

December 2010

NEWSLETTER



Comox Valley Prostate Cancer Support Group



A very Merry Christmas and Happy 2011
from your directors (l-r): Russ, Paul, Bob, Barry, Don L.,
Brian, Doug & Don W.

NEXT MEETING:

Our **Christmas Dinner** in the Florence Filberg Centre Lounge will feature after dinner entertainment by the Forbidden Plateau Barbership Chorus for a musical Christmas serenade. As many of you know, the chorus is a major contributor to our annual screening for prostate cancer in September and raises the funds through their Valentine Day singing greetings. The Annual Stuffit Award will be presented after strict judging and there will be beautiful door prizes for the lucky winners. The dinner is pot luck with the turkey, mashed potatoes, buns, condiments and tea, coffee, soft drinks provided by the group's own resources. Those attending are asked to bring an appetizer **or** a salad **or** a cooked vegetable dish **or** a dessert. The portions should be plate size or a small casserole bowl, not gargantuan! Liquid refreshments are an individual choice but bear in mind the new laws about drinking and driving and how they are being enforced!! Be prepared for a very enjoyable evening..

Many of you have already emailed Brian to confirm your attendance; there's still room for more so please let him know via email <kenya-cottage@shaw.ca> or by phone at 250 338-8235 that you're coming.

5:00 Monday evening (dinner served at 6:00), December 13, 2010

Ramblings: Seasons greetings everyone!

We have come to the end of our year 2010 with the annual Christmas Party being held on December 13. I am hoping to see as many of you as possible to help us celebrate a very busy and productive year. The new experiences such as The Motorcycle Ride for Dad, The Balls of Steel ball hockey tournament and our new affiliation with Prostate Cancer Canada have been added to our annual parade appearances, Publicity and Awareness Campaigns (at malls, in newspapers, on radio, and through speaking engagements), the Relay for Life team, hospital visits, and the most important event, the Prostate Cancer Screening day in September. Many of you have volunteered to make these projects possible and we believe have provided an important service to our community.

THANK YOU! Let's all have a wonderful and fun filled end to 2010 and begin anew in the coming year. MERRY CHRISTMAS!

Barry

What is Movember?

Reprinted from the *Movember Canada* website, the following article offers background on the growing of moustaches and its connection to prostate cancer and to our group's activities.

"The Mo, slang for moustache, and November come together each year for Movember. Movember challenges men to change their appearance and the face of men's health by growing a moustache. The rules are simple, start Movember 1st clean-shaven and then grow a moustache for the entire month. The moustache becomes the ribbon for men's health, the means by which awareness and funds are raised for prostate cancer. Much like the commitment to run or walk for charity, the men of Movember commit to growing a moustache for 30 days.

The idea for Movember was sparked in 2003 over a few beers in Melbourne, Australia. The plan was simple – to bring the moustache back as a bit of a joke and do something for men's health. No money was raised in 2003, but the guys behind the Mo realized the potential a moustache had in generating conversations about men's health. Inspired by the women around them and all they had done for breast cancer, the Mo Bros set themselves on a course to create a global men's health movement.

In 2004 the campaign evolved and focused on raising awareness and funds for the number one cancer affecting men – prostate cancer. 432 Mo Bros joined the movement that year, raising \$55,000 for the Prostate Cancer Foundation of Australia - representing the single largest donation they had ever received. The Movember moustache has continued to grow year after year, expanding to Canada, the US, UK, New Zealand, Ireland, Spain, South Africa, the Netherlands and Finland. In 2009, global participation of Mo Bros and Mo Sistas climbed to 255,755, with over one million donors raising \$47 Million for Movember's global beneficiary partners.

We are proud to announce that last year's Canadian campaign was the second largest in the world behind Australia, with 35,156 Mo Bros and Mo Sistas coming together to raise \$7.8 million for Prostate Cancer Canada. The funds raised through Movember's Canadian campaign go directly to Prostate Cancer Canada which enables them to fund vital research that will lead to better screening tests and treatment options and to run support services for men surviving prostate cancer.

The other significant outcome of the Movember campaign is the awareness of prostate cancer and our men's health messages we are collectively generating. Men of all ages are not only listening, they are acting on this messaging and taking positive action with their own health, diet, exercise and lifestyle. We recently surveyed the Movember community and found that because of their involvement in Movember, 39% of the Mo Bros sought medical advice, whilst a further 36% encouraged someone else to seek medical advice.

The success of Movember can be directly attributed to the more than 627,000 Mo Bros and Mo Sistas who have supported our cause since 2003. Movember is sincerely grateful for their efforts and appreciate all they do."

<http://ca.movember.com/about/>

2010

Steering Committee



Chair:

Barry Hesson
250 334-8803

Vice Chair:

Doug McPherson
250 336-8526

Secretary/Treasurer:

Brian Lunn
250 338-8235

Programs:

Barry Hesson
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

News Flashes:

November 26/27: "Balls of Steel" Floor Hockey Tournament

The Joint - Physiotherapy and Sports Injury Centre and **Prostate Cancer Canada's** Ball Hockey tournament, "Balls of Steel", hosted nine competing teams on the weekend of November 26-27th at the Comox Recreation Complex. Net proceeds from the weekend's event will go directly to **Prostate Cancer Canada** to assist in their funding efforts in finding a cure for Prostate Cancer. Russ and Barry organized our contribution with Lou and Yvonne Dol leading the charge and Don Lanyon, Brian Lunn, John Macdonald, John Petersen, Roy Storey and Larry Yanick helping. Donna and Jeanette from Joint Physiotherapy organized the event beautifully with music, eats, games and prizes for all participants. Over \$12,00 was collected for prostate cancer.

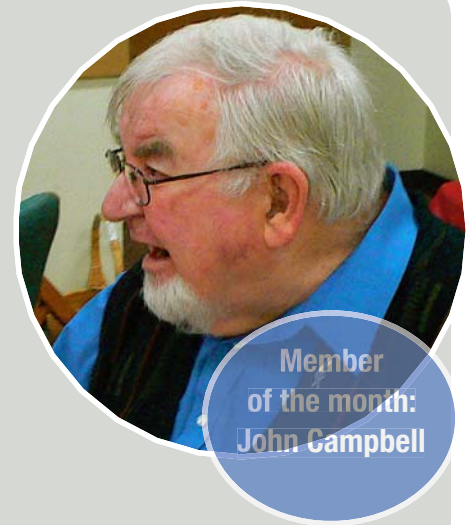


January 10: Dr Aaron Clark

We are extremely fortunate to have Dr Aaron Clark, who has recently moved to the valley to open his urology practice sharing offices with Dr. Tinmouth in Courtenay. Dr. Clark took over the practice of Dr. Berestain and as a result hit the ground running so to speak, and several of our members have already met him in course of their treatments. Dr. Clark will be speaking about new treatments and developments in research dealing with prostate cancer.

November 8: Karen Berezon

This meeting was one of the most invigorating in recent memory where the audience was almost transported to a revivalist meeting! Karen had everyone up



on their feet with stretching and turning exercises; all the while reminding us how body tone and core strength could be restored and retained with a minimal but regular regime of mild exercise. There was no need of expensive courses or fad cults; simple stretching exercises will stop the muscles and ligaments from becoming stiff and inflexible. On the last page you will find a series of stretching exercises provided by Karen.

USE IT OR LOSE IT!

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, 5:00 pm, December
13, 2010; Filberg Centre

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



FLEXIBILITY TRAINING AT WORK

IDEALLY, STRETCH AFTER A SHORT WALK

4-7x each week

MUSCLES	DIAGRAM	GUIDELINES
Calf - gastroc & soleus		standing facing a wall, feet in parallel position, in a lunge position, weight should be on front leg, gently place back foot heel on the floor, feeling stretch in back of leg
Hamstrings		sitting tall on end of chair, hands on upper thighs, R leg extended out, lean forward from hips bringing chest towards knees feeling a stretch all along the back of your R leg, repeat for L leg
Gluteals & Iliotibial band		sitting tall on chair, place L ankle on top of R knee positioning the L knee to the side with hip in correct alignment, lean forward slightly feeling stretch in L hip, repeat for R side
Quadriceps		standing, knees together, grasp back of shoe & anchor heel to buttocks, press hips forward feeling stretch in front of thigh, repeat for other leg
Spine		Sitting tall, anchor hands to bottom of chair on R, rotate from belly button to R, repeat to L
Hipflexors		standing with legs apart in a lunge, weight evenly distributed, do a strong pelvic tilt feeling stretch in front of hip, switch legs & repeat for other side
Pectorals		sitting tall on edge of chair, arms down to side, with head supported, legs wide, hips low, open arms to side feeling stretch in the chest area
Rhomboids		sitting tall on edge of chair, legs apart, roll upper body forward letting arms & head hang feeling stretch in back & shoulders
Cervical Spine		sitting tall on chair, rotate head & look to the R then L feeling the stretch in your neck
Trapezius		sitting tall on chair, tilt head to one side, ear to shoulder, then chin slightly forward feeling stretch in your neck & upper back

GUIDELINES:

1. Stretch to where you feel a mild tension in the muscle. The feeling of tension should eventually ease.
2. Generally, hold stretches for a minimum of 60 seconds.
3. Repeat each stretch a couple of times for each muscle.
4. As you stretch think about making the muscle longer and relax.
5. Breathe slowly and naturally. Never hold your breath while stretching.
6. Keep the rest of your body in proper posture and relaxed as you stretch.

Prepared by Karen Berezon

Kinesiologist