



HOPE Board:

Chair:

- Janet Drysdale

Members:

- Bill Bray
- Barbara Douglas
- Kathrine Flaherty
- Audrey Hall
- Murray Hall
- Terry Hardy-Wilk
- Glenda Knox
- Ron Knox
- Ulrich Teucher

HOPE Staff:

Coordinator:

- Donna Boyce

Administrative Assistant:

- Anne Coleman

HOPE Location:

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hopesaskatoon@sasktel.net

Website:

www.hopecancerhelpcentre.com

HOPE Hours:

Monday to Friday
11:00 AM to 5:00 PM
or contact the Centre
to arrange alternate
office hours.

15TH ANNUAL RACE FOR RECOVERY SUNDAY, APRIL 25TH, 2010:

The Annual HOPE Race for Recovery has a proud history demonstrating how a community can come together to support a worthy cause. The enthusiasm of the many teams, businesses, schools, and individuals who participate in the event make a significant impact on the support HOPE is able to provide.

Over the past fourteen years, more than \$780,000 has been raised in the province for Saskatchewan people dealing with cancer.

The 2009 HOPE Race for Recovery was a great success raising more than \$60,000, engaging the involvement and participation of more than 70 dedicated volunteers and 250 walkers/runners.

The 2010 Race for Recovery is shaping up to be a banner year for HOPE. We are pleased to welcome back AREVA Resources as our presenting sponsor. Gold sponsors include: Affinity Credit Union, Creative Fire and the Dakota Dunes Casino. *(Please see page two of this newsletter for a full listing of all our generous corporate sponsors.)*

IMPORTANT NOTICE:

Change of Venue ~



Due to circumstances beyond our control, the Vimy Memorial Bandshell in Kiwanis Park will not be available to us for the Race for Recovery. The Race has been moved to Rotary Park – between the Sid Buckwold Bridge and the Victoria Bridge, on the south side of the river.

<i>Opening ceremonies</i>	<i>2:00 PM</i>
<i>Warm-up exercises</i>	<i>2:25 PM</i>
<i>Race starts</i>	<i>2:30 PM</i>

For full details, please visit the HOPE website at: www.hopecancerhelpcentre.com

See you there!

A FEW WORDS FROM THE 2010 RACE FOR RECOVERY HONORARY CHAIR:

Sheila Coles, host of CBC's Morning Edition ~

“The world lost another great soul recently. Jim McKillican – Morning Edition technician, musician, dad, husband, and my dear friend – died too young of bladder cancer. He was 53. All over the world, people lose THEIR “Jims” all the time, and they watch other loved ones fight for their lives. HOPE Cancer represents just that and so much more: friendship, love, and support.

Please support this fine Saskatoon organization as it makes a difference in people's lives every single day”

HOPE is pleased to announce that Sheila Coles has graciously agreed to return as the Race for Recovery Honorary Chair for the second year.





RACE FOR RECOVERY SPONSORS FOR 2010:

PRESENTING SPONSOR:



GOLD SPONSORS:



CREATIVE FIRE



SILVER



BRONZE



PATRON OF THE RACE



FRIEND OF THE RACE



MEDIA



HOPE extends a heartfelt “Thank you” to all these outstanding corporate sponsors plus the many community businesses who donated terrific recognition prizes for the Race for Recovery participants. Their support will help make the event a great fundraising success.

RUN FOR HOPE AND HEALTH TRAINING PROGRAM:

The HOPE Cancer Help Centre Inc. is pleased to offer a basic training program facilitated by Brainsport to prepare beginner runners to run 5KM at the 15th Annual HOPE Race for Recovery.

This free 6-week basic training program starts on Thursday, March 18th at 6:00 PM at Brainsport the Running Store, 704 Broadway Avenue. Follow the program on your own or train every Thursday with Michelle Ouellet at Brainsport. The training program consists of 20-30 minute walk/run segments, three days per week during the course of six weeks.

- o *If you always wanted to run but need direction – this program is for you.*
- o *Although this a beginner program, it is recommended that participants be able to currently walk at a brisk pace for at least 30 minutes before starting the program.*
- o *Before starting any exercise program, **check with your physician.***





CASWELL SCHOOL HONOURED BY HOPE:

Throughout the year, the students from Caswell School have carried out various fund raising projects with proceeds being donated to HOPE. The students have been long-time active participants for the Annual Race for Recovery in addition to raising funds for the HOPE Client Assistance program.

To thank the students at Caswell School, HOPE presented them with \$450.00 in gift certificates for sports equipment.



Featured in the photograph from left to right are HOPE Board member Kathrine Flaberty and teacher Marni Ollenberger

CAMECO MAKES A GENEROUS DONATION TO HOPE:

The HOPE Cancer Help Centre looks a little different these days thanks to a generous donation of beautiful “gently used” cherry wood office furniture from Cameco.



U of S RESEARCH PARTICIPANTS NEEDED:

Free Yoga:

The University of Saskatchewan is looking for participants to take part in a new study funded by Saskatchewan Health Research Foundation (SHRF). The study will evaluate the impact of yoga on people with an advanced stage of cancer. This gentle form of yoga is designed for people with a compromised health condition.

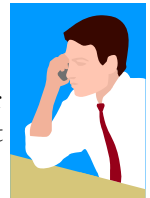


As a participant, you will take part in three 45-minute yoga sessions, accompanied by your primary caregiver if you wish. You will then be asked to discuss your experience with your caregiver. For further details, please contact:

Susan Robertson
 (306) 270-3076
susan.robertson@usask.ca

Men’s Cancer Study:

Are you a man who is interested in sharing your experiences of cancer to help others learn about the effects it can have on the lives of men and their loved ones?

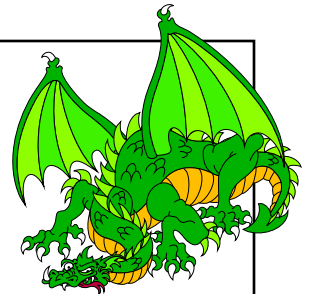


If you have had a diagnosis of cancer at some point in your life, then you are invited to take part in a new study at the University of Saskatchewan. This study will explore the experiences of patients through the use of photo journalism. For further information, or to participate in this study, please contact:

Paul Spriggs
 (306) 290-8076
paul.spriggs@usask.ca

“Fairy tales are more than true; not because they tell us that dragons exist, but because they tell us that dragons can be beaten.”

~ G. K. Chesterton





UPCOMING EVENTS:

Date:	Event:	Description:	Facilitated by:	Cost:
Saturday, March 13 th 10:00 AM to Noon	“Everything You Wanted to Know About Vitamin D and Didn’t Know Who to Ask”	Nutrition workshop focusing on the new findings on the importance of Vitamin D and its benefits for cancer patients.	Heather Whittick, <i>Registered Dietitian</i> and Alena Barron, <i>Nutrition Student</i>	N/C
Sunday, April 25 th	15 th Annual Race for Recovery	HOPE’s major fundraising event. The Race raises almost one-half of the Centre’s annual income. Everyone welcome!	HOPE Volunteers	Registration Fee or Pledges
Saturday, May 15 th	Laughter Workshop	Live, love, laugh . . . Laughter is truly the best medicine!	Deb Scherbaniuk	N/C
Friday, June 4 th and Saturday, June 5 th	Annual Lymphoedema Workshop	The same 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.	Jan McFarland, <i>Registered Physiotherapist</i>	\$10.00 for lunch
Friday, September 18 th to Sunday, September 20 th	Annual Weekend Retreat held at Queen’s House of Retreats in Saskatoon	The retreat provides cancer patients, their families, and care partners an opportunity to share their experiences and gain new coping tools while relaxing in a beautiful setting. <i>(Participants must be 19 years of age or older to attend.)</i>	HOPE Cancer Help Centre and <i>various professionals in their respective fields</i>	\$100.00 Includes 2 nights lodging plus meals and snacks

NEW RESOURCES FOR CANCER PATIENTS AND THEIR FAMILIES:

The BC Cancer Agency has developed a terrific inter-active website for children who are experiencing cancer within their families. The Agency has created a safe world for children to explore their feelings, worries and questions about cancer. A world where they are not alone, where they can create, discover, play, feel, learn, explore as they go on an anything but ordinary journey with their families.

www.cancerinmyfamily.ca

COMPLEMENTARY THERAPIES BOOKLET:

The Canadian Cancer Society has developed a new informative booklet to help cancer patients understand the various complimentary therapies available. Choosing whether or not to use a complementary therapy is a personal decision. If you are considering trying a complementary therapy during or after conventional cancer treatment, this booklet will assist you make a safe and informed choice.

The booklet is available through the HOPE Centre or Canadian Cancer Society offices across Canada.

