

**HOPE CANCER HELP CENTRE AND BRAINSPORT - UNSTOPPABLE RACE FOR RECOVERY PARTNERS:**

Approximately ten years ago, **Brainsport** owner **Brian Michasiw**, was approached to be a sponsor of the **HOPE** Cancer Centre's fund raising race held in the fall. This event found itself in competition with other fundraising events that had a national prominence and national supporters. While some of these events raise funds for research for a future cure, the **HOPE** Cancer Centre provides real support for people currently experiencing the trauma that cancer imposes on their lives. We currently have two active participants of our Running Club who have been impacted with cancer and have been assisted by the **HOPE** Cancer Centre. In a way, our support of **HOPE** Cancer Centre has come back to us in real terms by supporting members of our running family.



Brainsport is a local, independent, business which has benefited from support from this community and in turn gives back to the community in a number of ways. Brian decided that rather than just donate some prizes for event winners, he would become involved with the run itself to help ensure its success. This involvement developed into an offering of a free running clinic to assist people prepare for the event. This clinic is held from our store for six weeks prior to the event and is open to anyone who is interested. We have been fortunate to have an excellent coach in Olivia Yuel lead this clinic. Olivia is a great motivator and supportive person.

*By: Ian Colvine, Brainsport*

**HOPE RACE FOR RECOVERY WELCOMES A NEW CORPORATE SPONSOR:**

**RACE FOR RECOVERY:**

Great News! Areva Resources has just signed on as a \$10,000 Presenting Sponsor for this year's Race!



With headquarters in Saskatoon, Saskatchewan, AREVA Resources Canada Inc. is one of the world's largest producers of uranium operating mining and milling facilities in northern Saskatchewan. At AREVA Resources we are pleased to be able to support our communities and employees through our sponsorship of organisations such as the **HOPE** Cancer Help Centre of Saskatoon. We are proud to participate in the 2008 Race for Recovery and encourage you to join us.

*By: Veronique Larlham, Areva*

Be sure to get out those running shoes!

13<sup>th</sup> Annual **HOPE** Race for Recovery  
 Sunday, 05 October 2008  
 Registration begins at 12:30 PM  
 Kiwanis Park

Further details available on the **HOPE** website:  
[www.hopcancerhelpcentre.com](http://www.hopcancerhelpcentre.com)



**HOPE VOLUNTEERS HONORED:**

**HOPE Board:**

**Chair:**

- Kathrine Flaherty

**Members:**

- Janet Drysdale
- Audrey Hall
- Murray Hall
- Carol Janzen
- Doug Klughart

**HOPE Staff:**

**Coordinator:**

- Donna Boyce

**Administrative Assistant:**

- Anne Coleman

**HOPE Location:**

300-506 25<sup>th</sup> Street East  
 Saskatoon, SK  
 S7K 4A7  
 Phone: 955- **HOPE** (4673)  
 Fax: 955-4678  
 Email:  
[hopesaskatoon@sasktel.net](mailto:hopesaskatoon@sasktel.net)

Website:  
[www.hopcancerhelpcentre.com](http://www.hopcancerhelpcentre.com)

**HOPE Hours:**

Monday to Friday  
 12:00 noon to 4:00 PM  
 or contact the Centre  
 to arrange alternate  
 office hours.

**2008 VILLAGE COMMUNITY BUILDER AWARD:**

On Tuesday, 03 June, **Lilah Brehon, Olga Stefaniuk, and Marie Thiesson**, our very own "Tireless Trio", was honoured once again! And really, it's not an exaggeration to say that the folks at **HOPE** might very well not be around at all if it weren't for their incredible vision, perseverance, and commitment. Having been first recognized with a "YWCA Women of Distinction" Award in 2001, they were presented with the 2008 Saskatoon Community Service Village "Builders" Award.

These three remarkable women initially met in 1989 at a workshop for people with cancer. Out of that meeting a support group was born. Attending several retreats on Salt Spring Island allowed them to experience first-hand the healing and well-being which can result from the support and sharing that takes place among people in a retreat setting. Their goal became to establish retreats in Saskatoon for people facing cancer. As the only three surviving members of their original support group, they were also challenged by the daunting task of trying to keep the group going. After approaching a cancer support group that already existed, Olga, Marie and Lilah were not only able to find participants for the retreat they envisioned, but the groundwork was also laid for the **HOPE** Cancer Help Centre.

Initially simply a support group meeting in a church basement, **HOPE** has grown into an established drop-in resource centre - with staff! - with the ability to promote healing and provide very practical support for those dealing with cancer - **ALL CANCERS - ALL PEOPLE.**

Between their dream and today's reality lay much hard work inspired by their unshakeable determination. Together, Marie, Lilah, and Olga have literally brought HOPE to others living with cancer. Through the **HOPE** Centre's support groups, retreats, and workshops, as well as our Client Assistance Program and personal contacts, literally hundreds of people have been supported, educated, encouraged, comforted, and empowered.

Congratulations to Lilah, Olga, and Marie! We wish them continued success in supporting people facing cancer.

*By: Kathrine Flaherty, Board Chair*



*Featured left to right: Lilah Brehon, Olga Stefaniuk, and Marie Thiesson*

**UPCOMING EVENTS, WORKSHOPS, AND PRESENTATIONS:****LYMPHOEDEMA WORKSHOPS:**

Friday, 27 June and Saturday 28 June 2008  
Facilitated by Jan McFarland (RPT)

Both Lymphoedema workshops have been fully booked since the end of May! However, we are placing names on waiting lists should any spots become available.



For further details, be sure to contact:

HOPE Centre at: 955-4673

**NUTRITION WORKSHOP UPDATE:**

The "Nutrition Matters" workshops held in April were extremely well received. During the question and answer portion of both workshops, many participants had questions and concerns about vitamins, supplements, health foods, herbal treatments, and chemotherapy. Registered Dietitian, Heather Whittick, has agreed to facilitate a follow-up workshop addressing these issues.



Tentative date: Saturday, 18 October 2008

Be sure to check upcoming Bulletins for further details.

**HOPE IS PLANNING ANOTHER GREAT RETREAT WEEKEND:****RETREAT WEEKEND:**

Friday, 19 September to Sunday 21 September 2008  
Queen's House of Retreats  
Saskatoon, SK

Receiving a diagnosis of cancer quickly changes your life and the lives of virtually everyone around you. One HOPE volunteer described her journey with cancer as feeling like she was standing in a snow globe that just received a thorough shaking up. When the snow settled, she looked pretty much the same, but the world around her seemed somehow different.

The retreat will help foster personal growth no matter where you are on your journey. Part of HOPE's mission is to assist cancer patients and their loved ones address the "What do I do with the rest of my life?" questions. With that in mind, the Friday evening registration and social gathering will provide you with an excellent opportunity to meet others struggling with the same questions. On Saturday and Sunday, you will learn how to cope with difficult emotions and explore ways to live a more fulfilling life.

In a safe and supportive setting, the retreat will offer tools, skills and information which should help you navigate your way through the road-blocks that stress and isolation can often cause.

For further information, please contact the HOPE Cancer at: 955-4673, or check out our website: [www.hopecancerhelpcentre.com](http://www.hopecancerhelpcentre.com)



Photograph by: Helen Ferris, HOPE member

*"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."*

~ Sir Winston Churchill

**FUNDRAISING HIGHLIGHTS:****BREAST FRIENDS COOKBOOKS AVAILABLE:**

Hot off the press! The brand new 3<sup>rd</sup> edition of the Breast Friends cookbook is now available at the HOPE Centre. In addition to over 300 pages packed with yummy recipes, several HOPE members are featured in the book.



Cost @ \$20.00 each

\* 1<sup>st</sup> and 2<sup>nd</sup> editions also available.

**UPDATE:****MOTION M-427 PASSED:**

In the last issue of HOPE Headlines, the Ovarian Cancer Support Group sent out a plea for your support of Motion M-427. This motion was before the House of Commons requesting that September be officially recognized as "Ovarian Cancer Awareness Month".

We are pleased to report that the motion was passed!



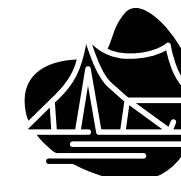
*"Progress always involves risks. You can't steal second base and keep your foot on first."*

~ Fredrick B. Wilcox

**HOPE EXTENDS A HELPING HAND:****CAMP CIRCLE O'FRIENDS:**

This year HOPE is pleased to be able to sponsor four children to go to Camp Circle O'Friends, a special camp for children whose lives have been affected by cancer. CCOF welcomes young cancer patients, their brothers and sisters as well as bereaved children. The camp is unique in that it is for all children in the home between the ages of 6 to 18. This provides the parents with a much-needed respite and an opportunity to go to a show, out for dinner, or simply enjoy a quiet bubble bath.

Activities at camp include indoor and outdoor crafts, swimming, fishing, horseback riding, outdoor cooking, native crafts, a challenge course, water-skiing and tubing, a petting zoo and a variety of sports. Activities are scheduled throughout the day and evening activities include a sing-song, wiener roast, a theme dance, and Variety Night.



Campers are cared for by a top-notch medical team, which includes four nurses and a physician. This dedicated group of healthcare professionals is on the job around the clock to meet the needs of the children. The medical team is located in the Med Shed where they can distribute all medication, tend to scrapes, tummy aches and homesickness. Although the Med Shed is a vital part of camp, it remains low-key, thus making the campers free to enjoy activities even if they are on treatment during camp.

CCOF was established in 1987 by a group of volunteers whose goal was to provide some fun and normalcy for children who were living with a diagnosis of cancer, either first hand or as a family member. The result is an annual four-day camp on the shores of Lake Diefenbaker at Hitchcock's Hideaway. Children come from across the province to participate in camp.

For further information, please check out the camp website: [www.campcircleofriends.com](http://www.campcircleofriends.com)

*"It takes a long time to grow old friends."*