

June 2011

NEWSLETTER

formerly known as the **Comox Valley Prostate Cancer Support Group**



The Motorcycle Ride for Dad on Saturday, June 4 is a major fund raising event against prostate cancer; honk or wave when they roar by.

NEXT MEETING:

It's that time of the year again....Yes, time to pray for sunny skies!! It's the regular PCCN Comox Valley support group's **Annual Picnic** at the Lanyon Ranch. Lanyon Road is just off Marsden and the turns will be marked with balloons; (49° 39' 23.42" N; 125° 01' 02.98" W) for those on GPS! The picnic begins at 4:00 pm with the barbecue ready at 5:00. Be sure to bring your own folding chairs, plates and cutlery along with your meat selection. A potluck donation of either a green or bean salad; an appetizer; or a dessert along with whatever stronger libation you desire is all that is needed. Buns, condiments, potato salad, soft drinks, coffee and tea as well as napkins are provided. Wish for sunny warm weather to provide a welcome setting for a good opening event for the summer of 2011.

4:00; Monday afternoon, June 13, 2011

Ramblings:

"It was a nice day for a walk to the park". Thank you everyone for participating in the parade. Although worried for awhile that we would not have enough people, our group came through. With a slight modification to our banners, Brian and Dave carried the heavy load leading our group. We proudly made our way from 1st Street to Village Park and best of all, not a drop of rain. Not too far behind us was the group of riders from for the Motorcycle Ride for Dad.

As Brian has mentioned above, June 13 will be the annual picnic. This will be the first time Lisa and I have the luxury of attending this event, although we will be a little late as we still have those job things. A special thanks goes out to Don Lanyon for hosting the event and we look forward to seeing everyone,

As you can see by the news flashes below there are still a few large events coming up; mark them on your calendar and come on out and have fun and show support for our group and our cause.

Doug

News Flashes:

Saturday, June 4, 2011: Motorcycle Ride for Dad: Last year several members had a lot of fun helping out at registration, check points and refreshments when the 200+ motorcyclists helped to raise funds for prostate cancer research. To join in, contact Doug McPherson, Bob O'Blenis or Wayne Virtue. The bikers will all be starting off at Driftwood Mall at 10:00 that morning so if you want to see a truly impressive sight, be there to join in the fun. The day will wrap up at 4:00 back at the Driftwood Mall.

Monday, June 13, 2011: Annual Picnic: Time again for the annual picnic at Don Lanyon's ranch; be there or be square. See page one for all the particulars.

Friday, June 24, 2011: Relay for Life: Bob O'Blenis has registered 'The Reef Knots', the team our members always support. Please let Bob know as soon as possible if you would like to join the team's fundraising effort and 12 hour vigil ending Saturday morning June 25th at 7:00 am. Check out all the information on the internet at <www.cancer.ca/relay> and follow the leads to Comox Valley and The Reef Knots. On the following page, please note the posted invitation to all cancer survivors to register for the special dinner in the Survivor Tent at the Relay for Life. Make sure to **pre-register before June 10** for this Thrifty Foods sponsored repast.

Friday, July 1, 2011: Canada Day Parade: Let Doug know if you can wave a placard on July 1 in the Courtenay parade. It's a downhill route, easy on the heart and lots of fun.

How Old Are You?

Someone asked the other day, 'What was your favorite fast food when you were growing up?'

'We didn't have fast food when I was growing up,' I informed him. 'All the food was slow.'

'C'mon, seriously. Where did you eat?'

'It was a place called 'at home,' I explained. 'Mum cooked every day and when Dad got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate I was allowed to sit there until I did like it.' By this time, the kid was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table.

Here are some other things I would have told him about my childhood if I figured his system could have handled it :

Some parents NEVER wore Levis, set foot on a golf course, traveled out of the country or had a credit card. My parents never drove me to school. I had a bicycle that weighed probably 50 pounds, and only had one speed, (slow). We didn't have a television in our house until I was 19. It was, of course, black and white, and the station went off the air at midnight, after playing the national anthem and a poem about God. It came back on the air at about 6 a.m. and there was usually a locally produced news and farm show on, featuring local people. I never had a telephone in my room. The only phone was on a party line. Before you could dial, you had to listen and make sure some people you didn't know weren't already using the line. Pizzas were not delivered to our home... But milk was. All newspapers were delivered by boys and all boys delivered newspapers --my brother delivered a newspaper, six days a week. He had to get up at 6:00 AM every morning.

2011

Steering Committee



Chair:

Doug McPherson
250 336-8526

Vice Chair:

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

CELEBRATE
CANCER SURVIVORS

RELAY FOR LIFE

REMEMBER
THOSE LOST

FIGHT BACK
AGAINST CANCER



A Special Invitation to all Cancer Survivors

Please join us for a special dinner in honour of you

Friday June 24th at 5:30pm in the Survivor Tent
at the Relay For Life event, Vanier Track, Courtenay

Must RSVP for the Survivor Dinner no later than June 10

To RSVP or get more details
please call 250.338.5454



Thank you to Thrifty Foods Courtenay
for sponsoring this special meal

www.relaybc.ca | 1888 939-3333



Member of the
month: Cal Pearson

Random Thoughts

Have you ever been walking down the street and realized that you're going in the complete opposite direction of where you are supposed to be going?

But instead of just turning a 180 and walking back in the direction from which you came, first you have to do something like check your watch or phone or make a grand arm gesture and mutter to yourself to ensure that no one in the surrounding area thinks you're crazy by randomly switching directions on the sidewalk.....

Comox Valley Prostate Cancer Support Group

website:

www.cvprostatecancer.org

e-mail:

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, 4:00 pm, June 13,
2011.

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

Prostate Cancer Canada
Network:

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



May Day Parade Brings Out Sun in Cumberland

May 23rd saw some of our group's stalwarts turn out to join the parade in Cumberland. Lots of heartening claps from bystanders (mostly women!) who realize it takes ownership and pride to increase awareness of the need for routine PSA testing.