

February 2011

# NEWSLETTER

Comox Valley Prostate Cancer Support Group



Prostate Cancer  
Canada Network  
Comox Valley



Advertising at community events and in public venues widens general awareness of what our support group is trying to accomplish.

## NEXT MEETING:

For Valentine's Day, Doug and Lisa McPherson have put together an interesting personal reflection on their experiences at the 2010 PCC/PCCN convention in Toronto in September 2010. It will be a great opportunity to share in the cutting edge information that they encountered during the sessions and presentations. It will also provide valuable insight into the national organization with which we are affiliated. **7:30; Monday evening, February 14, 2011**

## Ramblings:

When I was diagnosed with Prostate Cancer in the fall of 2004, I was devastated. The phone call came from the urologist and it took me a week to tell my wife Marian. Most information from friends or the media was more negative than positive. I was going to suffer along with my family and then die. The second visit to the doctor gave us information on what was to happen next. I was given a packet to take with me containing information and a small folder from The Comox Valley Prostate Cancer Support Group. Reading the articles in the packet left me with more questions than answers with one exception, the small folder. What it said to Marian and me was, "Phone us, we understand your situation and we can help." (*my interpretation*) I called Roy Johnson and he invited us to the next meeting, and also said that if it was urgent we could meet sooner. Marian and I went to that next meeting and as soon as we entered the building, we heard laughing and talking. I started to relax. We were introduced to Chairman Gordon Parker, and other members came up to introduce themselves and I completely relaxed. Seeing so many men and some spouses at that meeting, alive and doing pretty well, gave us a new perspective on our problem. We have always looked back on this first meeting as the most positive thing we ever experienced throughout our journey in defeating prostate cancer. We thank you all for that. You probably are asking yourselves by now, "How come Hesson is so serious?"

Marian and I are leaving the Valley and returning to Ontario at the end of March. We had thought about this happening in a couple of years, but have found it too difficult to talk to family, especially our grand kids (*now that they can talk and make sense*), and my mother could also use some help. Doug and the rest of the directors have gracefully accepted my resignation and, with your help, this will feel like a small bump in the road. I am proud of the club's accomplishments and the positive feedback we receive throughout the community and the rest of Canada. Quoting George Burns, "Thanks for the memories."

**Barry**

## Mentoring Skills Workshop Will Develop a "1-2-1" Program

On Tuesday, March 8 a day long workshop on effective mentoring skills with Solange Valiquette as facilitator is now organized for interested members willing to participate in a One to One (1-2-1) mentoring program for members of PCCN - Comox Valley.

A central function of our group has been to support individuals who may be undergoing stress arising from prostate cancer due to making treatment choices, to side effects caused by treatment, to recurring PSA levels and to many other causes. Some problems can be dealt with in group discussions but often a more productive solution results from talking, one to one, with a concerned, aware and friendly listener.

This workshop is designed to enable both men and women to understand and listen with appropriate skills to the concerns of an individual undergoing a period of stress. Members who complete the workshop will then be able, in an informed and capable manner, to assist another member who needs to share his or her concerns. Confidentiality is of prime concern and these one to one connections would be private and solely between the individuals involved.

We are extremely fortunate to have Solange act as facilitator. Those of you who have attended her workshops know how rewarding and informative they are. Everyone leaves a better person than when he or she arrived.

This free workshop, located centrally in Courtenay, is open to both the men and women of our group. Refreshments, including a tasty lunch, will be provided. Interested members are asked to pre-register with Brian or Barry before February 25. We are limited in available places so please do not delay in order to avoid disappointment.

## A woman and her ten-year-old son were riding in a taxi in Montreal.

It was raining and all the prostitutes were standing under the awnings. "Mom," asked the boy "what are all those women doing?" "They're waiting for their husbands to get off work" she replied. The taxi driver turned around and said, "Geez lady, why don't you tell him the truth? They're hookers, boy! They have sex with men for money.." The little boy's eyes became wide and he asked, "Is that true Mom?" His mother, glaring hard at the driver, answered in the affirmative. After a few minutes, the kid asked, "Mom, what happens to the babies those women have?" "Most of them become taxi drivers," she snapped.

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An 80-year-old Scotsman went to the doctor for a check-up. The doctor was amazed at what good shape the old fellow was in and asked: "How do you stay in such great physical condition?" "I am Scottish and I am a golfer," said the old fellow: "and that's why I'm in such good shape. I'm up well before daylight and out golfing up and down the fairways. I have a wee glass of whisky, and that's it." "Well," said the doctor, "I'm sure that helps, but there has to be more to it. How old was your Dad when he died?" "Who said my Dad died?" The doctor was amazed. "You mean you're 80 years old and your Dad is still alive. How old is he?" "He's 100 years old," said the old Scottish golfer. "In fact he golfed wi' me this mornin, and then we went to the topless beach for a walk and had another wee dram and that's why he's still alive. He's a Scot and a golfer, too." "Well," the doctor said, "that's great, but I'm sure there's more to it than that. How about your Dad's Dad? How old was he when he died?" "Who said my Grandad is dead?" Stunned, the doctor asked, "You mean you're 80 years old and your grandfather's still living! Incredible! How old is he?" "He's 118 years old," said the old Scottish golfer. The doctor was getting frustrated at this point: "So, I guess he went golfing with you this morning too?" "No. Grandad could nae go this mornin' because he's getting married today" At this point the doctor was close to losing it. "Getting married!! Why would an 118 year-old bloke want to get married?" "Who said he wanted to?"

2011

## 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:

**February, 2011: St. Valentine's Day:** Don't forget to order your 'Singing Valentine' from the Forbidden Plateau Barbershop Chorus. They will visit any home, business, workplace, office, classroom, hospital, bank, restaurant, etc. arrive unannounced, and present a **Rose and a Valentine card and a Serenade of two love songs** to the lucky person or persons. Book your unique 'Singing Valentine' and a memory that will last a lifetime by phoning Vic Crisp at 250.890.0551 or by emailing him at <[crispvh@shaw.ca](mailto:crispvh@shaw.ca)>; a bargain at \$40, with all proceeds going to support our annual Prostate Cancer Screening Day in September 2011.

## 22 January 2011: PCC/PCCN conference with PCFBC:

Doug McPherson and Brian Lunn attended a one day conference in Richmond as delegates from our group. Both organizations are attempting to come to terms on an affiliation agreement and we will be keeping in touch with their negotiations as they proceed.



Member  
of the month: Paul Ryniak

## Annual General Meeting 2010 (10 Jan 2011)

### Directors:

Russ Engelmyer, Barry Hesson (Chair), Roy Johnson, Don Lanyon, Brian Lunn, Doug McPherson (Vice-Chair), Robert O'Blenis, Paul Ryniak, Don Waddell.

### Membership:

As of December 31, 2010 184 men plus spouses and/or significant others were registered with our society. The attendance at monthly meetings varies between 25 to 40 members with substantially increased attendance at our annual Christmas Dinner and June picnic. A strong corp of 25 men are on deck to assist with fund raising efforts, for our annual screening day and parade marches.

### Activities during 2010:

Jan: - Meeting: Discussion positive ways to deal with cancer  
-Tshirts started  
-Inquiries and negotiations with PCC/PCCN  
-Presentation to Royal Arch Masons  
Feb: -Meeting: Kristi Meirer on taxes and medical travel

Mar: -Meeting: St.Patrick's Social  
-Solange Valiquette (CCS) retires  
Apr: -Meeting: Dr. Ken Heinrick on Chiropractic treatment  
-Tshirts available  
May: -Meeting: Sharon Urdahl on breast cancer, her journey  
-Victoria Day parade  
-PR for Motorcycle Ride for Dad  
Jun: -Meeting: Annual Picnic  
-Motorcycle Ride for Dad  
-Relay for Life  
Jul: -July 1st parade  
Sep: -Meeting: Fall Harvest Auction  
-Leah Lariviere from PCFBC  
-5th Annual Screening Day  
-Affiliation with PCC/PCCN  
-Doug & Lisa to PCCN conference  
Oct: -Meeting: Terri Odeneal on Comox Valley Hospice Society  
Nov: -Meeting: Karen Berezon on stretching exercises  
-Balls of Steel floor hockey tournament fundraising.  
Dec: -Meeting: Christmas Dinner  
(continued on the next page)

## Comox Valley Prostate Cancer Support Group

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 14,  
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)

## Annual General Meeting 2010 (10 Jan 2011)

### Reports:

#### President's Report

When I was asked to join the Board of Directors and assume the role of Vice President, I did so because of the hard work and positive direction the Board of Directors had shown me since I had become a member in 2005. Brian Lunn as President, had also shown, that to be a successful leader it is important to keep the programs that are part of the Mission Statement in place. A leader should also help steer the group in new areas that he thinks will expand our service to the community, and awareness to men and their families. I have tried to keep this in mind when presenting new things to our Board of Directors that have been presented to me.

The *Motorcycle Ride for Dad*, the *Balls of Steel* floor hockey tourney, and our affiliation with the national organization, Prostate Cancer Canada Network, were this year's projects and, thanks to the approval of the Board, were very successful. They will be carried on as annual events that we support, with proceeds going to Prostate Cancer Research. Thank you all for having such a positive attitude and continuing to advocate for men and their families in 2011. - Barry Hesson

#### Vice President's Report

Looking back, 2010 was a very active and fulfilling year for our group; it also seemed to fly by. One of the highlights for myself and Lisa was attending the PCCN conference in Toronto in September and we look forward to sharing the conference information with the membership at our February 14 general meeting. On a personal note I would like to thank the members of the executive for their commitment and dedication, I would also like to thank Barry and Brian for asking me to join the executive, it is a pleasure to work with this fine group of men as well as meeting the rest of the membership and their partners. Welcome everyone to 2011, and I look forward to seeing what this new decade will bring. -Doug McPherson

#### Secretary's Report

Minutes were kept for all committee meetings and presented for acceptance. Our monthly newsletter is produced and published in both print and electronic form and the requisite mailing labels printed. The membership database is constantly maintained and electronically stored. New members are issued a welcome brochure and their contact information is recorded when they attend their first meeting. -Brian Lunn

#### Treasurer's Report

##### Revenue and Expenses 2010

##### Revenue:

Forbidden Plateau Barbershop Chorus	\$1,500.00
FSNA North Vancouver Island Br.	\$1,000.00
Thrifty Foods Smile Card	\$999.71
Harvest Auction	\$496.00
Survivor Tshirt sales	\$460.00
Membership Donations	\$408.50
Courtenay Chiropractic Inc.	\$350.00
CV Seniors' Village	\$236.49
City of Courtenay Health & Wellness	\$120.00
PCC Conference Travel Allowance offset	\$754.71
Bank Interest	.37
Petty cash surplus (10.01.01)	\$4.80
<b>Total Revenue:</b>	<b>\$6,330.58</b>

##### Expenses:

Advertising	\$1,782.14
Prostate Cancer Screening Day	\$1,085.63
Communication	\$653.63
Survivor Tshirt purchase and printing	\$636.50
Christmas Dinner	\$384.39
Office	\$184.86
Comox Valley Hospice Society honorarium	\$100.00
Gifts/Memoriam	\$62.00
Travel (see offset under revenue) plus	\$1,477.58
outstanding offset of \$500 from PCFBC	
<b>Total Expenses:</b>	<b>\$6,366.73</b>

##### Expenses versus Revenue:

**(\$36.15)**

Bank of Montreal account balance as of 10.01.01	\$4,457.58
11.01.01	\$4,434.53
Net loss	(\$23.05)
Petty Cash account balance as of 10.01.01	\$45.16
11.01.01	\$32.06
Net loss	(\$13.10)

##### Total change in account

##### balances:

**(\$36.15)**

-Brian Lunn

#### Social Director's Report

As usual, the proceeds from our harvest auction, thanks to our auctioneer, Larry Yanick, nicely covered the cost of our Christmas party. There was a smaller attendance this year and I want to thank Barry Hesson and Brian Lunn for arranging for the Forbidden Plateau Barbershop Chorus to entertain us as well as thanking my wife Patti and Rick Kirkland for the great skill in getting everything served. The picnic hosted at Don Lanyon's was well taken care of. The Relay for Life team raised \$1800.00 for the Canadian Cancer Society research funds. At the end of the year the Coffee Fund was \$29.06 along with a healthy stock of coffee, soft drinks and other supplies. -Bob O'Blenis

#### Hospital Outreach Report

There was a total of 27 visitations and all the men were quite impressed with our support group's assistance and concern. - Russ Engelmeyer

#### Publications Distribution Report

Our brochures were kept in stock and distributed to offices of doctors and urologists on a regular basis. A new brochure in full colour and featuring the logo of PCCN has been printed and will be distributed by Norm Lundie in the coming year. - Paul Ryniak

#### Phoning Committee Report

The 2010 members of the Comox Valley Prostate Cancer Support Group consisted of John and Ann Campbell, Earl and Vivian Sawatzky, David and Margaret Suther, Barry and Marian Hesson. We are indebted to this group for getting our message out to those members who do not have e-mail in their busy lives. We will endeavour to continue this service throughout 2011 and would ask that anyone who is now e-mail connected and is still being phoned, to let us connect you to our web site. You will get information more quickly and will save our committee a phone call. We are also looking for one more person to assist us with phoning. It takes approximately 30 minutes each month. Please contact Brian to be added to this outstanding group of individuals. -Barry Hesson

#### Web Master Report

The Comox Valley Prostate Cancer is maintained and updated monthly. Each month the newsletter is added in order for the members to have access via the internet. Also upcoming events are updated monthly. The website is updated on-line from Weebly.com. This company gives free access to anyone that wants to start a website. This company was selected due to its reputation for simple easy web design. Although Weebly offers free web design to anyone, our group decided to purchase the pro plan which gives up many more features such as video, audio player and imbedded documents. We also purchased our webpage address, [www.cvprostatecancer.org](http://www.cvprostatecancer.org).

The website account is due to be renewed on March 11, 2011. The domain name is due to be re-registered on November 3, 2011. As an example of the visitors checking out our website... For December 2010 we had 269 visits, mostly from Canada, however the site has had visitors from Australia, New Zealand, Ireland, Germany, Great Britain, and one each from China and Japan. -Don Waddell