



HOPE headlines December 2011



HOPE Board:

Chair:

- Terry Hardy-Wilk



Members:

- Janet Drysdale
- Helen Ferris
- Julie Gyoba
- Jean Healey
- Danah Hysuick
- Diane Johnsgaard
- Glenda Knox
- Ron Knox
- Joan Mylymok
- Ulrich Teucher



HOPE Staff:

Coordinator:

- Donna Boyce

Finance Coordinator:

- Anne Coleman

HOPE Location:

300-506 25th Street East
Saskatoon, SK
S7K 4A7

Phone: 955- HOPE (4673)

Fax: 955-4678

Email:

hopesaskatoon@sasktel.net

Website:

www.hopecancerhelpcentre.com

HOPE Hours:

Monday to Friday
9:30 AM to 5:00 PM
or contact the Centre
to arrange alternate
office hours.



HOPE ANNUAL GENERAL MEETING NOVEMBER 24TH, 2011:

The 2010-2011 AGM was a celebration of another great year for HOPE. The past year featured a full calendar of workshops and presentations, fundraising events, support groups, resources, and services for cancer patients, their families, and care partners. As more and more are hearing about the wonderful work carried out by HOPE, the Centre is quickly becoming a hub of activity.

AGM special guest speakers were Dr. Margaret Tompson and Dr. Ulrich Teucher. They took turns speaking about the importance of sharing stories and really listening to what is being said about an individual's journeys with cancer. Dr. Tompson stressed how important it is to choose your words wisely when visiting a cancer patient since some words may seem grating or unsettling.

An election of members to HOPE Board of Directors took place during the AGM. HOPE is pleased to welcome Helen Ferris, Danah Hysuick, Jean Healey, Julie Gyoba, and Joan Mylymok.

HOPE BOARD OF DIRECTORS:

HOLIDAY OFFICE HOURS:

The HOPE Centre office will follow the seasonal hours set by Saskatoon Community Service Village as follows:

Closing

5:00 PM

December 22nd, 2011

Reopening

Tuesday, January 3rd, 2012

Anne and Donna will be enjoying some quality time with their families. However, they will be checking the voice mail system and responding to all urgent or important messages.

For a more immediate response, please contact: 381-9894.



Featured in the photograph from left to right are:
Back row: Joan Mylymok, Helen Ferris, Diane Johnsgaard, Ulrich Teucher, Jean Healey, Terry Hardy-Wilk

Front row: Glenda Knox, Janet Drysdale, Ron Knox, and Julie Gyoba

On laptop via Skype: Danah Hysuick

We would like to extend our heartfelt thanks to Christine Smillie, Pat Zabos, and Cheryl Klassen for serving on the HOPE Board during the past year. Their wisdom and compassion were greatly appreciated.

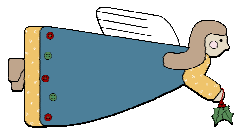


*All our very best wishes
for the Holiday Season
and the New Year.*





THE MANY ANGELS OF HOPE:



During the Holiday Season it seems fitting that we take a few moments to acknowledge some of the many angels who have given the precious gift of their time and talents to HOPE over the past twelve months.

Special "thanks" go out to the following:

Name:

Gift:

Affinity Credit Union (Broadway)

Donations of proceeds from a barbecue

Breast Friends

Donation of \$5.00 from every cook book sold by HOPE

Canadian Breast Cancer Network

Grant of \$5,800.00

Cheryl Klassen~ Party-Lite

Raffle prize

Clavet School and Community

Holding a Race for Recovery event in the town of Clavet

Collector's Choice

Raffle prize

Creative Compliments Gift Baskets and Flowers

Raffle prize

Estate of Kathrine Flaherty

Bequest of \$100,000.00 (spaced over 10 years)

Florence Graham

Facilitating the Relaxation and Meditation Support Group

HMCS Saskatoon and HMCS Unicorn

Donation of \$900.00 and plaque for the HOPE Centre

HOPE Volunteers and Board Members

Sharing their gifts of time and talent to help carry out HOPE's vital work throughout the year

In-memory donors

Numerous donations made throughout the year

Irene Steward

Donation of two beautiful hand-quilted wall hangings

Isobel Isbister

Plaque for the HOPE Centre

Jackie Bonneau

Beautiful handmade quilt for the 2012 raffle

Kinsmen Club of Saskatoon

Donation of \$5,000.00

Liz Dziadyk

Volunteering every week and as required at the HOPE Centre

Manson Family from Watrous

Donation of proceeds from the GJM Golf Classic - \$19,700.00

Marina Lawson

Donation of door prizes for Steak Night

Mayfair Community School

Donations of golden origami cranes

Ned Powers

Donating a portion of the proceeds from the sale of his new book

Peter Hynes

Setting up our laptop so we can now hold Skype Board meetings

Pink Warrior

Donation of lapel pins and \$5.00 from every cookbook sold by HOPE

The volunteers, donors, and sponsors

Helping to make the 2011 Race for Recovery a tremendous success!!!

Ron Knox

Sharing his considerable Mr. Fix-It talents with HOPE

Saskatoon Community Foundation

Grant of \$7,000.00

Saskatoon Co-Op

Charity brunches

SaskTel/TelCare

Grant of \$1,800.00

Sean Gilliland

Books donated in memory of his mother Mary

Silverspring School

Donation of \$700.00

U of S ASSU students

Donation of \$2,005.00

U of S HSSA students

Donations of proceeds from 2011 Medicomania ~ \$1,525.47

Unsolicited donors

Donations made throughout the year

WestJet

Raffle grand prize of a travel voucher for two ~ anywhere WestJet flies





THE SKY'S THE LIMIT RAFFLE WINNERS:

The HOPE Centre once again held an annual raffle to raise funds for the Client Assistance Program. This year's raffle was titled "The Sky's the Limit". The final draw for all prizes was held at HOPE's 2nd Annual Steak Night on Saturday, October 22nd, 2011.



Four Incredible Prizes Won!



Travel voucher for two to anywhere WestJet flies
Glass hurricane lantern
Framed wildlife print
Gift basket



Terry Wysosky
Patrick Leese
Genoa Daneer
Maggie Lens



This year's raffle was a great success raising more than \$3,600.00 for the Client Assistance Program. Thank you to everyone who supported HOPE. Please watch future newsletters or visit our website at: www.hopcancerhelpcentre.com for information regarding next year's raffle!

THE TRUE SPIRIT OF CHRISTMAS FOUND AT MAYFAIR COMMUNITY SCHOOL:



The students from Ms Chamber's grade seven and eight split class at Mayfair Community School presented HOPE with 30 origami cranes. The cranes will be distributed to Saskatchewan cancer patients on behalf of the students.



Right after Remembrance Day, Ms Chambers at Mayfair Community School began reading the story "Sadako and the Thousand Paper Cranes" to her class. The story takes place in Hiroshima, Japan about ten years after the atom bomb was dropped there.

The little girl in the story, Sadako, was diagnosed with leukemia as a result of the radiation after-effects of the bombing. While in hospital, a friend visited her and brought her a golden origami paper crane. He told Sadako the legend of how if one person makes one thousand paper cranes, the gods will grant his or her wish and make them well again. Sadako worked hard to make one thousand cranes. Unfortunately she passed away before she reached her goal. Since then, people have been making and sending origami paper cranes to her monument in Hiroshima, Japan in memory of Sadako.

Ms Chambers' students wanted to do something more than just read this story and learn how to make paper cranes. They decided to each make a golden crane and give them to individuals currently dealing with cancer. Every student also wrote a letter explaining the background of story to accompany the cranes.



17th ANNUAL RACE FOR RECOVERY:

Plans are afoot (pun intended) for the 17th Annual HOPE Race for Recovery. The 2012 event will be held **Sunday, April 29th**. We are pleased to welcome Jack Walton to HOPE as the Race for Recovery 2012 Coordinator. He comes to us with a wealth of experience planning special events and a strong media background. Jack is striving to make it easier for participants, sponsors, and donors to become more involved in the Race. Please be sure to visit the HOPE website for full details at: www.hopcancerhelpcentre.com for full details.



All funds raised from the Race for Recovery remain here to enhance the quality of life for Saskatchewan cancer patients, their families and care partners throughout the year.





UPCOMING WORKSHOPS, PRESENTATIONS AND EVENTS:

Date:	Event:	Description:	Facilitated by:	Cost:
Saturday, January 14 th , 2012 10:00 AM to Noon	Laughter Therapy	Live, love, laugh . . . Laughter is still the very best medicine!	Deb Scherbaniuk <i>Laughter Coach</i>	\$10.00
Saturday, February 25 th , 2012 10:00 AM to Noon	Yoga	Yoga increases your body strength and flexibility – while calming your mind and helping you to focus.	Patricia Dewar	\$10.00
Saturday March 24 th , 2012 10:00 AM to Noon	Nutrition Matters	Good nutrition is vital at every stage of cancer treatment.	Heather Millar <i>Registered Dietitian</i>	\$10.00
Saturday, April 21 st , 2012 10:00 AM to Noon	Mindful Meditation	Learn the fundamentals of mindfulness meditation.	Jennifer Keane	\$10.00
Saturday, May 5 th , 2012 10:00 AM to Noon	Healing Touch	Healing Touch is a relaxing, nurturing therapy. Gentle touch assists in balancing physical, mental, emotional, and spiritual well-being.	Donna Chicoine <i>Certified Healing Touch Practitioner</i>	\$10.00
Sunday, April 29 th , 2012	Race for Recovery	HOPE's 17 th Annual signature fundraising event	HOPE <i>Volunteers and community supporters</i>	Pledges and Donations
Saturday, June 2 nd , 2012	Annual Lymphoedema Workshop	This workshop will be offered on two consecutive days. Participants will gain a better understanding of lymphoedema and how to manage its effects through manual lymphatic drainage techniques.	Tracy Gardikiotis, BScPT Regina Qu'Appelle Health Region	\$10.00
Wednesday, June 13 th , 2012	Knowledge is Power	Information on the signs, symptoms and risk factors regarding ovarian cancer.	Saskatoon Ovarian Cancer Support Group and HOPE	\$10.00
Saturday, October 22 nd , 2012	Steak Night	3rd Annual fun fundraising event	HOPE <i>Volunteers and community supporters</i>	\$20.00 <i>Children: \$10.00</i>

NOTE: Participants must pre-register for all workshops and presentations by contacting HOPE at: 955-4673 or email: hopesaskatoon@sasktel.net



Season's Greetings

"Love is what's in the room with you at Christmas if you stop opening presents and listen."

~ Author unknown, attributed to a child named Bobby

