielle had set up a rip stop fabric hammock between two trees, one afternoon as I was lounging in the hammock a glass of Prosecco was slipped into my hand. As I lay there swinging I thought, “This is a tough life, I could do this every day” but the reality crept in and I said no—I have to go back to work next week—then, *Eureka!* I realized that I am retiring soon and indeed I could do this every day. On my birthday a hammock arrived from the kids.

Having mentioned retirement, it had been my intent to retire at the end of September on my 70th birthday. My true retirement date was December 1, 2012. At the time of my retirement I was recognized as an *emeriti clinical professor* by the faculty of the School of Dentistry. The most important legacy that I left to the School of Dentistry is that Mr. Richie Bigham has been named the new Assistant Dean for Student Programs. Kathy and I went to Santa Fe in December to celebrate our 41st anniversary. I hope to be spending more time in Phoenix each year during the winter months. We are going to China for three weeks in May. This is a most auspicious step along the way to creating my **personal legacy**.

At my four-year series of follow up appointments after my initial Stem Cell transplant in March of 2008 the tests revealed that ‘old man Myeloma’ was paying a return visit. The regime of medications that I was on throughout the summer put me into remission; which the doctors assured me was the ideal time for a second transplant since I was actually stronger than I was the first time. I took this message as a sign that I should do a haircut auction with our Students Take Action organization. I let my mullet grow. Thanks to the generosity of my friends and the School of Dentistry community, we raised over \$11,000 to support at least 11 kids who are being treated for cancer at Children Mercy Hospital and to give their caregivers the opportunity to participate in a week at Camp Quality next summer.

The second Stem Cell Transplant occurred in the KU Hospital Bone Marrow Transplant unit on Thursday October 4th. All the signs indicate that indeed I was stronger this time around; the hospital stay was less intense and shorter. I finished up at KU and was returned to Kansas City Cancer Center about a week earlier and all the current tests indicate that I continue to move forward faster than I did the first time. I am sporting a bald head which is cold, but I am gaining personal strength each day.

The support of family, friends and the entire School of Dentistry community is truly strengthening, although at time it seems to be almost overwhelming (see the photos). Brielle organized approximately 300 friends who sent ‘healing hands wishes’ that were mounted on a Japanese paper lantern which all the family gave to me during our week in Colorado. Our long-time friend Julie Walters designed and sewed a truly beautiful and moving ‘healing tanka’ (blanket) that I draped over me as I gave myself the

transplant stem cells. It definitely has taken a whole village to ensure the success of my transplant. The inscription on the tanka reads: "Give me your cancer cells and I will replace them with true love and your beings shining spirit". These are the words of my true friend Hosen. It is important that I point out that Kathy and Keelia have been incredible caregivers throughout this portion of my **personal legacy**. Thanks to every one of you.

I am privileged to have been asked by my friend Hosen, Vice-Abbess of Bodhi Manda, to serve as a member of the Board of Directors of Bodhi Manda Zen Center, www.bmzc.org located in Jemez Springs, New Mexico. I truly love the Bodhi and am humbled to take this step in my **personal legacy** by stepping into a leadership position as we work to move the center forward into this new century. In July I had the opportunity to attend the 105th birthday and the 50th anniversary of his teaching in America of Joshu Sasaki Roshi. The celebration took place in Los Angeles at the Rinzai-ji Zen Center the home Temple of Joshu Roshi. And 'OH Yes' there were many Prosecco toasts offer that day.

In Zen it is said that to give is simultaneously to receive. When we give generously, we dissolve in an instant the distance between self and others. —Joshu Sasaki Roshi

In closing: ***I wish you all health, the joys of sharing time with your family and friends and piece within your personal space.***

John

Happy Holidays, Peace & Love to you from Kathy

From a quote found online: "Be passionate: Go for it, [live life like it matters](#), [put your heart into everything you do](#), [feel life](#), [taste life](#), [hear it](#) and [celebrate it](#)".

[Live life like it matters](#): I live to create. The past 5 summers have been spent near Creede, Colorado in my studio, Underbrush Ltd. at The Studios at Bristol www.TheStudiosatBristol.com. I started making fused glass pendants two years ago. Along with creating photo notecards, photo prints, wildflower florals, jewelry and beading, felted flowers and felt jewelry, leather bracelets and selling my angel ornaments and Demdaco products, I have a full summer doing what I love to do. www.kathykillip.com. [Put your heart into everything you do](#): I am completing my 14th year on the Board of Trustees for Drumm Farm Center for Children, this year serving as Chairman of the Board. www.drummfarm.org. We created a wonderful 20-year vision plan this year and I am very excited about the future for Drumm. I want to tell more people about the good work being done there.

[Feel life](#): During October and November, I have "felt life" as a caregiver to John, as he progressed through his second stem cell transplant and the days that followed. John has always faced these challenges with a very positive attitude which makes "moving forward" an amazing journey.

[Taste life](#): In January and February, I spent 3 1/2 weeks tasting and savoring the flavors of Germany while staying with Whitney, Klaus, Charlotte and Henry. Not only did I taste the flavors of Southern Germany, but I savored the experience of being "Grandma". We did crafts, baked cookies together, sang songs, went for walks, folded laundry and loved every minute!

[Hear it](#): I have heard the plea from my 97-year old dad to work towards putting into action his patent for binding books that lay open flat. My dad was granted a patent in 2009 for a new process to bind

booklets & books so that they lay open flat. I am pursuing different markets to carry this idea forward. This year I have worked with a printing company and a bindery. We are making strides forward although it has been a slow process.

Celebrate it: In September our family including our kids, our grandkids and John's brother & wife, my nephew & wife, spent a week "celebrating family" at Little Squaw Resort in Colorado. It was a wonderful week of cooking & feasting, Jeeping, hiking, rafting, shopping, biking, roasting marshmallows, and most of all, spending quality time together. www.littlesquawresort.com.

I am most grateful that I have a family who lives each day with passion. Each person is happy for their life path and is using their talents to improve not only their lives but the lives of each of us and those they meet.

Best Wishes for a year filled with love, peace and happiness!

Kathy

FROM WHITNEY, KLAUS, CHARLOTTE & HENRY:

Happy Holidays all the way from snowy Germany! On March 21, 2011, we welcomed our "Little Buddy" Henry Tyler Ullrich into our family and life has been crazier than ever since then! Charlotte, now 3.5 years old, and Henry, now 1.5 years old, have us running, jumping and playing with them all the time. They have a wonderful brother & sister relationship - Charlotte tells Henry what to do and he just smiles.

Charlotte is now speaking both German & English and is still busy mothering her beloved dolls: Pink Lisa & Purple Lisa.

Henry keeps us laughing and smiling with his jovial ways. He has discovered the world of planes, trains & automobiles and is ready to take off! Both are happy & healthy and that is all that matters.

Klaus is in a new position in Business Development at Porsche and continues to travel the world helping dealerships implement new processes. In his free time, he still finds a bit of time for biking and is planning another smaller Alp Crossing for the summer. He is also excited to hit the slopes, on a sled with the kids this winter.

Whitney had a quiet but momentous anniversary this past summer —10 years of living in Germany. A big thank you goes out to her family, kids and friends all over the world for such great support for this new way of life here. Besides the crazy life, she has started back to work part-time again and is still enjoying international marketing.

We wish you a safe, happy & healthy holiday season!

Whitney, Charlotte, Henry & Klaus

FROM BRIELLE:

Well, I finally did it. I moved to Colorado! After years of talking and dreaming about it, I decided that if I never started, I might actually never move. What started as a very emotional leave from St. Louis has turned into the best decision I've made. After packing up my house into an 8'x8'x16' PODS container, I

made the trek west.... And haven't looked back!

I sold the house that I had owned since May 2003. I felt very relieved to hand over the keys to the new owners at the end of August. I hope they enjoy it as much as I did.

I continue to serve as the Marketing Manager for McCormack Baron Salazar in St. Louis, only now I'm working from the comfort of my home office. I travel back to St. Louis about once a month to see my colleagues and for important meetings. I am enjoying the benefits that working remotely has to offer including home-cooked lunches, not wearing shoes all day, listening to whatever music I'm in the mood for, having German visitors for nearly a month, and even stopping over in Kansas City for a couple days at a time on my trips back to STL.

One of the big highlights of the year was having Whitney, Klaus, Charlotte & Henry visit. It was definitely an adjustment having 2 toddlers running around my not-so-kid-proof home! It was fun seeing Charlotte transition to speaking almost 100% English by the end of their trip and to hear Henry run from room to room saying, "B, B, B!" Our week at Little Squaw with all the family was both a relaxing & refreshing vacation from the hustle of every-day life.

Of course, I am enjoying all that living in Denver has to offer: skiing, hiking, camping, enjoying tons of local breweries, playing volleyball, and making some really great friends. There is never a dull moment and I felt like I was "home" as soon as I moved here.

If you ever need someone to visit in Colorado, I'm your gal! And my tidbit for the holidays: **Cherish your family.** I do!

Brielle

FROM WYETH:

Hi family and friends. I hope everyone is having a wonderful holiday season. I'm excited to share a few highlights from 2012.

I turned 30 Memorial Day Weekend! My girlfriend, Sarah, threw me a surprise party that kicked off an exciting weekend celebration that included a Mexican fiesta, beer garden fun, comedy club and a whole lot of food and drinks! Having started the summer off with a bang, the excitement continued attending a few summer music festivals and seeing my favorite band in concert, Coldplay! My best friend from college, Phil, got married Labor Day weekend so I had some additional fun, which included bachelor party weekend on the beach in Maryland and groomsman duties during the wedding in Roanoke, VA.

I was excited to get to spend a lot of vacation time with family this year, which included Keelia visiting me in NYC twice and the Killip family annual trip to Colorado. I was able to teach my niece and nephew some of my shenanigans during our week together - I'm pretty sure Whitney is not too pleased by how quickly they picked up my trickery. To top off my trip to Colorado, Sarah's sister got married and I was excited to join in the festivities.

Now you might think that this looks like all play and no work, but there have been quite a few irons in the fire in the past year that finally culminated in Phil and I launching our 5th business together, Intraplayer, a cloud based platform for content management and creation. We are open for business so please check us out at www.IntraPlayer.com. And check out the production side of our business,

www.KatzCreativeGroup.com.

Here's to 2013, wishing you all health and happiness!

Wyeth

FROM KEELIA:

Looking back at our last holiday letter 2 years ago, I can't believe how much I have accomplished and experienced since that time. Christmas 2010... I had just started graduate school at UMKC along with an internship at Indigo Wild, a Kansas City based company that makes all-natural aromatherapy products for the body and the home... I guess you can say I've "grown up" and entered the "real world" since then.

2011 was spent studying (A LOT) and continuing my internship at Indigo Wild. I was fortunate enough to be able to spend the month of May studying abroad in London and Paris meeting with various international companies. Of course, I slipped in 2 trips to Germany during that time to visit Whitney, Klaus, Charlotte and Henry. The year spent studying and traveling ended with a few key events that catapulted me into the real world — *real fast*. I graduated from UMKC with a Master's Degree in Business Administration with an Emphasis in Marketing and International Business and was offered a full-time position at Indigo Wild as the 'Marketing Coordinator'. There was no hesitation in accepting that job as I had loved every day of my internship (traveling, designing, working at photo shoots and yes, crying over olives (not spilled milk))!

At Indigo our titles aren't on our business cards, email signatures or even publicized at all because the honest truth is, we do it all there! My main job is to manage the website, create and distribute marketing materials, help develop new products and new product packaging, and work on our retail and wholesale catalogs, just to name a few; but it's not unusual to see us all labeling soap around the lunch table, packing boxes, making a wine-bottle chandelier, spray-painting stress breasts and plastic goats, or doing other random craft projects. I definitely have interesting and unexpected days every day which makes it extremely enjoyable to go to work and keeps me on my toes! I love my job and couldn't have found a better fit for my business skills, creativity and personality.

Along with working, I have been taking full advantage of living at home for a while and using my "rent money" to go on ski trips to visit Brielle and weekend getaways to New York to visit Wyeth and Sarah. I've fully enjoyed the bonus travel, home-cooked meals every night and a free place to stay, but much to my Mom's dismay 2013 brings moving out and fully immersing myself into the downtown Kansas City life. Here's to exciting experiences, increased independence and learning how to cook!

Keelia

Happy Holidays from the Killip Family!