

February 2012

# NEWSLETTER



This folding information screen displays our group's activities and services. If you know where or when it could be shown, please contact your steering committee.

## NEXT MEETING:

This evening will provide a welcome opportunity for members to share and discuss ideas related to the "1.2.1" concept that has been started within our support group. **One to One** literally involves methods of answering questions and concerns from friends, relatives and even strangers who have been recently diagnosed with prostate cancer. There are certain guide lines that are important to understand and the members who have been involved in the 1.2.1 action group will be leading the discussions. **7:30; Monday evening, February 11, 2012**

## Ramblings:

Lisa and I would like to wish everyone a Happy Valentine's Day. We truly hope that your life is blessed. It seems that every time I write my ramblings I comment on how fast time flies by, I wonder if time goes by as quickly for grumpy people!

I'm never sure what to write in these ramblings but I guess that is why they are called "ramblings". For this edition I'm going to address how I came to be part of this group and what keeps me involved and hope you will evaluate the same for yourself.

I came to the group for the same medical reason we all have, I had prostate cancer. I was not sure what the group was about or what it had to offer, but I did know I wanted to find out what I was up against because I had no idea. My doctor provided me with a fairly certain comfort level that I was going to live due to the survival rate of a radical. The answer I didn't really get was around sexual performance which was very concerning to me. That is what brought me to the group and having received ample information from a variety of members, I was content. I now wondered what kept me coming. Besides a great group of people, I think the main reason was to try to get to men early so that they did not leave it too late like my dad did.

Now that I'm here I struggle with the question: are we doing enough for our members (please feel free to let the executive know)? We have a large membership on paper although our meeting attendance is not that high (thanks to all of those who do come out and share information). Is it due to our meeting topics? Please let us know what you want, we have access to a great deal of information through the Prostate Cancer Canada Network and I would be very surprised if we could not fulfill member's requests. I hear from time to time that we want more members but believe me, for obvious reasons, that is the last thing we want. What we do want is to ensure that those who are diagnosed with prostate cancer are able to get the support and information that they need to enjoy life to its fullest.

**Doug**

## News Flashes:

**Monday, January 9, 2012: Gordon Hearing Services:** Jason Gordon explained how hearing losses are detected and dealt with and made special mention of new developments in that area.

**Monday, February 13, 2012: Group Discussion Session:** The evening will provide a welcome opportunity for members to share and discuss ideas related to the "1.2.1" concept that has been started within our support group.

**Monday, March 12, 2012: St. Patrick's Day Social:** The evening will be one to socialize with other members and to share in some enjoyable activities. Bring a small plate of savory finger food or cookies, cut cake or other healthy tempting food.

**Saturday, June 23, 2012: Canadian Cancer Society Relay for Life:** Bob O'Blenis has already registered his team, the Reef Knots, and would like interested members to join him and also to help support the effort with donations. Go to <[www.cancer.ca](http://www.cancer.ca)> and follow the prompts to Relay for Life, the Comox Valley and to the individual teams.

**Ongoing:** If you have a **Thrifty's Smile Card**, please be sure to use it. The returns that help us so much are drifting downwards and every bit helps.



## 2012 Steering Committee



### Chair:

Doug McPherson  
250 336-8526

### Vice Chair:

Harry Whitfield  
250 339-0221

### Secretary/Treasurer:

Brian Lunn  
250 338-8235

### Programs:

Doug McPherson  
Paul Ryniak

### Hospital Outreach:

Russ Engelmyer  
250 339--4986

### Social:

Bob O'Blenis  
250 338-2313

### Website:

Don Waddell  
250 338-6748

### Newsletter:

Brian Lunn  
250 338-8235

### Home Visits:

Don Lanyon  
250 334-2807

### Brochures:

Norm Lundie  
250 339-6474

## OH! Canada

### TOP REASONS TO LIVE IN BRITISH COLUMBIA

1. Vancouver : 1.5 million people and two bridges. You do the math. 2. Your \$400,000 Vancouver home is just 5 hours from downtown. 3. You can throw a rock and hit three Starbucks locations. 4. There's always some sort of deforestation protest going on. 5. Weed.

### TOP REASONS TO LIVE IN ALBERTA

1. Big rock between you and B.C. 2. Ottawa who? 3. Tax is 5% instead of the approximately 200% it is for the rest of the country. 4. You can exploit almost any natural resource you can think of. 5. You live in the only province that could actually afford to be its own country. 6. The Americans below you are all in anti-government militia groups.

### TOP REASONS TO LIVE IN SASKATCHEWAN

1. You never run out of wheat. 2. Your province is really easy to draw. 3. You can watch the dog run away from home for hours. 4. People will assume you live on a farm. 5. Daylight savings time? Who the hell needs that!

### TOP REASONS TO LIVE IN MANITOBA

1. You wake up one morning to find that you suddenly have a beachfront property. 2. Hundreds of huge, horribly frigid lakes. 3. Nothing compares to a wicked Winnipeg winter. 4. You can be an Easterner or a Westerner depending on your mood. 5. You can pass the time watching trucks and barns float by.

### TOP REASONS TO LIVE IN ONTARIO

1. You live in the centre of the universe. 2. Your \$400,000 Toronto home is actually a dump. 3. You and you alone decide who will win the federal election. 4. The only province with hard-core American-style crime.

### TOP REASONS TO LIVE IN QUEBEC

1. Racism is socially acceptable. 2. You can take bets with your friends on which English neighbour will move out next. 3. Other provinces basically bribe you to stay in Canada. 4. You can blame all your problems on the "Anglo A\*#!%!"

### TOP REASONS TO LIVE IN NEW BRUNSWICK

1. One way or another, the government gets 98% of your income. 2. You're poor, but not as poor as the Newfies. 3. No one ever blames anything on New Brunswick. 4. Everybody has a grandfather who runs a lighthouse.

### TOP REASONS TO LIVE IN NOVA SCOTIA

1. Everyone can play the fiddle. The ones who can't, think they can. 2. You can pretend to have Scottish heritage as an excuse to get drunk and wear a kilt. 3. You are the only reason Anne Murray makes money.

### TOP REASONS TO LIVE IN PRINCE EDWARD ISLAND

1. Even though more people live on Vancouver Island, you still got the big, new bridge. 2. You can walk across the province in half an hour. 3. You can drive across the province in two minutes. 4. Everyone has been an extra on "Road to Avonlea." 5. This is where all those tiny, red potatoes come



Member of the  
month:  
Harry Whitfield

from. 6. You can confuse ships by turning your porch lights on and off at night.

Senior's Snowplow Now Available At....



## Prostate Cancer Canada Network - Comox Valley

website:

[www.cvprostatecancer.org](http://www.cvprostatecancer.org)

e-mail:

[prostatecancer@shaw.ca](mailto:prostatecancer@shaw.ca)

Mailing Address:

5976 Aldergrove Drive,  
Courtenay, BC, V9J 1W3

Meetings:

Comox Valley Health Centre,  
961a England Avenue,  
Courtenay, BC

Next Meeting:

Monday, 7:30 pm, February 12,  
2012.

## Our Mission Statement:

*"We aim to help those who have been diagnosed with prostate cancer by providing opportunities for learning more about the disease through group discussions and personal support. We work to increase public awareness of prostate cancer through advocacy, presentations to interested groups, free prostate cancer screening and publicity."*

## Medical Advisors:

Dr. Aaron Clark  
Dr. James Chartrand  
Dr. Will Tinmouth

## Prostate Cancer Information

Prostate Cancer Canada:

[www.prostatecancer.ca](http://www.prostatecancer.ca)

Prostate Cancer Canada  
Network:

[www.prostatecancernetwork.ca](http://www.prostatecancernetwork.ca)

Canadian Cancer Society:

Information Line:

1 888 939-3333

Comox Valley Unit:

102 1509 Cliffe Avenue  
Courtenay, BC, V9N 2K6  
250 338-5454

Prostate Cancer Foundation BC

[www.prostatecancerbc.ca](http://www.prostatecancerbc.ca)

