

October 2011

# NEWSLETTER



The  
Forbidden  
Plateau  
Barbershop  
Chorus generously  
supported our  
annual prostate  
cancer screening  
day by donating  
\$1500!

## NEXT MEETING:

October is the time to gather in the harvest and reap the benefits of summer's ripe produce. Our annual Harvest Auction will feature the excellent results of members' gardens and kitchens. It provides a great opportunity to share your surplus and bid on enjoying the agricultural and culinary skills of others under the able direction of Dave Stevens. The long Thanksgiving weekend is avoided this year by shifting from our regular second Monday of the month meeting slot to the third Monday. So have a **Happy Thanksgiving** and then gather your goodies and prepare for an enjoyable evening.

**7:30; Monday evening, October 17, 2011**

## Ramblings:

I am typing this very slowly because I am fed up with how fast time is flying by!

Remember as kids when we couldn't wait until our birthday, Christmas, hitting our first double digit birthday, 16 so we could drive and 19 so we could have a drink, and how it seemed to take forever? What happened? Do I dare say to myself I can't wait until I'm 70 or 80 and then it will take forever?

On another note:

We are about to have our famous harvest auction and I am looking forward to this event. My mouth is already watering thinking of the possibility of buying a blueberry pie or someone's famous peanut butter cookies (hint, hint). We are sparing no expense this year and have brought in a professional auctioneer, who by the way, is also in need of some freezer filling goodies.

I'm sure you will find something that you would like, so come on out and enjoy this social event, bring along anything you may wish to auction off. Remember one man's junk is another man's treasure; heck, I know a guy that bought 3 hub caps last year!

Looking forward to seeing everyone again,

**Doug**

## News Flashes:

**Effective Immediately: New Vice Chairman:** Your directors are happy to welcome Harry Whitfield to the Directors' Board of PCCN-CV. He has agreed to take on the responsibility of Vice-Chair; please join us in offering congratulations and unstinting assistance.

**Saturday, September 17, 2011: Prostate Cancer Screening Day:** This year the lecture and question and answer session was held in the Lodge Room of the Native Sons Hall beginning at 9:00 but the PSA and DRE procedures, as usual, were at the North Island College beginning at 10:30 with the focus on men between 40 and 55 who hadn't been tested previously. The idea was to establish a base PSA reading for men while they were still relatively young. Lab staff from St. Joseph's Hospital and urologists Drs. Tinmouth and Clark generously donated their time. The Forbidden Plateau Barbershop Chorus provided \$1500 to cover costs as venue rental, advertising, registration material, etc. does add up. In spite of media advertising and PR releases in the local press, there was a disappointing turnout of 18!! Several theories have been floated for this sharp drop from previous years and your directors will be discussing options for future screening events. The upside was that no one left disappointed with a DRE voucher; every man received a both a DRE and PSA on site.

**Wednesday, October 5, 2011: Eating Right-The Healing Power of Nutrition:** See the Webinar Series on page 4

**Wednesday, October 12, 2011: Supplements, Super Foods and Vitamins for Prostate Health and Cancer Recovery:** See Webinar Series on p. 4

**Monday, October 17, 2011: Harvest Auction Evening:** Plan to get your garden produce or culinary triumphs ready for our annual fund raiser. Of course, be ready to bid aggressively on your favourite tasty choices.

**Wednesday, October 19, 2011: Exercise and Stress Management:** See the Webinar Series on page 4

**Wednesday, October 26, 2011: How to Manage Depression and Anxiety:** see Webinar Series on page 4

**Monday, November 14, 2011: Dr. Mark Woldnik:** Dr. Woldnik will discuss prostate cancer from a family doctor's point of view.

**Monday, November 28, 2011: Annual Christmas Dinner:** A little earlier than usual, but it will help avoid clashes with busy social calendars. We will be in the Florence Filberg Centre and your directors will be arranging the entertainment for our annual festive get together.

**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.



If the world were a logical place, men would be the ones who ride horses sidesaddle.

Show me a man with both feet firmly on the ground, and I'll show you a man who can't get his pants off.

## 2011 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'Brien  
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



**Member of the month:  
John MacDonald**

A man is stopped by the police around 1 a.m. and is asked where he is going at that time of night. The man replies, "I'm going to a lecture about alcohol abuse and the effects it has on the human body." The officer then asks, "Really? Who is giving that lecture at this time of night?" The man replies, "That would be my wife."

## 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, October 17,  
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](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)



Prostate  
Cancer  
Foundation BC

AND INSPIREHEALTH ARE PROUD TO PRESENT



## How Can You Optimize Your Recovery from Prostate Cancer?

*Learn how you can do more in these upcoming webinar presentations*



**An increasing body of medical evidence indicates that by educating and engaging cancer patients in their own health, through an integrative approach to care (i.e. exercise, healthful nutrition, emotional support, etc.), patients can dramatically enhance their quality of life, reduce the risk of recurrence and improve survival rates.**

In the case of prostate cancer treatment, these healthful approaches don't take the place of conventional treatments, they complement them.

This unique webinar series is full of practical tips and valuable information that will inspire new levels of self-care and improved quality of life to help you take charge of your own well being.

This program is particularly important in the case of early stage prostate cancer patients who opt for active surveillance rather than active treatment. The webinar series is FREE to all who register.

### Sign Up Now for the PCFBC/InspireHealth Webinar Series

Held on four consecutive Wednesdays in October, each webinar will provide:

- Practical and effective self-care tips on how to better manage prostate cancer
- A review of the research related to each topic
- An explanation of what integrated cancer care is and what the challenges may be with respect to changing and improving one's lifestyle

The webinar series will be presented by Dr. Hal Gunn, Dr. Ron Puhky, Dr. Teresa Clarke and Dr. Julius Halashek-Wiener, Ph.D. of InspireHealth. Each webinar will be an hour long, including a question period.

### INTEGRATED CANCER CARE WEBINAR SERIES

- 1 Wednesday, October 5th, 7:00pm  
**EATING RIGHT - THE HEALING POWER OF NUTRITION (FOOD AS MEDICINE)**
- 2 Wednesday, October 12th, 7:00pm  
**SUPPLEMENTS, SUPER FOODS AND VITAMINS FOR PROSTATE HEALTH AND CANCER RECOVERY**
- 3 Wednesday, October 19th, 7:00pm  
**EXERCISE AND STRESS MANAGEMENT WHEN FACING PROSTATE CANCER**
- 4 Wednesday, October 26th, 7:00pm  
**HOW TO MANAGE DEPRESSION AND ANXIETY FOR PROSTATE CANCER PATIENT**

**InspireHealth** is a world leader in evidence-based cancer care. InspireHealth focuses on patients' health using an integrated approach that combines nutrition, exercise and emotional support with standard cancer treatments.

InspireHealth's programs apply leading-edge immune system research to optimize cancer healing and recovery. Operating in Vancouver since 1997, InspireHealth's team of physicians and healthcare professionals has provided integrated care to over 6,000 cancer patients.

To register for this FREE webinar series click on <http://tinyurl.com/prostaterecovery> or call 604-574-4012 or email: [info@prostatecancerbc.ca](mailto:info@prostatecancerbc.ca)